

# Snack Time

Snacks give you a boost during a long workday. They provide energy for work and help with mental alertness to keep you safe. Your need for snacks depends on when you eat your meals and the work you do each day.

## Do I Need A Snack?

- ? It's been more than 4 to 6 hours since my last meal.
- ? I'm hungry (growling stomach, headache, light-headed).
- ? I've been working hard and used up my energy (tired).

**YES**

Choose snacks with fibre, healthy fats or protein for a snack with lasting energy.

## What Flavour Do You Crave?

### Salty



Nuts, popcorn, peanut butter, olives

### Sweet



Fruit, yogurt, muffin, granola bar

### Savoury



Hummus, cheese, guacamole, roasted chickpeas

### Crunchy



Raw vegetables, crackers, dry cereal, popcorn

### Creamy



Fruit smoothie, yogurt, plain latté, chia pudding

Limit empty calorie snacks like baked goods, chips, candy, pop and flavoured coffee drinks. These snacks don't give energy that lasts.

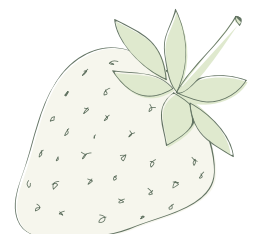
## Plan For Snacks

- ✓ Put snack foods on your grocery list.
- ✓ Prepare snacks so they are ready to grab and go.
- ✓ Keep non-perishable snacks at work.
- ✓ Pack extra snacks for long days.

Choose the snack that's right for you and savour it.

## Portable Snacks

- Whole fresh fruit
- Canned fruit or applesauce
- Whole fresh vegetables: green or yellow beans, snow peas or small tomatoes
- Nuts or seeds
- Homemade trail mix
- Popcorn
- Peanut butter sandwich
- Canned fish with crackers



# Stay Hydrated

Water is as vital to your health as it is to crop and animal health. Fluid is needed to move nutrients around your body, protect joints and organs while you work, regulate blood pressure, control body temperature and prevent dehydration.

## Get Enough Fluid

- Enjoy water at a temperature you love: ice cold, steaming hot or room temperature.
- Carry a reusable water bottle with you.
- Make your own fruit or herb infused water.
- Love fizz? Carbonated water has bubbles with no added sugar.
- Add a splash of fruit juice to plain water.
- Cool off with iced tea or coffee.
- Stock sports drinks for hot days.
- Quench your thirst and refuel with a glass of milk or drinkable yogurt.

## High Temperatures + Outside Work + Not Enough Fluid = Increased Risk of Dehydration

Know the signs:

- Dry mouth
- Thirst
- Fatigue
- Headache
- Dizziness
- Loss of focus
- Dark coloured urine
- Less need to urinate

The risk of dehydration increases when you work outside in hot, humid weather and sweat a lot. On those days you need more than water to rehydrate. Have a sports drink to replace fluid and electrolytes.

Make water  
your drink of  
choice.

Choose  
unsweetened  
beverages most  
often.

Wash your  
water bottle in  
hot, soapy  
water every  
day.

## Snacks That Hydrate

- Fruit and yogurt ice pops
- Smoothies
- Milk
- Iced latté
- Vegetable juice
- Apples
- Berries
- Peaches
- Pears

The amount of fluid you need depends on your activity level and work environment. Most adults need 2 to 3 litres of fluid per day. You get fluid from water as well as other drinks and foods you consume.