CACFP Meal Pattern for Snacks

<table>
<thead>
<tr>
<th></th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-18</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Meat &amp; Meat</td>
<td>½ oz</td>
<td>½ oz</td>
<td>1 oz</td>
<td>1 oz</td>
</tr>
<tr>
<td>Alternatives</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruits</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains</td>
<td>½ oz eq</td>
<td>½ oz eq</td>
<td>1 oz eq</td>
<td>1 oz eq</td>
</tr>
</tbody>
</table>

Select 2 of the 5 components for snack. Only one may be a beverage.

Oz eq = ounce equivalents

Best Practices

✓ Make at least 1 of the 2 required snack components a vegetable or fruit
✓ Serve a variety of fruits and choose whole fruits more often than juice.
✓ Provide at least 2 servings of whole grain-rich grains per day.
✓ Serve only unflavored milk.
✓ Limit serving processed meats to no more than one serving per week.
✓ Serve only natural cheeses and choose low-fat or reduced-fat cheeses.

Examples by Category

**Milk**
Unflavored, fat-free or low-fat milk

**Meat & Meat Alternatives**
Lean meat, Poultry, Fish, Cheese, Eggs, Peanuts, Yogurt

**Vegetables**
Carrots, Broccoli, Bell Peppers, Peas, Celery

**Fruits**
Strawberries, Bananas, Oranges, Kiwi, Apples, Blueberries, Grapes

**Grains**
Corn tortilla, Whole Grain Crackers, Whole Grain Pita, Brown Rice, Oatmeal
Get Creative with Fruits and Veggies!

- Incorporate snack into learning:
  - Relate fruits & veggies to Colors, Shapes, and Math
  - Example: Adding/Subtracting strawberry slices

- Choose 1 day a week to try a new fruit or vegetable.
  - Let the kids create a name for the new food and even a backstory for them.
  - Example: Karlie the Kiwi
    - Let kids hold kiwi before you cut it open and guess what it might look like inside
    - Kids can think of their own name for the fruit
    - Serve kiwi with yogurt, other fruits, or by itself in different shapes

- Serve foods in a variety of ways:
  - With dips such as yogurt or hummus
  - Smoothies
  - Fruit kabobs- have kids build the kabobs themselves
  - Relate snacks to cartoon characters
  - Let kids create with fruits and vegetables