

Here are a few suggestions of fun, tasty and wholesome snacks for your children

It is not easy to think of creative and healthy snack or lunch box ideas for children. Below are a few suggestions of fun, tasty and wholesome snacks:

- **Wholegrain tortilla chips topped with corn / beans, salsa, grated cheese, and guacamole**
- **Apple slices with a soft cheese or peanut butter dip**
- **Berries topped with a little low-fat frozen yogurt**
- **Carrot or cucumber sticks with a hummus dip**
- **Whole wheat pita-bread triangles with melted reduced-fat cheese for dipping**
- **Dip a banana in yogurt, roll it in crushed cereal, and freeze it for a tasty frozen snack**
- **Low-fat yogurt topped with granola and fresh or dried fruit**
- **Cottage cheese with cut-up peaches, nectarines, pineapple, or bananas**
- **Wholegrain, fibre-rich cereal with (or without) milk**
- **Yogurt smoothie made with low-fat yogurt, milk, ice, and any fruit**
- **Canned salmon mixed with low-fat mayo and spread on whole-grain crackers**
- **A small baked potato with melted reduced-fat cheese and salsa**
- **Wholegrain rice cakes with a slice of cheese**
- **Mix 1 cup of rolled oats with 1/4 cup chopped walnuts and 1/4 cup dried cranberries**