



## **Nutrition Statement & Sample Snack Menu**

The promotion of safety, healthy living, and nutrition is very important to GNAG. Everyday, during the Kinder Q4 program, a healthy homemade snack using fresh ingredients, and in accordance with Canada's Food Guide, will be provided. Snack will consist of 150-300 calories of food and include a balanced combination of carbohydrate, protein, and healthy fats. Kinder Q4 snack will reduce refined sugar quantities and include fresh fruits and vegetables on a regular basis. In response to potential allergens, no nuts or sesame seeds will be used in the snack preparation. Substitute ingredients will also be used for children with alternative food allergies and restrictions. Sanitary practices for all equipment, food preparation areas, as well as toys or other materials will be upheld. The Kinder Q4 snack will be prepared under the supervision of a certified Food Safety Handler in possession of a valid Food Handler Certificate issued by the Ottawa Public Health Department.

## Sample Menu (one month)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zucchini and Chocolate Chip Loaf</b>  Milk (2%)	<b>Whole Fruit and Cheddar cheese</b> slices  <i>(apples and pears)</i>	<b>Carrot and Celery Sticks</b> and home-made <b>Hummus</b> ( <i>sesame-free</i> )  Apple juice ( <i>unsweetened</i> )	<b>Granola bars</b> <i>with dried fruit and pumpkin seeds</i>	<b>Whole-wheat Rhubarb tea-cake</b>  Milk (2%)
<b>Oatmeal Cookies</b>  Milk (2%)	<b>Fruit Salad</b> ( <i>grapes, melons, strawberries, pears</i> )	<b>Rice cakes</b> ( <i>Assorted flavours – cheddar, caramel, dill etc.</i> )  Cheddar Cheese slice  Apple juice ( <i>unsweetened</i> )	Fruit flavoured <b>whole-milk yogurt</b> ( <i>natural sweeteners</i> )  Apple slices	<b>Banana Chocolate-Chip muffins</b>
<b>Pumpkin-Spice Loaf</b>  Milk (2%)	<b>Cucumbers, carrots, and celery</b>  <i>Homemade Yogurt Dip &amp; crackers</i>	<b>Whole fruit</b> ( <i>apples and pears</i> )  Cheddar Cheese slice	<b>Cheesy Corn Bread</b>  Apple juice ( <i>unsweetened</i> )	<b>Whole Wheat Blueberry Loaf</b>  Milk (2%)
<b>Fruit platters</b>  Cheddar Cheese slices	<b>Snickerdoodles</b>  Milk (2%)	<b>Veggies and homemade Hummus</b> ( <i>sesame-free</i> )  Apple juice ( <i>unsweetened</i> )	<b>Cheese and Herb Focaccia</b>	<b>Chocolate-Yogurt snack cake</b>  Milk (2%)



### Q4 SNACK One-Month Menu

\*Vegan substitutions will be made for baked goods to accommodate Egg and Dairy Allergies

\*\*GF substitutions will be available for children with Gluten Sensitivities and Celiac

\*\*\*Any other allergies not listed above will be substituted on a case-by case basis by balanced alternative snacks

\*\*\*\*NO PEANUTS or SESAME SEEDS will be used in the production of our homemade snacks