

FOOD AND NUTRITION

Eating well is important for everyone, especially children and youth as it helps with proper growth and development, can help with academic performance, and can instill lifelong healthy eating habits. We recommend providing a nutritious snack to the Unplugged participants at the beginning of your program. That way, they are fueled, full of energy, and ready to participate in the activities. As well, encourage your participants to drink water to hydrate. Water bottles will be sent with participants shirts.

Prior to the start of your program, please remember to check if any participants have food allergies or sensitivities. This information will also need to be shared with your High School Leaders.

Here are some examples of nutritious snacks you can offer:

- Fresh fruit, (e.g., bananas, apples, orange segments)
- Fruit cup (packed in water)
- Raw vegetables (e.g., carrot sticks, cherry tomatoes, pepper slices) with whole grain crackers and dip like hummus, salsa, or tzatziki.
- Yogurt cups or tubes
- Hard cheese portions/cubes with whole grain crackers
- Granola bars (not yogurt or chocolate-covered)
- Yogurt parfaits with greek yogurt, fresh or frozen berries, and whole grain cereal or granola
- Individual packages of unsweetened oatmeal
- Plain popcorn
- Whole grain muffins
- Fruit smoothie
- Water or milk

Please note: Single serve snacks are best for participants where possible (i.e., yogurt tubes, cheese strings, canned fruit, bananas). If purchasing snacks such as vegetable or fruit trays, one leader should be designated to distribute snacks to participants.

For more nutrition resources and snack check out:

Eat Great and Participate: <https://eatgreatnl.com>

Canada's Food Guide: Canada.ca/FoodGuide

Half Your Plate: halfyourplate.ca

<https://www.gov.nl.ca/hcs/files/Provincial-School-Food-Guidelines-Jan-2022.pdf>