

healthy snacking for kids at home

**"Mom I'm hungry,
can I have a snack?"**

As parents, you have heard this every day since the schools closed during the pandemic.

Snacking for children is important since they tend to eat small amounts at a time. Snacks are mini-meals; smaller meals eaten between regular meals. Eating between meals can be a part of a healthy lifestyle if snacks that are rich in vitamins and minerals, high in fibre and low in fat, sugar and salt are provided.

This as an opportunity to ensure your child's daily nutritional needs are met, by providing options that are healthy, yummy and fun. Snacks do not have to be the typical store-bought packaged items. Mini sandwiches, leftovers, homemade baked goods and fun food creations can be used for snacks.

Some good snack choices include:

- Fresh fruit – bananas, oranges, apples, watermelon And other seasonal fruits.
- Fruit flavoured yogurt or plain yogurt mixed with fresh fruit.
- Unsalted nuts such as almonds, peanuts, walnuts or cashews (plain /mixed with fruit leathers or dried fruits such as cranberries/raisins/prunes/dates).
- Whole grain crackers with spreads or salads such as hummus, chicken/tuna pasta, jam or nut butter.
- Home-made popcorn flavoured with dried herbs or spices
- Porridges – cornmeal, oatmeal, cream-of-wheat (made with skimmed/low-fat/soy/almond milk)
- Cereals or loose granola in zip lock bags
- Vegetables or vegetable sticks – carrots, cucumbers, celery, (with a low-fat dip such as hummus/ plain yogurt/ dressings).
- High protein choices such as boiled eggs, chicken strips/fingers, low-fat cheese cubes, low-fat cottage cheese, boiled/ fried/ baked channa.



FRUITS & VEGGIES

Dried Fruit (Raisins, Cranberries)
Fresh Fruit / Ants On A Log
Fruit Popsicles / Chow



GRAINS

Loose Granola (Trail Mix)
Whole Grain Cereal / Pretzels
Popcorn / Quadrille
Pizza Bread



PROTEIN PACKED

Crunchy Channa, Fresh Nuts
Hardboiled Eggs, Ham Pinwheels
Fruit Milkshake / Yogurt

When snack attack strikes, remember to practice portion control to avoid unwanted weight gain.

Choose nutritious foods from the Six Caribbean Food Groups which are packed with vitamins and minerals to keep you healthy and that give you energy.

NCRHA, Nutrition and Dietetic Department, Arima Health Facility. N. Rupert-RD 755 (2020)

Recipes for healthy snacks for kids

POPCORN

Popcorn is a tasty snack and ... it's a whole grain! Popcorn is packed with fibre which makes it a filling snack. It's easy to prepare- can also be prepared in the microwave in a brown paper bag. And it's endlessly versatile. You can transform air-popped popcorn with all sorts of toppings, including grated cheese, paprika, or cinnamon.

Tip: Choose stove-top popcorn kernels as it's cheaper than store-bought microwavable and yields more servings per bag.

Ingredients:

vegetable oil, popcorn kernels, and salt, to taste

Instructions:

Pour the oil into a heavy bottom pot (with lid.) 1TBSP oil to 1/2 cup kernels (1 pot spoon). Heat oil over medium-high heat. Place 3 kernels in the oil, in the centre of the pot; wait for the kernels to pop. Once the kernels pop, your oil is hot enough. Add the remaining kernels and remove the pot from the heat for 1 minute. This primes the popcorn to pop without burning the oil. Return the lid and return the popcorn to the heat until popping slows. Remove the pan from the heat, remove the lid, and immediately season the hot popcorn with a little salt to taste. Do this carefully. You can always add more, but you can't take away.

FROZEN FRUIT POPS

Ice pops couldn't be easier or more versatile to whip up. And when you make them yourself, you control exactly what goes in them. Frozen Fruit Pops deliver a helping of vitamin C and calcium to your child, courtesy of the

Ingredients:

100% fruit juice (orange, mango, strawberry, pineapple, paw-paw), low fat yogurt/milk.

Instructions:

Blend ingredients together, stir the mixture, then evenly divide them among the moulds and insert the Popsicle sticks. Freeze for at least 6 hours, or overnight. Can be used for a smoothie.

CRUNCHY CHICKPEAS (CHANNA)

Protein packed snack that is easy to prepare and you're sure to have in your kitchen. Makes a tasty, crunchy snack for you and your children to enjoy.

