

Healthy Snacks



CACFP Meal Pattern for Snacks

	Ages 1-2	Ages 3-5	Ages 6-18	Adults
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Meat & Meat Alternatives	1/2 oz	1/2 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

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

