

Keep Your Body Energized

With Nutritious Snacks!



How can I make healthy more convenient?

Busy schedules make convenient foods more desirable for families. However, pre-packaged snacks tend to be low in nutrition but high in salt, sugars and calories. Planning ahead and keeping nutritious snacks on hand in your fridge or freezer helps to make the healthy choice the first choice when life gets hectic.

We value your feedback!
Please complete our short survey to help us improve the School Nutrition Newsletter:
<https://www.surveymonkey.com/r/88ZYW2P>

Planning the Day with Snacks

- Snacks are important because children have smaller stomachs and need extra energy to grow and be active.
- Make it a habit to choose a variety of healthy foods for your snacks.
- Snacks can help control hunger throughout the day and can prevent overeating at mealtimes.
- Serve snacks at least 2 hours before meals so children will be hungry at mealtime.
- Provide a snack before or after physical activity to give your child the energy they need.
- Limit intake of pre-packaged snacks. Remember all foods can fit so you don't need to eliminate them completely.
- Fruit makes a great snack; it doesn't involve too much prep work and is ready when you are!
- Keep washed, cut up veggies in your fridge so they are ready when a snack is needed. Pair veggies with a protein source such as hummus, cheese or peanut butter.

Save money by preparing snacks ahead of time and keeping snacks on hand or in the car when you are on the go! (see muffin recipe on back)

Blueberry Oatmeal Lentil Muffins

Ingredients:

- ¼ cup split red lentils
- ¼ cup old-fashioned (large flake) oats
- 1 ½ cup all-purpose flour
- ½ cup brown sugar, packed
- 1 tbsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp salt
- ½ cup milk
- 1 large egg
- ¼ cup canola oil
- 1 cup fresh or frozen blueberries (if frozen, do not thaw)



Instructions:

1. Preheat the oven to 400°F (200°C) and line 12 muffin cups with paper liners.
2. Bring the lentils and oats to a simmer in a medium saucepan with 1 cup of water.
3. Whisk together the flour, sugar, baking powder, cinnamon, and salt in a large bowl. Once the oatmeal and lentils have cooled to a lukewarm temperature, stir in the milk, egg and oil. Add this mixture to the dry ingredients with the blueberries and stir just until combined, do not worry about getting all the lumps out of the batter.
4. Fill the paper-lined muffin cups and bake for 20 minutes, until pale golden and springy to touch.

Recipe source: cookspiration.com

Tips on getting the kids involved:

- Your child can help by lining the muffin tins with the paper liners and using a ladle to spoon the batter into the paper-lined cups.

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892

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