Ingredients:

canned channa, vegetable oil, salt, cumin and smoked paprika (optional)

Instructions:

Cook a can drained channa in an oven proof skillet with oil for 2 minutes. Season with salt, then bake 20 minutes at 425 degrees F. Cool before serving.

APPLE MOONS

For vitamins, minerals, protein, healthy fats and whole grains packed in one! Apple moons or slices make a complete and almost perfect snack.

Ingredients:

Apple, nut butter, loose granola, yogurt (optional)

Instructions:

Slice an apple into crescents. Spread with peanut or



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CHOW (FRUIT/VEGGIE)

Chow is a wonderful mix of sweet, salty and spicy. It's really quick and easy to make and is versatile too, making a great snack or side dish to many a meal. Given there are so few ingredients, it tastes great, is refreshing and flavourful and a great way to get in your fruits and vegetables with loads of vitamins



Ingredients:

Fresh fruit (pineapple) or vegetable (cucumber, tomato), garlic cloves, chadon beni, lime juice, salt, black pepper, pepper sauce (optional)

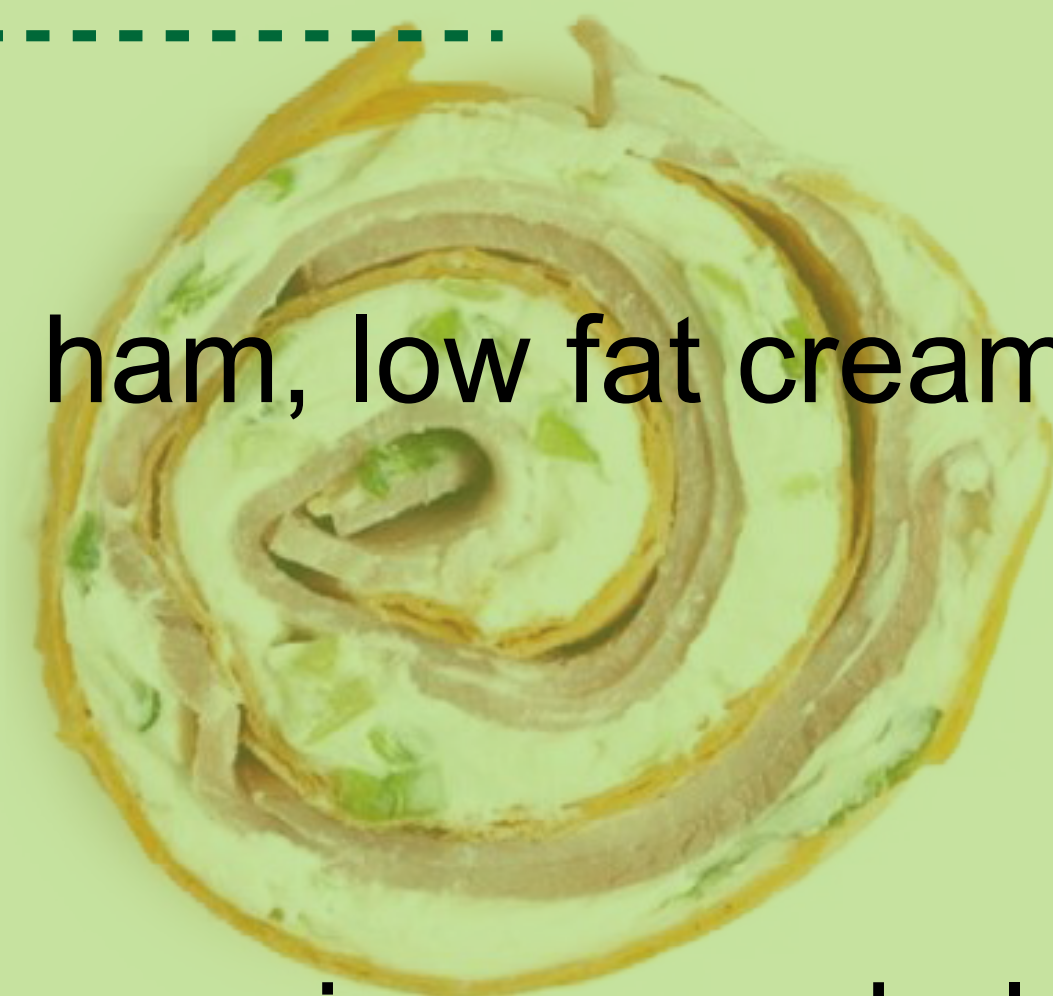
Instructions:

Chop the fruit or veggie into slices or chunks. Finely chop the garlic and chadon beni and add them, along with the lime juice, to the fruit or vegetable. Season with salt and pepper, adjust to taste. Serve either straight away or chill in the refrigerator for 30min or so to allow flavours to marinate/mingle a bit more

HAM PINWHEELS

Ingredients:

Whole wheat tortilla wrap, lean deli ham, low fat cream cheese or mayonnaise, chive.



