



**Dear Parent,**

Nutrition and Food Services aims to provide nutrient dense snacks for your child in an effort to ensure an intake of essential nutrients and energy needed to support growth and an active lifestyle. Below you will find a sample menu of the snacks your child will be offered during the year.

**For parents of children with food allergies**

While being sensitive to the growing occurrence of food allergies in our student population, it is important to note that although ingredients specific to common food allergens may not be part of a snack's ingredient list, there is no guarantee that it is 100% free of food allergens (peanut, nuts, etc.).

As careful as a manufacturer may be to avoid food allergens in their products, there is still a chance that an error can be made and a product without any food allergens may come in contact with a particular allergen through cross-contamination. Therefore, **there is no guarantee that the food items will be 100% free of allergens (peanuts, nuts, etc.)**

Allergists recommend that people with food allergies **always have their auto-injector** or EpiPen® with them and to avoid a food product when unsure.

For children at risk of anaphylactic reactions, we ask that you take strong precautions by packing a snack (vegetables and fruits are recommended) for your child to avoid unfortunate events, as well as having your child's auto-injector or EpiPen® available to the school for emergency situations.

For more information on food allergies, visit the **Allergies Québec** web site at [www.allergies-alimentaires.org](http://www.allergies-alimentaires.org)

Week of:		Monday	Tuesday	Wednesday	Thursday
Oct. 4	Mar 7	Apple Muffin	Baby Carrots	Marbled Cheese	Yogurt
Nov. 1	Apr. 1				
Nov. 29	May 2				
Jan. 3	May 30				
Jan. 31					

**Snack Menu Week 2**

Week of:		Monday	Tuesday	Wednesday	Thursday
Oct. 11	Feb. 7	Crunchy Cereal mix	Fresh fruit	Gouda Cheese	Yogurt Tube
Nov. 8	Mar 14				
Dec. 6	Apr. 11				
Jan. 10	May 9				
	June 6				

**Snack Menu Week 3**

Week of:		Monday	Tuesday	Wednesday	Thursday
Oct. 18	Feb. 14	Oatmeal Cookie	Apple Slices	Brick Cheese	Minigo
Nov. 15	Mar.21				
Dec. 13	Apr. 18				
Jan. 17	May 16				

**Snack Menu Week 4**

Week of:		Monday	Tuesday	Wednesday	Thursday
Oct. 25	Feb. 21	Applesauce	Fresh Fruit	Breadsticks with Cream Cheese	Multi-Grain Cheerios
Nov. 22	Mar. 28				
Dec. 20	Apr. 25				
Jan. 24	May 23				



# HEALTHY SNACKS FOR HEALTHY KIDS

The **English Montreal School Board** Nutrition Policy aims at promoting healthy lifestyle habits through nutritious food choices and physical activity. Feeding the body and mind with daily nutritious foods benefits healthy growth and promotes academic success!



## NUTRITION FACT:

Growing children have higher nutritional needs. Nutritious snacks in between meals help provide children with essential nutrients and energy needed to grow, play and learn. In fact, most young children benefit from eating four to six times a day.

## SNACKS HELP TO:

- 👍 Appear to hunger sensations without spoiling their appetite for the next meal.
- 👍 Complete a meal which may be lacking in certain nutrients. Not all children consume the amount of food in regular meals that will meet all of their dietary needs, therefore snacks are an important part in creating a balanced diet.
- 👍 Boost energy levels to meet your child's growing needs and activity level.



## SNACKS SHOULD BE:

- ✓ light (so not to spoil their appetite for the next meal)
- ✓ nutritious (choose snacks from Canada's Food Guide)
- ✓ appetizing & varied each day

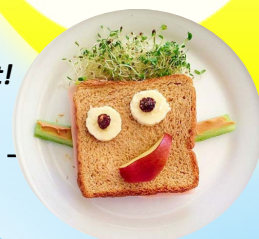


*Good nutrition can fuel great performances in school and sports!*

### Picky snack eaters...

- 👍 Get inspired with the **NEW Canada's Food Guide** for delicious and nutritious snack ideas! For more info, visit: <https://food-guide.canada.ca/en/>
- 👍 Prioritize nutritious snacks such as fresh fruit, cheese and crackers, yogurt, tortilla with a hummus or tofu dip, pita triangles with salsa.
- 👍 Involve your child in selecting and preparing healthy snacks. Children are more likely to enjoy their snacks if they take an active role in the planning and preparation.

**Tip: Have your child create their own food art!**



### Here are some great-tasting snack ideas:

- ✓ any vegetable or fruit (celery, red peppers, grapes, bananas)
- ✓ fruits dipped in yogurt, fruit smoothie
- ✓ milk, chocolate milk, milk pudding, yogurt, cheese cubes
- ✓ vegetable sticks with cottage cheese or tzatziki dip
- ✓ crackers or bread sticks topped with cheese, hummus, tofu spread, tuna salad



- ✓ trail mix, nuts or roasted chick peas
- ✓ popcorn or pretzels, plain or lightly salted
- ✓ homemade oatmeal muffin or cookies
- ✓ pita pockets with vegetables, salsa and cheese
- ✓ whole grain cereal with less than 8 grams of sugar per portion

