

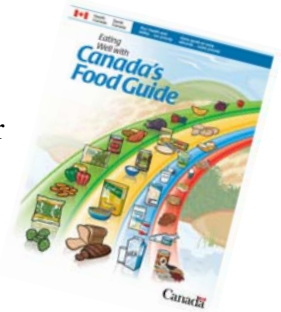
October



### Smart snacking

Children have small tummies and their nutrient needs are high. Snacks help them to grow and glow! Healthy snacks include foods from at least two of the four food groups in *Canada's Food Guide*. Serve a snack at least two hours before a meal to give your child enough time to build up an appetite for the next meal. *Canada's Food Guide* will help you to plan healthy snacks.

Visit *Canada's Food Guide* online at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).



**For health-related information call York Region  
Health Connection at 1-800-361-5653 or visit [www.york.ca](http://www.york.ca)**