

One Month of Healthy Snacks for Child Care

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
AM	Yogurt* Strawberries	Milk Banana slices	WG crackers Hardboiled egg Pear slices	WG cereal Milk Orange	WG granola Yogurt* Mixed berries
PM	Homemade oatmeal cookies ¹ Peach slices	Rice cakes (plain or popcorn flavoured) Unsweetened apple sauce	Plain yogurt dip* Cut vegetables	Cubes of cheese Apple slices	WG baked pita wedges Salsa Cucumber slices
Week 2					
AM	O-shaped oat cereal Milk Apple slices	WG toast Nut-free spread (Wow) Banana slices	Homemade banana muffins ² Clementine oranges	WG English muffin Unsweetened fruit sauce Milk	Vanilla yogurt* Mixed berries
PM	Cheese curds Grapes (quartered**)	Vanilla yogurt* Diced cantaloupe	String cheese Broccoli and cauliflower florets	Rice cakes (plain or popcorn flavoured) Diced melon	WG crackers Hummus Baby carrots
Week 3					
AM	WG pancakes Unsweetened apple sauce	Homemade bran muffins ³ Orange Milk	WG soft tortilla Nut-free spread (Wow) Banana slices	Plain oatmeal with cinnamon Grated apples	WG wheat square cereal Milk Pear slices
PM	String cheese Diced honey dew melon	Dry WG cereal Canned fruit salad in juice, drained	Vanilla yogurt for dipping* Fruit chunks (melon, pineapple, apple)	Cheddar cheese cubes Green and red pepper slices	WG mini pitas Hummus Cucumber slices
Week 4					
AM	WG toast Hard-boiled egg Tomato slices	Plain oatmeal Milk Blueberries	Homemade carrot muffins ⁴ Pineapple chunks	Homemade WG banana loaf ⁵ Unsweetened fruit sauce	WG bagel Peach slices
PM	Cheese curds Strawberries	WG bread sticks Cantaloup chunks	Sliced mozzarella cheese Snow peas	Plain yogurt dip* Carrot and celery sticks	Milk Homemade oatmeal cookies ¹ Banana slices

Tips:

- * Buy a large tub of yogurt, which is cheaper
- **Quartered, for children under 4 y.o.

Recipes:

1. Homemade oatmeal cookies recipe:
 - Bake it up!, page 21 (use only ½ cup of packed brown sugar)
https://www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/School/Bake_It_Up_final.pdf
 - OR
 - http://www.ottawapublichealth.ca/en/professionals-and-partners/resources/Documents/childcare/cookies_oatmeal_en.pdf
2. Homemade banana muffins recipe:
 - Bake it up!, page 10
https://www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/School/Bake_It_Up_final.pdf
3. Homemade bran muffins recipe:
 - http://www.ottawapublichealth.ca/en/professionals-and-partners/resources/Documents/childcare/muffin_bran_en.pdf
4. Homemade carrot muffins recipe:
 - http://www.ottawapublichealth.ca/en/professionals-and-partners/resources/Documents/childcare/muffin_carrot_en.pdf
5. Homemade WG banana loaf recipe:
 - http://www.ottawapublichealth.ca/en/professionals-and-partners/resources/Documents/childcare/loaf_banana_en.pdf