



Académie Providence Sœurs Antonines

Give your child a small, nutritious and energy-giving snack!

What is a healthy snack?

It is a small meal that must be **satiating**, low in artificial sugar and fats and rich in vitamins, minerals and fiber.

What to put in your child's lunchbox? A choice from the following foods:

- Fresh seasonal fruit or vegetables, washed, cut and peeled if necessary (apples, apricots, bananas, carrots, cucumbers...) which are excellent for several reasons: vitamins, fiber, mineral salts...
- Whole wheat bread sandwiches with cheese
- Whole wheat bread sandwiches
- Dried fruit: apricots, figs, grapes
- Sugar free cookies
- A cereal bar

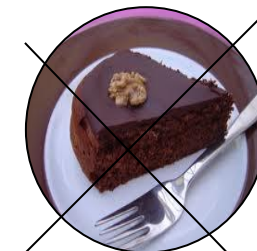
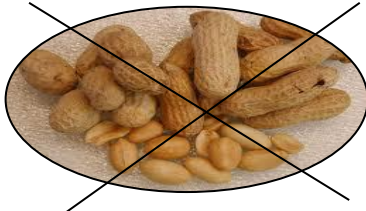


Important!!!!



To avoid

- Peanuts, pastries, chips, fatty chocolate cake, fries, sesame seeds, hard-boiled eggs, fried eggs...
- Anything that is messy to eat and makes one thirsty.



Attention

- The snack must not be an extra meal but should allow to complete the breakfast.
- The amount of food **should be controlled** to avoid turning this light meal into a main meal.