

Healthy *Valentines* Snack Ideas

Food is often the central theme for many holidays or celebrations. Involve kids in the planning and preparation of healthy snacks listed below. The key is to present foods in a fun and creative way. Enjoy!

Pack these heart-shaped peppers and dip in your child's lunch or have them a little later when you are all together. Red, green, orange and yellow peppers are perfect for dipping and snacking and provide a great variety of vitamins and minerals thanks to all of the colours! Prepare an irresistible dip like our [Curried Carrot Dip](#) and dunk away.



Try freezing yogurt-dipped fruit! Berries, bananas and dried fruits are great choices packed with vitamins and minerals. Have the kids dip fruit into Greek yogurt, decorate with coconut, seeds, a few sprinkles and pop into your freezer to freeze the yogurt onto the fruit!



Enjoy creating in the kitchen with your kids and prepare a delicious pink smoothie. Check out our [Strawberry Banana Smoothie](#) recipe or make up your own using red berries, cherries and other veggies and fruit. Add low-fat milk and yogurt for a creamy texture and boost of protein and calcium.



Grab your heart-shaped cookie cutters and get ready to create the perfect heart-filled fruit tray! Use melons, pineapple, bananas and add whole strawberries, orange slices and any other fruits your kids might enjoy. Add a raspberry yogurt to dip if you like, or try our [Sunshine Fruit Dip](#).



Whole-grain muffins are a great choice for lunch boxes any time of the year but you can get heart shaped pans to celebrate Valentine's Day! Give your kids a great source of energy, fibre and nutrients with our [Raspberry Rhubarb Muffins](#).



Pancakes are versatile enough to eat for any Valentine's meal, and can be made into heart shapes too! Try our amazing [Banana, Oat and Quinoa Pancakes](#) and top them with berries and Greek yogurt.

A quick and easy way to help kids celebrate with the usual, healthy items you send them to school with or serve them at meal time. Cut out a heart shape in fruits, veggies and even wax wrappers for mini soft cheeses!



Load up your heart-shaped pizza with fresh veggies! This is a great activity for the kids to build their own pizza—you supply all the options and they build it to their 'heart's' content. Make your own pizza dough with our recipe for [Crusty Homemade Veggie Pizza](#).

Happy Valentine's Day!