

# 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

### 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

