



Healthy Snack and Meal Ideas for Family Night

With school, work, meetings and extra-curricular activities, it can be difficult to schedule time with your family. Family nights give opportunities to reconnect with your family in a fun filled evening complete with tasty healthy meals or snacks that are easy to prepare!

Snack Ideas

- Raw vegetables & hummus (chickpea dip)
- Whole grain crackers & lower fat cheese
- Fruit with yogurt
- Plain popcorn sprinkled with parmesan cheese
- Fruit salsa & baked pita bread
(recipe below)
- Popsicles made with fruit and yogurt

Meal Ideas

- Quesadilla made with cheese, chopped vegetables and beans
- Whole wheat pita “pizza” of vegetable toppings and cheese
- Baked chicken fingers with Tzatziki sauce and baked sweet potato “fries”
- Tuna salad sandwich with a vegetable kabob
- Vegetable fajita topped with cheese
- Hamburger soup with whole wheat bun

Quick Tips

- Serve milk or water instead of pop or juice.
- Adding strawberries and lemon to water is a great way to boost the flavor!

Fruit Salsa Recipe

2 peaches, chopped
2 nectarines, chopped
4 kiwi, chopped
2lb containers of strawberries, chopped
1 tablespoon lemon juice
1/4 cup strawberry jam

Add fruit to a large bowl, drizzle with lemon juice and jam and lightly mix. Serve with baked pita wedges sprinkled with cinnamon.



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