Instructions:

Spread chive cream cheese or mayonnaise on a whole wheat tortilla and top with thinly sliced ham. Roll up the tortilla and cut into 1/2-inch pieces. Serve 1 roll per child.

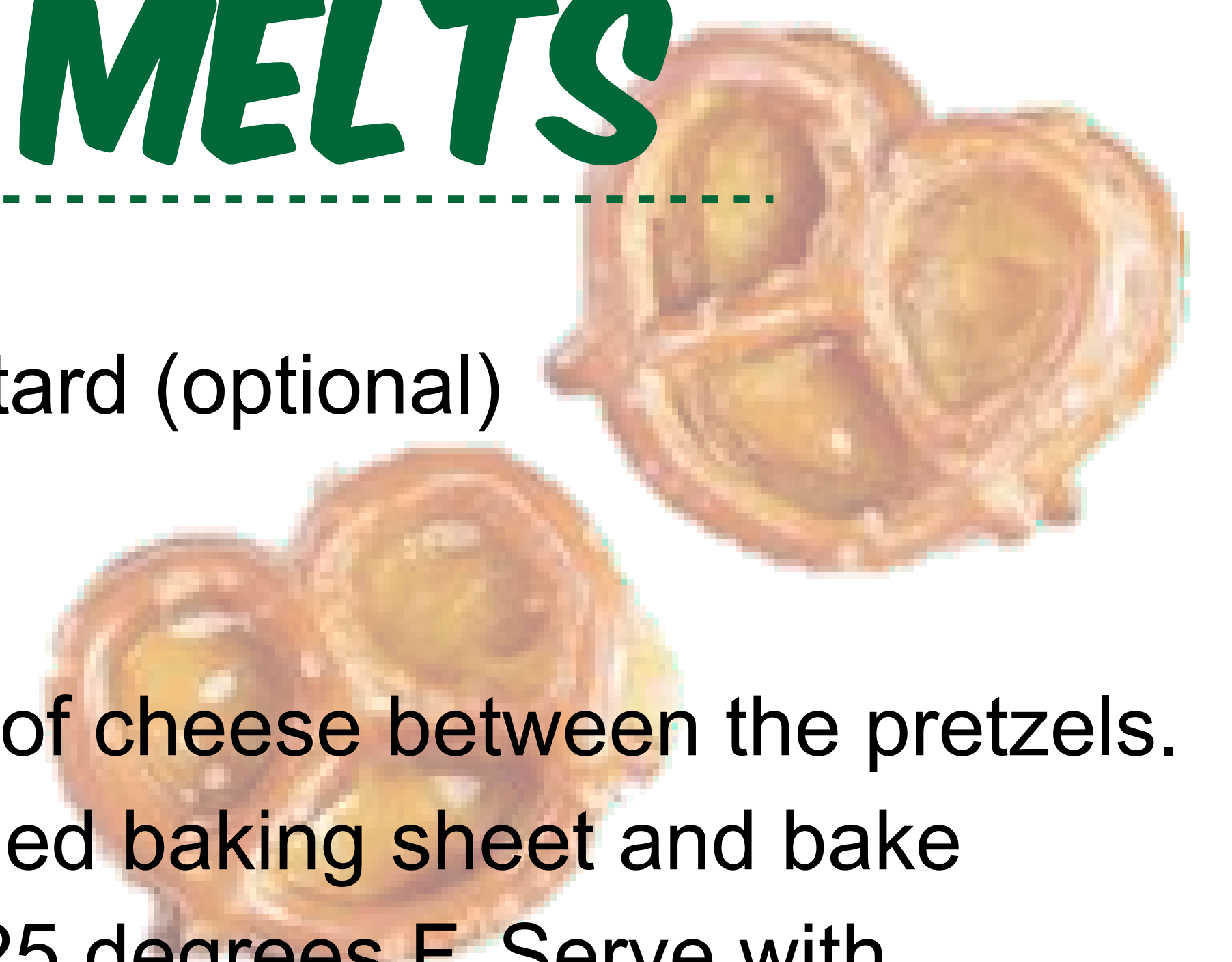
PRETZEL MELTS

Ingredients:

