

Abstract

Nutrition and food programs have evidenced positive impacts on improved nutrition, performance, and wellbeing for children. A Snack Program was proposed for the S.M.I.L.E. Program at Acadia University, which develops physically active lifestyles in children with varying abilities. The Snack Program aimed to influence children's snacking knowledge, attitude and behaviours via nutritious snack provision and nutrition education. It was designed and its concepts tested; following implementation in September 2010, a case study approach evaluated its impacts on participants. The Snack Program evidenced potential for promoting healthy food choices and food creativity. Although children reported basic healthy eating knowledge, it was insufficient to influence behaviours. Further education should focus on portion control and sensory analysis of novel foods—a positive influence on children's liking and trying of foods, important for developing healthy eating habits. Findings may be applied broadly to childhood programs, additionally to those focusing on children with varying abilities.