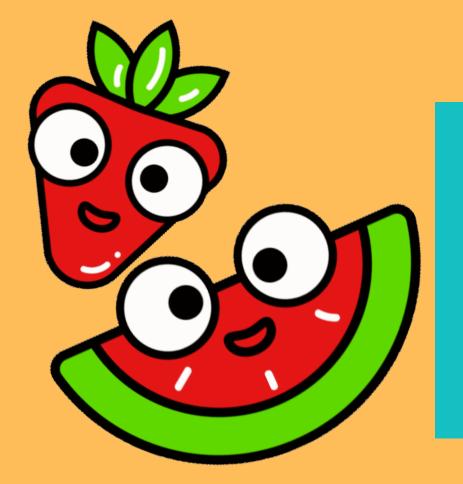


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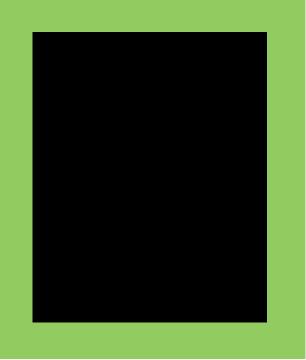
snack

SURVIVAL GUIDE



Special Needs Inclusion Program Contents







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Snack basics

Snacks can be the vain of a parents existence. Kids love snacks and seem to want them CONSTANTLY. Here we've included some tips to help with snacking, and some ideas to keep snack time fun!

- 1. Have a flexible meal/snack schedule. Provide a meal or snack every 2-4 hours. Think 3 meals and 2-3 snacks a day.
- 2. Try to avoid all day grazing, but be flexible, kids appetites vary greatly from day to day as they grow, sometimes they will need more food and that's OK!
- 3. Include protein and fat when possible to help keep them full longer!
- 4. Ensure they're getting plently of water, sometime thirst comes out as hunger!
- 5. Try to ensure what you serve has one thing they like/a favourite! This helps to ensure that the meal feels safe to your child and encourages them to try the newer foods on their plate!
- 6. Remember: Sometimes all it takes is a fun presentation or way of eating the food to engage your child!



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Frozen Yogurt Fruit Bites

Ingredients:

1 cup of yogurt 1 pint blueberries TIP:
Can also be done
with other fruit like
slices of banana!

- 1. Line a baking sheet with parchment paper or a nonstick mat, and set aside.
- 2. Working in batches, gently fold in the blueberries to coat in the yogurt.
- 3. Scoop them up with a fork and tap the excess yogurt off.
- 4. Place the blueberries on the baking sheet, being careful not to have them touch.
- 5. Freeze the baking sheet until the blueberries are completely frozen, about 1 hour. Store leftovers in an airtight container in the freezer.



Fruit Cracker Pizzas

Ingredients:

Fruit
Cream cheese
Graham Crackers

Instructions:

- 1. Spread cream cheese on the graham crackers.
- 2. Top with small cut up pieces of whatever fruit you have on hand!

TIP:
Try different
flavours of cream
cheese like
strawberry or
wildberry!





Apple Nachos



Ingredients:

Apples
Peanut butter (or alternative)
Chocolate Chips

Instructions:

- 1. Slice apples and lay out on a plate.
- 2. Melt peanut butter and drizzle over top of the apples.
- 3. Sprinkle with chocolate chips!

TIP:
Can add or
substitute with
caramel, raisins,
nuts, pretzels!



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Veggies



Cucumber Sandwiches

Ingredients:

Cucumber

Cheese

Deli Meat

Instructions:

- 1. Slice cucumbers and cheese.
- 2. Assemble little sandwiches, putting the cheese and meat between cucumber slices.



TIP:
Serve with
toothpicks for
added novelty!

Celery Snails and Catepillars

Ingredients:

Apple
Blueberries
Celery
Cucumber
Grape tomatoees
Grapes
Kiwi

NOTE: This list is just for ideas, choose whichever of these ingredients sounds most appealing to you!

Orange
Nuts/Raisins
Cream cheese, peanut butter or cheeze whiz

- 1. Fill the celery stalks with cream cheese, peanut butter or cheese whiz.
- 2. Top with any combination of the above ingredients you choose to make catepillars and snails!





