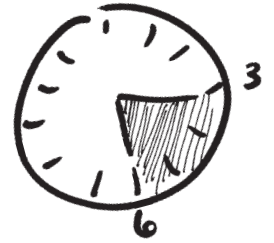


Healthy After School Snack Handout



School's Out...  Let's Move
An Ever Active Schools Initiative 



Yogurt Parfait

3/4 cup low fat yogurt
1/2 cup fresh fruit or berries
1/3 cup All Bran Buds or other high fibre cereal
Mix together or layer in a cup.

Pink & Orange Sunrise

1 cup milk
1 cup mango (fresh or frozen)
1/2 cup strawberries
1/2 cup orange juice

Blend all ingredients until smooth.
Makes about 2 1/2 cups.



Apple Ladybugs

1 red delicious apple
1 romaine or iceberg lettuce leaf
1 grape
1 tbsp peanut butter
1/4 cup raisins

Halve an apple and scoop out the core. Place a lettuce leaf on a plate. Lay half of the apple on top, with cut side down. Dab peanut butter on parts of the "ladybug" back and stick raisins onto the peanut butter for "spots."



Pita Chips & Hummus



CHIPS:

- 8 whole wheat pitas
- 1 tbsp oil
- dash of garlic powder

Cut pita bread into wedges. Brush lightly with oil and sprinkle with garlic powder. Bake at 350°F for 10 minutes until crisp. Serve with hummus.

HUMMUS:

- 1 can chick peas, rinsed and drained
- 1 clove garlic, minced
- 1/2 tsp cumin
- 1 lemon, squeezed
- 2 tbsp olive or canola oil

Puree in a blender until smooth. Keep refrigerated. Serve with pita chips.

Celery Treats

- 10 celery stalks
- 1/2 cup low fat cottage cheese
- 1 can unsweetened pineapple

Stuff celery sticks with cottage cheese and top with bits of pineapple.



Bull's Eye

- whole wheat crackers
- hard boiled eggs, sliced

Put a slice of hard-boiled egg on each cracker.

Edible Flowers

fresh broccoli and cauliflower
low fat yogurt dip

Cut up broccoli and cauliflower and dip in yogurt dip.



Mini Pita Pockets

whole wheat pita pockets
low fat cheese, shredded
lettuce, shredded
tomato, shredded

Stuff pitas with cheese, lettuce and tomato.

Jazzberrylicious Smoothie

1 cup milk
3/4 cup blueberry yogurt
1/4 cup pomegranate or cranberry juice
1 cup fresh or frozen blueberries
Handful of crushed ice

Blend until smooth. Makes 3 cups.



Rabbit Rollup

low fat cheese sticks
lettuce leaves

Wrap the cheese in a leaf of lettuce.



Peach Paradise Smoothie

1 cup milk
3/4 cup vanilla yogurt
1 1/2 - 2 cups frozen peach slices
handful of ice

Blend all ingredients until smooth. Makes about 2 cups.

Peanut Butter Dip

1/2 cup all natural peanut butter
1 cup low fat plain yogurt

Mix and serve with fresh fruit



Banana Roll Up

bananas
whole wheat tortillas
all natural peanut butter

Spread peanut butter on tortilla and wrap the tortilla around a peeled banana.

Building Blocks

lean ham
light marble cheese
pineapple chunks
toothpicks

Stack ham, cheese and pineapple and hold together with a toothpick



Thank you to all those who contributed to this great handout!

Adapted from Nutrition Services, Alberta Health Services:

- Yogurt Parfait
- Pita Chips and Hummus
- Celery treats
- Bull's Eye
- Edible Flowers
- Mini Pita Pockets
- Rabbit Rollup
- Peanut Butter Dip
- Banana Roll Up
- Building Blocks

Developed by Alberta Milk moreaboutmilk.com:

- Pink and Orange Sunrise Smoothie
- Jazzberrylicious Smoothie
- Peach Paradise Smoothie

Shared by Apple Schools:

- Apple Ladybugs

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