



Healthy Snack Ideas

These snack ideas meet the **MAXIMUM** or **MODERATE** categories of the *Food and Nutrition Policy for Nova Scotia Public Schools* and are healthy snack options.

- 
- Fresh fruit (apples, pears, plums, cantaloupe, bananas etc.)
 - Whole grain bagels or bread
 - Individual whole grain cereal cups or bowls (≥ 2 g fibre and ≤ 10 g added sugar)
 - Mini carrots with yogurt based savoury dip
 - Unsweetened applesauce
 - Plain yogurt with berries
 - Cheese strings (20% milk fat or less)



- 
- Milk (2% or less)
 - Unflavoured milk alternatives (soy beverage, rice beverage, etc.)
 - Yogurt tubes (2% milk fat or less)
 - Whole grain or whole wheat crackers
 - Air popped popcorn
 - Hummus with mini carrots, celery sticks or broccoli florets, etc.
 - Dried fruit (100% real fruit)

Adapted from Halifax Regional Centre for Education