Pretzels, cheese, mustard (optional)

Instructions:

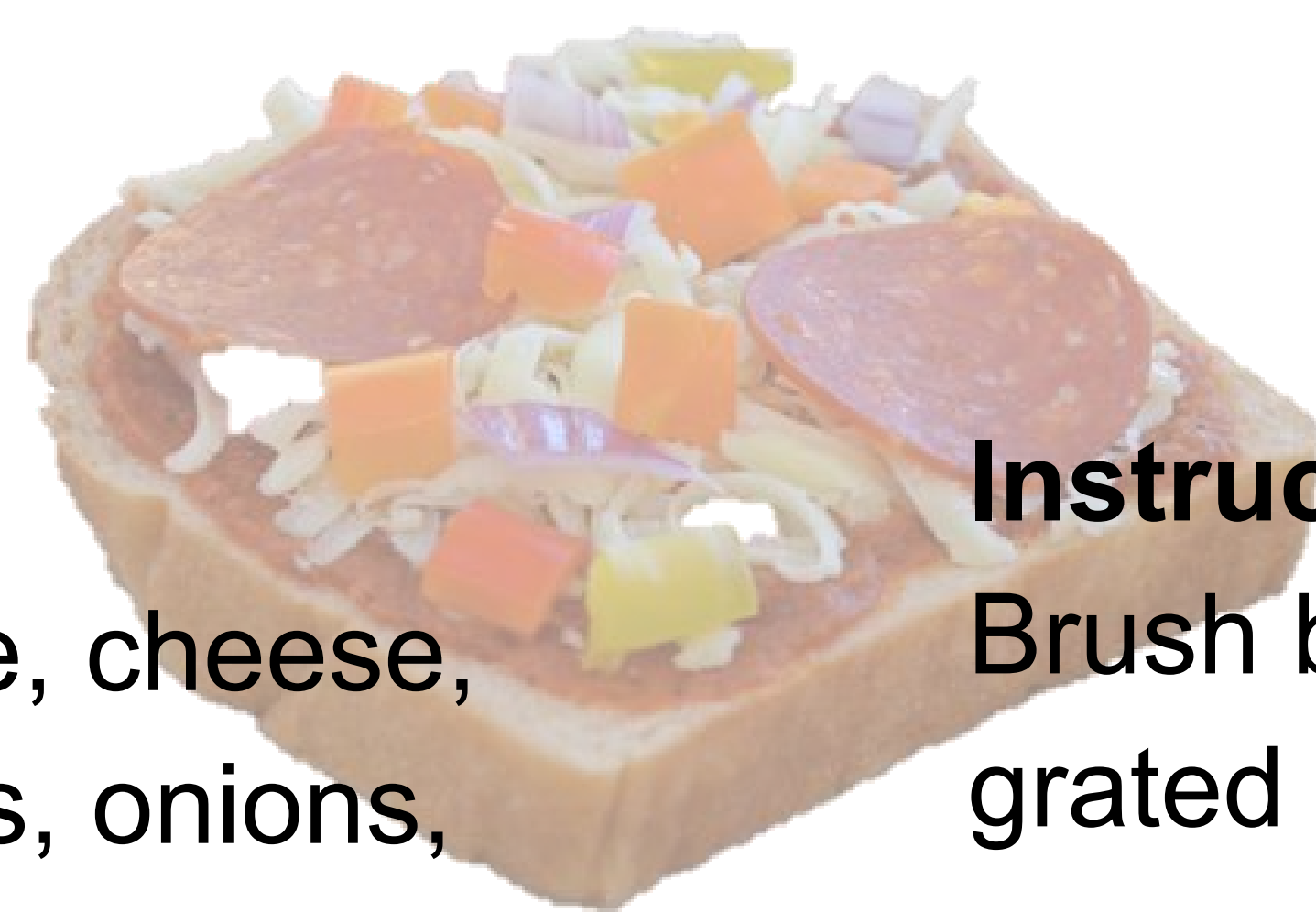
Sandwich small slices of cheese between the pretzels. Put on a parchment-lined baking sheet and bake about 10 minutes at 425 degrees F. Serve with mustard



PIZZA BREAD

Ingredients:

Whole wheat bread slices, tomato sauce, cheese, canned corn, vegetables (sweet peppers, onions, tomato), pineapple (optional), pepperoni or lean bacon (optional)



Instructions:

Brush bread with olive oil, then top with tomato sauce, grated cheese and other ingredients. Toast in toaster oven or oven until bubbly. Sprinkle with dried oregano (optional). Serve 1 slice per child.

