

Healthy Valentine's Day Snack Ideas

Food is often the central theme for many holidays or celebrations. Classroom parties or breakfast programs can incorporate a fun nutrition lesson by involving students in the planning and preparation of healthy snacks. The key is to present healthy foods in a fun and creative way. Enjoy!

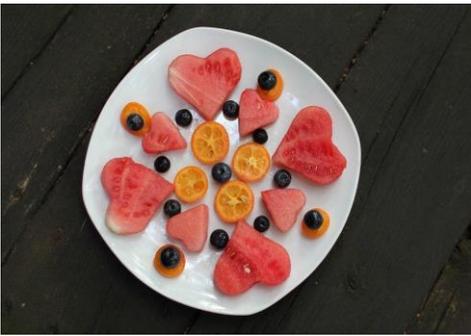
Pack these heart-shaped peppers and dip in your child's lunch or have them a little later when you are all together. Red, green, orange and yellow peppers are perfect for dipping and snacking and provide a great variety of vitamins and minerals thanks to all of the colours!! Prepare an irresistible dip like our [Curried Carrot Dip and dunk](#) away!



Try frozen yogurt-dipped fruit! Berries, bananas and dried fruits are great choices packed with vitamins and minerals. Have the kids dip fruit into greek yogurt, decorate with coconut, seeds, a few sprinkles and pop into your freezer to freeze the yogurt onto the fruit!

Enjoy creating in the kitchen with your kids and prepare a delicious pink smoothie. Check out our [Strawberry Banana Smoothie](#) or make up your own using red berries, cherries and other veggies and fruit. Add low-fat milk and yogurt for a creamy texture and boost of protein and calcium.





Grab your heart-shaped cookie cutters and get ready to create the perfect heart-filled fruit tray! Use melons, pineapple, bananas and add whole strawberries, orange slices and any other fruits your kids might enjoy. Add a raspberry yogourt to dip if you like or try our [Sunshine Fruit Dip](#)

Whole-grain muffins are a great choice for lunch boxes any time of the year but you can get heart-shaped pans to celebrate Valentine's Day! Give your kids a great source of energy, fibre and nutrients and try our [Raspberry Rhubarb Muffins](#)



Pancakes are versatile enough for any Valentine's meal and heart-shaped of course! Try the amazing [Banana Quinoa Pancakes](#) and top it with berries and greek yogourt.

A quick and easy way to help kids celebrate with the usual, healthy items you send them to school with or serve them at meal time. Cut out a heart shape in fruits, veggies and even wax wrappers for mini soft cheeses!



Load up your heart-shaped pizza with fresh veggies! This is a great activity for the kids to build their own pizza—you supply all the options and they build it to their 'heart's' content. Happy Valentine's Day 😊