



Move to Healthy Choices Newsletter

May 2010

Snacks for Summer Concessions

Children who eat snacks that are balanced and packed with vitamins, minerals, and fibre are more settled, attentive and perform better in athletic events. Here are some snack ideas to offer in the canteen this spring and summer:

Rating	Food	Great Choices
√√	Vegetables	<ul style="list-style-type: none"> • Serve with calorie reduced or low fat dip on the side. • Serve individually packaged in a baggie or cup.
√√	Fresh, frozen or dried fruit.	<ul style="list-style-type: none"> • Wash fresh fruit before cutting or serving. • Try frozen grapes (green, red), banana pop - frozen banana on a stick, frozen orange slices.
√√	100% fruit snack	<ul style="list-style-type: none"> • Made with 100% fruit with no sugar added.
√√	Apple sauce, other fruit sauce - cups or tubes	<ul style="list-style-type: none"> • Made with 100% fruit with no sugar added. • Try frozen for a cool snack.
√√	Fruit cups	<ul style="list-style-type: none"> • Packed in fruit juice or water, not syrup.
√√	Frozen fruit juice bar	<ul style="list-style-type: none"> • Made with 100% fruit, with no sugar added.
√√	100% fruit juice	<ul style="list-style-type: none"> • Try frozen (cup or foil bag) – serve with a spoon
√√	Popcorn	<ul style="list-style-type: none"> • Plain or lower sodium and fat varieties. • Aim for 8 g of fat or less and 480 mg of sodium or less per serving.
√√	Milk	<ul style="list-style-type: none"> • white, chocolate, banana, strawberry, vanilla.
√√	Cheese	<ul style="list-style-type: none"> • String/ hard cheese with 20% or less milk fat (MF).
√√	Yogurt	<ul style="list-style-type: none"> • 2% or less milk fat (MF).
√√	Yogurt parfait	<ul style="list-style-type: none"> • Made with yogurt with 2% or less milk fat (MF), unsweetened frozen fruit and low fat granola.
√√	Yogurt tube	<ul style="list-style-type: none"> • Try frozen for a cool snack.
√√	Smoothies	<ul style="list-style-type: none"> • Made with ingredients such as 100% fruit juice, frozen berries, banana, skim, 1% or 2% milk, and yogurt with 2% or less milk fat (MF).
√√	Trail Mix * see recipe on back page	<ul style="list-style-type: none"> • Varieties with nuts, seeds and plain grain cereal, dried fruit or crackers. Avoid candy ingredients. • Aim for 480 mg or less sodium per packet and no added sugar.

Continued...

Move to Healthy Choices rating:

- √√ Great Choice
- √ Good Choice
- X Poor Choice, least nutritious and typically high in calories, fat, sugar or salt (sodium)

Rating	Food	Good Choices
√	Beef jerky	<ul style="list-style-type: none"> • Lower sodium varieties.
√	Cookies	<ul style="list-style-type: none"> • Oatmeal, peanut butter or fruit.
√	Granola bar – Cereal bar	<ul style="list-style-type: none"> • Plain, not dipped or coated. • Aim for varieties that offer 2 g or more of fibre, 8 g or less of fat and 12 g or less of sugar per bar.
√	Ice cream	<ul style="list-style-type: none"> • Plain ice cream, frozen ice milk or yogurt.
√	Muffin	<ul style="list-style-type: none"> • Whole grain or fruit muffins such as pumpkin, oatmeal raisin, banana bran, or apple spice.
√	Cereal snack mix	<ul style="list-style-type: none"> • Aim for 8 g of fat or less and 480 mg of sodium or less per serving.



Trail Mix

- 2 cups whole grain cereal/pretzels
- 2 cups dried fruit (chopped apricots, cherries, raisins, cranberries)
- 2 cups sunflower seeds/roasted pumpkin seeds
- 2 cups chocolate chips/candy coated chocolate

Combine and store in an airtight container/individual portion bag at room temperature.

Try selling 1/2 cup serving of this trail mix in a Ziploc bag for a nibbly treat.

Healthy Food Taste Testing Grant - *only available while funds last!*

A good way to trial a new menu item or product for your canteen is to hold a taste test providing free samples to your customers. A grant of up to \$100.00 is available to help facility operators introduce a new menu item. Eligible applicants include not-for-profit owner/operators of the following community facilities: arenas, curling rinks, indoor pools, youth centres, community centres and bowling alleys. The facility must be located within the boundaries of the Assiniboine and Brandon Regional Health Authorities (Westman region). For program guidelines and application visit our website at Westman Healthy Lifestyle Coalition or contact Kris Doull at (204) 726-6069 or Kris.Doull@gov.mb.ca.

Questions? Contact us or your local recreation director.

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