



NUTRITION FOR LITTLES

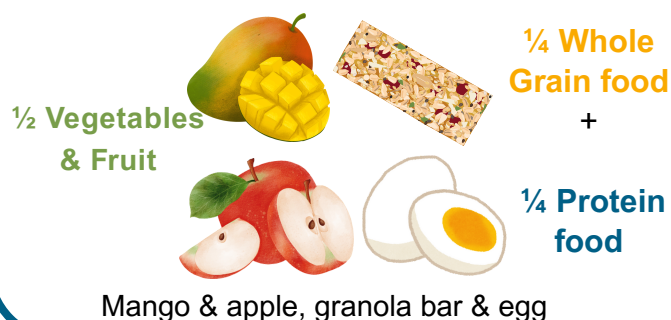
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Public Health Dietitians

Morning Meals and Snacks

Children need energy and nutrients to fuel their busy days of learning, playing and growing. Starting the day with a morning meal and snack of vegetables and fruits, whole grains and protein foods, can help support healthy development and build lifelong habits for eating well.

Meal or Snack Idea	Prep Tip
Oatmeal, fruit & milk	Try this chocolate berry overnight oats recipe for a ready-to-go breakfast in the morning
Whole grain toast with seed butter and banana slices	Have children help by slicing the bananas
Yogurt parfait	Allow children to choose what berries they want and layer them with whole grain cereal and yogurt in a cup. Use frozen berries that have been thawed for a lower cost fruit option.
Smoothie & Energy bites	Make these Energy bites a head of time for a quick addition to any snack.
Electric Skillet Breakfast sandwich	Using an electric skillet or a sheet pan in the oven is a great way to make a lot of eggs at once for breakfast sandwiches.
Flourless yogurt blender muffins	Try this all-in-one blender recipe for fast and easy cleanup! Make a double batch and store in the freezer for 2-3 months.
Mini egg cup and oranges	Bake in muffin tins with chopped spinach, red pepper and cheese for a colorful meal.

Plan meals using Canada's food guide



Plan snacks that include a **vegetable and fruit** paired with a **whole grain** food, a **protein** food, or both.



Find more menu planning tips and ideas in the [Child Care Menu Planning with Canada's Food Guide resource](#).

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