

Smart Snacking



Are you stuck in a “snack rut” and looking for some fresh, new snack ideas? Or are you the person the Staff Room who makes everyone else envious of your healthy and delicious break time snacks? We encourage our staff to share their own healthy recipes on their Staff Room bulletin board. Let’s inspire each other on our journey towards healthier lifestyles!

Staff who share their healthy recipe(s) in their Staff Room will receive one entry into a draw for a RRDSB hoodie. To enter the draw, please send an email to gabrielle.farrah@mail.rrdsb.com confirming that you participated **by Friday, October 5, 2018**.

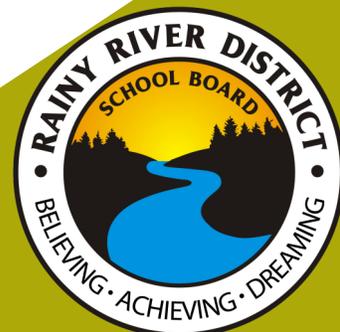
Here are some healthy snack ideas to get you started:

- Fresh fruit such as an apple, banana, orange, or a pear*
- Raw veggies such as carrots, cherry tomatoes, celery sticks, sliced peppers and cucumbers
- Unsweetened apple sauce*
- Dried fruits such as raisins, cranberries, apricots, and dates*
- Baked veggie chips such as kale and beets*
- Unsweetened whole grain cereal*
- Whole grain crackers and low-fat cheese
- Cottage cheese
- Greek yogurt with berries
- Whole grain pita with hummus
- Plain popcorn*
- Water, milk or fortified soy beverage

*Indicates a snack that does not normally require refrigeration

Please cross-reference: Rainy River District School Board Procedure 4.14 Anaphylaxis and Life Threatening Allergies

The Rainy River District School Board is committed to employee wellness and one of the goals of our Employee Wellness Plan is to promote supports for individual healthy lifestyles for all employees. Good nutrition plays an important role in leading a healthy lifestyle. Healthy snacking is a way to help you get all the nutrients your body needs to stay healthy, feel energized, and curb hunger between meals.



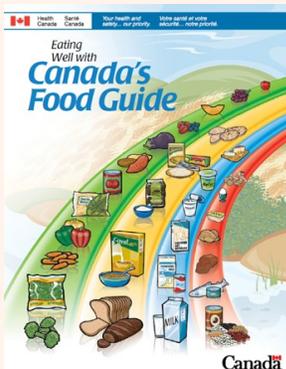
A healthy school environment enhances student learning and success. Schools have a crucial role to play in helping students lead healthier lives, including teaching students the skills to make healthy choices and reinforcing those lessons through school practices. As educators and support staff, we are role models for our students. Our actions influence student attitudes, preferences and behaviours. When we practice smart snacking habits and make healthier food choices, students will be encouraged to as well.

The Dieticians of Canada share five helpful snacking tips:

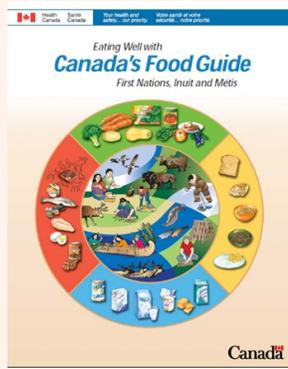
1. Plan ahead. Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry, like cut up veggies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats.
2. Be aware of portion sizes. Instead of snacking from a large bag or box, take a portion and put it on a plate or bowl.
3. Listen to your hunger cues. Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
4. Skip distracted snacking! Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.
5. Snack on vegetables! About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add an extra serving or two to your day.

Click [HERE](#) to view the full factsheet from the Dieticians of Canada.

Choose the foods that you snack on wisely. Select snacks that are from the four food groups in Canada's Food Guide while being mindful of the recommended number of Food Guide Servings. The *Dieticians of Canada* recommend limiting snacks to no more than 3 per day. They also recommend drinking water often and limiting servings of regular pop and fruit drinks which are high in calories and low in nutrients.



Click [HERE](#) for Canada's Food Guide



Click [HERE](#) for Canada's Food Guide—First Nations, Inuit and Métis

Did you know? Through the Employee and Family Assistance Program, permanent and casual staff, their significant other and dependent family members living in their house have access to Health and Wellness services at the Behavioural Science Centre. Services include diet & nutrition counselling, family meal planning, and exercise & recreation counselling.

These confidential and cost-free services are all part of your employee benefits package offered by the Rainy River District School Board. Setting up an appointment is easy – call toll-free at 1-888-423-5862 to schedule a time with one of the counsellors that is convenient for you. The Behavioural Sciences Centre offers scheduled face-to-face visits in the Rainy River District, telephone consultations, video counselling, and E-Counselling.

