



# SNACK IDEAS

## **SNACKS SHOULD CONTAIN A MINIMUM OF TWO COMPONENTS**

Snack is an important meal for CACFP participants and can be a great time to introduce new food and flavor combinations. Two of the five food components must be served at each snack period. Choose between fluid milk, meat/meat alternates, vegetables, fruits, and grains. Healthy options are endless and selecting from multiple food component categories creates variety and interest in menu planning. Use snack as an opportunity to teach healthy eating by selecting nutrient-dense foods.

## **BEST PRACTICES FOR SERVING SNACKS**

- **Introduce vegetables:** Foods like carrots, tomatoes, and broccoli are easily served raw or cooked.
- **Offer a variety:** There are five food components, but only two are needed to create a reimbursable snack. Offer different combinations to provide a variety of flavors and nutrients.
- **Serve fresh first:** Canned food is easy to offer on a menu; however, fresh or frozen fruits and vegetables provide the maximum amount of nutrients.
- **Reduce sugar:** Limit food items that contain added sugar to once per week to ensure children aren't consuming an excess of sugar.
- **Offer whole grain:** Whole grain options should be offered more frequently than refined grains. When grains are refined, important nutrients are removed.
- **Extras are allowable:** A minimum of two food components is required for a reimbursable snack; however, serving more than two components is allowed. Consider adding an extra component to snacks, especially when one component is a beverage item.

# SNACK IDEAS BY COMPONENTS

## MILK

- 1 year old: unflavored whole milk
- 2-5 years old: unflavored low fat or unflavored fat free
- 6+ years old: unflavored or flavored low fat or fat free
- Do not serve milk with juice as the only snack components.



## MEAT/MEAT ALTERNATE

- Cheese
- Cottage Cheese
- Low-fat Yogurt
- Nut butters (Peanut butter, almond butter, etc.)
- Egg (hard-boiled, scrambled, poached)
- Turkey or ham
- Tuna
- Chicken



## GRAIN

- Pita bread
- Rice cakes
- Trail mix
- Crackers (Animal and Graham)
- Cinnamon-raisin bread
- Cereal
- Tortilla
- Oatmeal
- Bagel
- Whole-grain bread
- Granola
- English Muffin



## VEGETABLE

- Broccoli
- Carrot
- Tomato
- Celery
- Green salad with dressing
- Avocado
- Salsa
- Sweet potato fries (baked)
- Bean Salad
- Bell Peppers
- 100% Vegetable Juice



## FRUIT

- Grapes
- Banana
- Apple
- Cantaloupe
- Dried fruit (raisins)
- Clementines or oranges
- Blueberries
- Kiwi
- Pineapple
- Strawberries
- Peaches
- Grapefruit
- 100% Fruit Juice

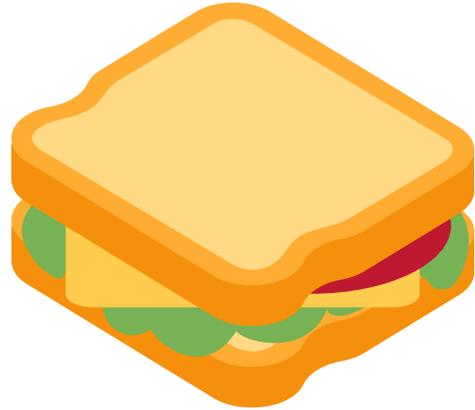


\*Vegetables served at snack do not have to be served raw! Increase variety in your menu by offering raw, steamed, boiled, and oven-baked vegetables.

\*Offer a variety of fresh, frozen, and canned fruit to increase nutrient value and interest in the foods served.

# **SANDWICHES ARE AN EASY WAY TO SERVE TWO COMPONENTS**

- Peanut butter and Jelly
- Turkey and Cheese
- Tomato and Cheese
- Egg Salad
- Chicken Salad
- Tuna
- Grilled Chicken
- Pimento and Cheese
- Grilled Cheese



## **COMBINATION SNACK IDEAS**

- Cucumber, whole grain crackers, and cheddar cubes
- Ham roll up (tortilla, ham, lettuce, mustard)
- Tossed salad with croutons, diced turkey, lettuce, tomatoes, and cucumber.
- Toast with avocado and cheese
- Hummus, pita bread, and carrots
- Celery, nut butter, and apples
- Cottage cheese, fruit, and oatmeal
- Pasta Salad and cherry tomatoes
- Bagel, yogurt, and fruit slices
- Hard-boiled egg, whole grain roll, fresh vegetables
- Baked potato with cheese and diced chicken
- Sandwiches
- Cheese, chicken, or bean quesadilla
- Cereal and milk
- Cauliflower, ranch, and veggie crackers

Snacks are a great opportunity to expose children to foods that are not typically served at home. Create variety at snack and encourage healthy eating!

# CREATE YOUR OWN

Use the space below to plan some new snack combinations! Snack options are endless. Pair a variety of meal components to create a reimbursable meal.

Fruit _____	+	Vegetable _____	+	Meat/MA _____
		Vegetable _____	+	Grain _____
		Milk _____	+	Meat/MA _____
		Grain _____	+	Milk _____
		Fruit _____	+	Grain _____
		Fruit _____	+	Meat/MA _____
Fruit _____	+	Vegetable _____	+	Grain _____

This institution is an equal opportunity provider.