Healthy Choices for Canteens

What children and youth choose to eat depends largely on what choices are available. Recreation, sport, community and school canteens provide unique opportunities for children, youth and their families to choose healthy food and beverages.

Let's make a difference by working to ensure all canteens provide healthy choices.

Short on time? No access to kitchen space? No problem! Try these easy grab-and-go items:

- Plain tap water
- Milk
- Raw vegetables (e.g., carrots, pepper strips) served with whole grain crackers and dip (e.g., hummus, salsa, etc.)
- Unsweetened applesauce
- Whole grain cereal bars and granola bars (not chocolate- or yogurt-dipped)
- Plain popcorn
- Fresh fruit - oranges, apples, bananas
- Canned fruit (packed in juice or light syrup)
- Berries – fresh in-season, or frozen (thawed)
- Yogurt
- Graham wafers or pretzels
- Whole grain cereal with milk Tip: open the top of a small milk carton, add cereal and a spoon
- Homemade trail mix – popcorn, wholegrain cereal, dried fruit*
- Tortilla chips with salsa or guacamole
- Whole grain crackers with fruit or cheese

**Use nuts and seeds as well, if your facility does not have an allergy policy for these foods.*

Do you have time and kitchen space to prepare? Try these meal and snack ideas:

- Fruit kebobs made with cubed cheese and fruit (fresh, frozen or canned)
- Fruit smoothies made with frozen berries, yogurt and milk
- Yogurt parfaits
- Homemade muffins made with whole wheat flour
- Baked beans
- Chili made with chickpeas, kidney beans, black beans; lean ground beef, turkey or chicken; and vegetables
- Homemade soup made with turkey or chicken, brown rice and vegetables
- Pea soup
- Whole grain English muffins topped with pizza sauce, lean meat, vegetables and cheese
- Black beans and brown rice in a whole grain wrap
- Macaroni and cheese made with whole grain pasta
- Sandwich melts made without processed meats
- Grilled burgers, made with boneless skinless chicken breast, ground turkey, beef or pork
- Pasta salad made with whole grain pasta, frozen vegetables, cheese cubes, and Italian or Ranch salad dressing
- Sandwiches made with whole grain breads/wraps/bagels/ topped with lean meat, poultry, tuna, egg, or hummus. Add vegetables.

Questions?
Contact Eat Great and Participate's Registered Dietitian at sobrien@recreationnl.com, or (709) 729-4490.

For more healthy eating resources, check out:
Eat Great and Participate: recreationnl.com/eat-great-participate
Canada's Food Guide: Canada.ca/FoodGuide
Half Your Plate: halfyourplate.ca

Recreation Newfoundland & Labrador

All Recreation Newfoundland and Labrador programs are funded by the Government of Newfoundland and Labrador, Department of Children, Seniors and Social Development