## Snack idea sheet Peanut and nut free Light snack = a single food Sustaining snack= more than one food Examples of sustaining snacks: Dry whole-grain Apple cereals + Grapes Yogurt Homemade milk Cheese pudding Milk Cantaloupe Homemade Carrot + Roasted muffin chickpeas Hummus Whole grain Célery crackers + Bell pepper Hard-boiled Tofu + spread egg Cottage cheese

Snacks for School campaign

Centre intégré universitaire de santé et de services sociaux de la Capitale-Nationale QUÉDEC