



# SNACK FOR SUCCESS

- **Kids' bodies need extra energy to grow and be active.** A healthy snack can:
  - give energy needed for physical activities,
  - help meet daily nutrition needs,
  - satisfy hunger between meals, and
  - restore energy, water and other key nutrients after an activity.
- **Balance is key.** Include a protein-rich food with a vegetable, fruit or whole grain to make a healthy snack.
- **Plan ahead and prepack your snacks.** Kids may eat more vegetables and fruit as snacks when they are pre-washed and cut up into ready-to-go portions.
- In a pinch? **Buy single-serve snacks** like string cheese, nuts, yogurt cups, uncoated granola bars, unsweetened apple sauce, fruit cups, bananas and oranges.



**Eat Healthy  
Play Healthy**



Saskatchewan  
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