



**Special Needs
Inclusion Program**

TRENTON MFRC

snack

SURVIVAL GUIDE

contents



02 Snack basics!

03 Fruit

07 Veggies

11 Baking

15 Simple Snacks

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 plenty 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!



**Special Needs
Inclusion Program**

TRENTON MFRC

fruit



Frozen Yogurt Fruit Bites

Ingredients:

1 cup of yogurt
1 pint blueberries

TIP:

Can also be done
with other fruit like
slices of banana!

Instructions:

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!



**Special Needs
Inclusion Program**

TRENTON MFRC

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 tomatoes
Grapes
Kiwi
Orange
Nuts/Raisins
Cream cheese, peanut butter or cheese whiz

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

Instructions:

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 caterpillars 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!



**Special Needs
Inclusion Program**

—
TRENTON MFRC

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!

Instructions:

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 flakes
1/2 cup peanut butter
1/3 cup honey
1/4 cup mini M&M's
1/4 cup mini chocolate chips
1/2 tsp vanilla

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

Instructions:

1. 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.
4. 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!



**Special Needs
Inclusion Program**

—
TRENTON MFRC

**Keep things
simple**

Simple Snacks

Some of these recipes probably look good or fun, but let's 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

TRENTON MFRC

**The Special Needs Inclusion Team is here to help!
Contact us with your questions or for support**

**Brittany Jones - Program Intake worker
Brittany.j@trentonmfr.ca**

**Bryanna Best - Special Needs Inclusion Program Coordinator
Bryanna.b@trentonmfr.ca**

**Orlana Bourgoin - Provincial Lead Special Needs Inclusion Program
Orlana.b@trentonmfr.ca**