English Muffin Pizzas

Ingredients:

English Muffins
Sauce
Cheese
Toppings like peppers, olives,
mushrooms, etc.

Instructions:

- 1. Put halved english muffins on a baking tray.
- 2. Put sauce, then cheese, then toppings on each.
- 3. Bake at 400 for 12 min or until cheese melted and pizzas look done!



TIP:

Have your child assemble their own pizza! Now your snack is an activity too!



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Baking



Oat Muffins



Ingredients:

4 large ripe bananas (smashed)

3 cups oats

1 tsp vanilla extract

Mix-ins of your choice (optional)

TIP:

Try fruit, nuts or even chocolate or peanut butter chips as mix ins!

- 1. Preheat your oven to 350 degrees and generously grease a mini muffin pan.
- 2. In a large bowl, mix together the smashed banana, oats and vanilla.
- 3. Add in the mix-ins of your choice; stir to combine.
- 4. Spoon the mixture into your muffin pan, filling them up close to the top.
- 5. Bake for 15-18 minutes and allow to cool for 5 minutes.
- 6. Store any leftovers in the fridge for up to 5 days.

No Bake Monster Cookie Energy Bites

Ingredients:

1 1/2 cups large oat flakes1/2 cup peanut butter1/3 cup honey1/4 cup mini M&M's1/4 cup mini chocolate chips1/2 tsp vanilla

NOTE: This recipe is very adaptable, so you can swap out the chocolate for dried fruit or nutsm you can also swap out PB for alternative!

- Add all of the ingredients to a medium sized bowl and stir well until everything is combined.
- 2. Roll into 1-1/2" balls and set them on a silicone baking mat or parchment paper.
- 3. Wash your hands after every 4 balls to help keep the ingredients from sticking to your hands.
- Refrigerate for 20 minutes to help them harden.
 (Optional).
- 5. Store the leftovers in a zip lock bag in the fridge.





5 Ingredient Banana Bread



Ingredients:

1 cup Miracle Whip Original 1 cup mashed bananas (3-4 bananas) 2 cups flour 3/4 cups sugar 2 tsp baking soda

Instructions:

- 1. Heat oven to 350°F.
- 2. Combine Miracle Whip and bananas in large bowl.
- 3. Mix flour, sugar and baking soda. Add to Miracle Whip mixture; stir just until moistened. (Batter will be lumpy.)
- 4. Pour into greased 9x5-inch loaf pan.
- 5. Bake 55 min. to 1 hour or until wooden toothpick inserted in centre comes clean.
- 6. Cool in pan 10 min.; remove to wire rack. Cool completely.

TIP:
Can be made as muffins as well, reduce cooking time to about 40min!



Keep things simple



Simple Snacks

Some of these recipes probably look good or fun, but lets be honest many days we just want something we can just grab and give to the kids, the less effort the better. So here we've put together a list of things you could have in your kid pantry or kid crisper in the fridge that are either store bought or easy to prep in advance to grab for a healthy snack!

Store bought snack ideas

- Cheese strings or baby bell cheese
- Yogurt tubes, drinkable or cups, or freeze dried yogurt bites
- Apple sauce cups or fruit pouches
- Fruit cups
- Granola bars or cereal bars
- Dry cereal (think cheerios)
- Snack crackers like goldfish, veggie straws, pretzels
- Trail mix dried fruit, nuts, seeds
- Hummus and crackers
- Cheese and cracker dippers
- Pepperoni sticks/ deli meats
- Fruit leathers
- Guacamole



Easy to grab or prep ahead snack ideas

- Single serve fruit like bananas, clementines, apples, etc.
- Cut up and portion fruit and veggies in grab and go bags that can be paired with a dip, a yogurt or a snack cheese.
- Smoothies, make ahead and portion in the fridge to grab or freeze into Popsicle molds!
- Boiled eggs
- Popcorn air pop some popcorn and portion it into snack bags.
- overnight oats
- Make extras of things like english muffin pizzas and pack them up to grab in the following days!



Special Needs Inclusion Program

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The Special Needs Inclusion Team is here to help!

Contact us with your questions or for support

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