YOGURT WICHES

Does your child have a sweet tooth and love cream filled biscuits?

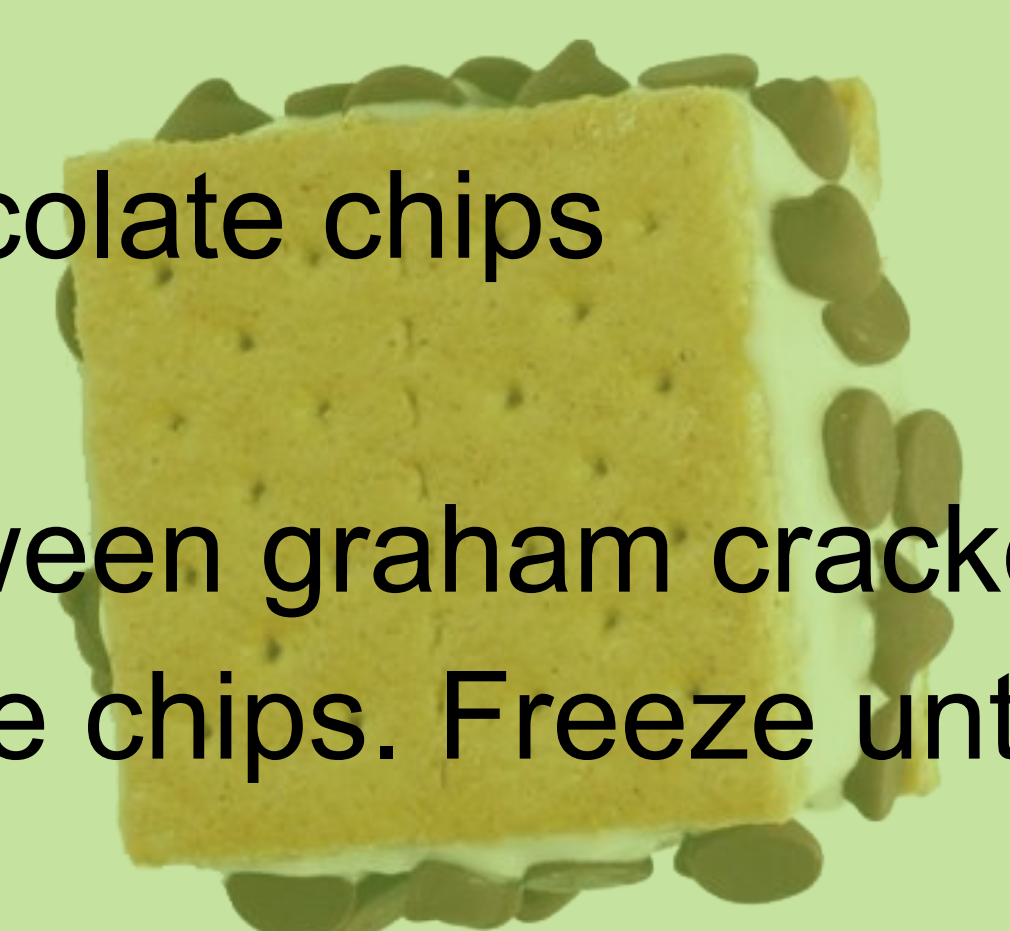
Yogurt sandwiches makes for a healthier swap to cookies or ice-cream sandwiches to satisfy that sweet tooth.

Ingredients:

Graham crackers, yogurt, dark chocolate chips

Instructions:

Place a scoop of frozen yogurt between graham cracker squares. Roll the edges in chocolate chips. Freeze until firm. Serve 1 sandwich per child.



Fruits are packed with **vitamins** and **minerals** to keep you healthy. Find some of your favourite local fruits in this word search.

Let's Get Fruity with local fruits



O	G	N	A	M	E	N	A	C	R	A	G	U	S
P	P	A	S	S	I	O	N	F	R	U	I	T	P
G	N	U	O	D	A	M	O	F	O	T	N	S	A
P	A	D	O	O	G	C	I	R	F	E	S	A	W
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PASSION FRUIT
ORANGE
CHATAIGNE
STAR APPLE
POMMERAC
BANANA
LIME
SUGARCANE
CHENNETTE
CASHEW
TAMARIND
FRUITS
PINEAPPLE
PADOO
CALABASH
PAWPAW
FIVE FINGER
MANGO
DOUNG
BALATA



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N. Rupert- RD 755 (2020)