

The mmmmost amazing snacks...

...because they're healthy
and they taste great!

Fresh vegetables Plain milk Fresh fruit
Yoghurt Firm cheese

Why choose these snacks?

- Most kids don't eat enough fresh fruit, vegetables, milk, and its substitutes
- Fruit is more nutritious for children than juice
- Good snacks promote dental health
- They give children essential energy
- They're easy to prepare
- Non-processed foods with little packaging also help protect the environment

Use your imagination!

Dental Hygiene

Brush your teeth after eating and before bed.

A minimum of two brushings per day with fluoride toothpaste is recommended.

Flossing once a day is also essential!

Allergies

In addition to nuts and peanuts, any other food can be an allergen.

Kids should not trade or share their snacks in case of an unexpected allergic reaction.

"These recommendations are the fruit of cooperation between members of the CISSS Bas-Saint-Laurent (school nurse, École en Santé project officer, nutritionist, dental hygienist, dentist consultant) and educational staff Bas-Saint-Laurent."

To have good teeth...

To have more energy...

To help my growth...

For my well-being...

For success in school...

Because they taste great!

Centre intégré
de santé
et de services sociaux
du Bas-Saint-Laurent

Québec