



# SNACKS THAT COUNT

## TECHNICAL ASSISTANCE AND CONSULTATION FOR CHILD CARE PROVIDERS

For healthy growth and development, children need snacks and fluids between meals.

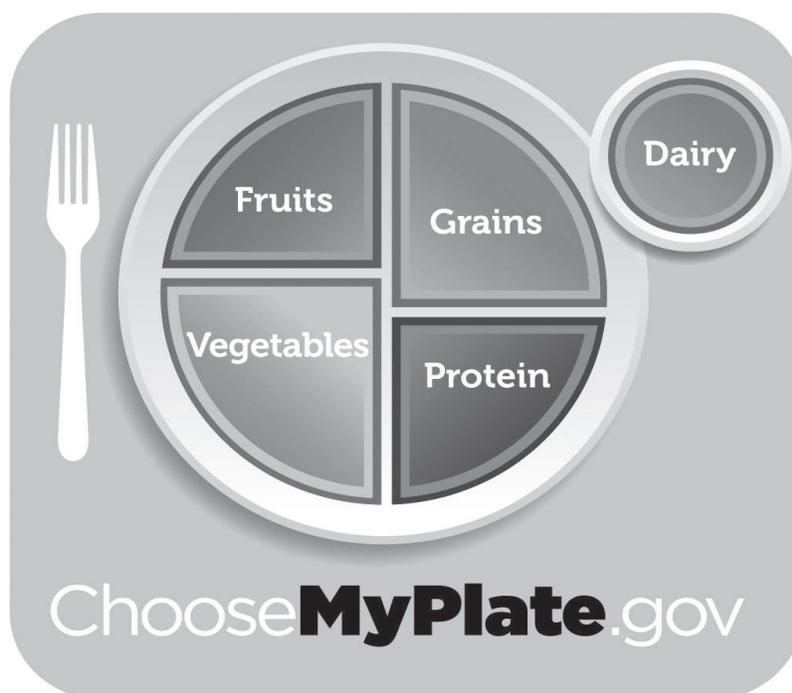
- Snacks should be part of the daily meal plan.
- Snacks can provide additional energy that children need to avoid late-morning and mid-afternoon slumps.
- Snacks should be carefully planned to be nutritious and age appropriate.

Why do children need snacks?

- Children's bodies have a constant need for energy replacement.

- Children's stomachs are not large enough for them to eat enough at each meal to last all the way to the next meal.
- Snacks between meals allow children to meet their basic level of calories necessary to grow, think and play.
- Ample fluid intake throughout the day can help avoid dehydration of the child's body.

Mid-morning and mid-afternoon snacks should be considered an extension of breakfast and lunch. Nutrients missed during mealtime can be added to a child's diet at snack time. This is why it is important to carefully plan nutritious snacks. Healthy snacks served approximately 2 hours before the next meal usually will not affect an active child's appetite.



## WHAT COUNTS AS A SNACK?

SNACK - Select 2 of the following 4 components:	Ages 1-2	Ages 3-5	Ages 6-12
<b>Milk, Fluid</b>	1/2 cup	1/2 cup	1 cup
<b>Vegetable, Fruit or Full-strength Juice</b>	1/2 cup	1/2 cup	3/4 cup
<b>Grains/Bread (whole grain or enriched):</b>			
Bread	1/2 slice	1/2 slice	1 slice
or cornbread, rolls, muffins or biscuits	1/2 serving	1/2 serving	1 serving
or cold dry cereal (volume or weight, whichever is less)	1/4 cup or 1/3 oz	1/3 or 1/2 oz	3/4 cup or 1 oz
or cooked cereal grains, pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
<b>Meat or Meat Alternates</b>			
Lean meat, fish or poultry	1/2 oz	1/2 oz	1 oz
or cheese	1/2 oz	1/2 oz	1 oz
or cottage cheese, cheese food or cheese spread	1 oz (or 1/8 cup)	1 oz (or 1/8 cup)	2 oz or 1/4 cup
or yogurt	2 oz (or 1/4 cup)	2 oz (or 1/4 cup)	4 oz (or 1/2 cup)
or egg	1/2 egg	1/2 egg	1/2 egg
or cooked dry beans or dry peas	1/8 cup	1/8 cup	1/4 cup
or peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons
or peanuts soy nuts, tree nuts or seeds	1/2 oz	1/2 oz	1 oz

## GREAT SNACK CHOICES ADD UP

Variety is the key. Varying choices increase the chances of getting all the nutritional benefits from food.



### SOME IDEAS FOR SNACKS

#### Fruit Group

Apple ring sandwiches  
[peanut butter on apple rings]  
Tangerine sections  
Chunks of banana or pineapple  
Canned fruits packed in juice  
Juice box [100% juice]

#### Meat Group

Hard cooked eggs [wedges or slices]  
Peanut butter spread thin on crackers  
Bean dip spread thin on crackers  
Cheese slices with thin apple wedges  
String cheese or individually wrapped slices  
Mini yogurt cups

#### Grain Group

Crackers stacks--wheat crackers spread with  
cheese spread  
Ready-to-eat cereals

Flavored mini rice cakes

Breads of all kinds [multi-grain, rye, white, wheat]  
Ginger snaps or fig bars

Graham crackers

Ready-to-eat cereals mixed with raisins/other dried  
fruit

#### Vegetable Group

Vegetable sticks [carrot, celery, green pepper,  
cucumber]

Celery stuffed with peanut butter

Cherry tomatoes cut in small pieces

Steamed broccoli, green beans, sugar peas with  
low fat dip

#### Milk Group

Milk shakes [made with fruit and milk]

## FOODS THAT MAY CAUSE CHOKING INCLUDE:

- Frankfurters.
- Nuts and seeds.
- Popcorn.
- Raw carrots.
- Chunks of meat.
- Raisins.
- Marshmallows.
- Peanut butter (spoonful).
- Chips.
- Whole grapes.
- Pretzels.
- Round or hard candy.
- Raw celery.
- Cherries with pits.
- Large pieces of fruit.

Use close supervision when young children are eating. **Note:** Children under 3 must not be served popcorn and uncut round foods such as grapes and hot dogs.

## SNACK TIME CAN BE A LEARNING EXPERIENCE

In addition to providing a significant part of the child's daily food intake, snack time offers many interesting and important learning opportunities. Here are some of those opportunities:

- To try new foods and explore how they look, feel, sound, and smell.
- To develop ideas about different shapes, colors, textures, weights, amounts, etc.
- To develop social skills by talking and being with others.
- To discuss the science of food - how it is produced, how it is prepared, its importance to growth, etc.
- To develop a willingness to try different things through eating new foods.
- To learn age appropriate table manners.
- To share special events (birthdays, holidays, etc.).
- To share with one another food that they have prepared themselves.
- To enjoy a variety of foods.

## ENCOURAGING GOOD FOOD HABITS

Young children feel more comfortable when things that they play with, work with, and eat are selected with their size and age in mind. Because a child's capacity for food is small, girls and boys need to eat often during the day.

Start with small servings of food in bite-size pieces that are easy to manage with a fork, spoon or their fingers, and serve food lukewarm instead of cold. Give children the opportunity to ask for second helpings.

Like an adult, a child's appetite varies from day to day. It's a good idea to give children more food on days when they are extra hungry and less food on days they are not so hungry. Temporary food cravings are common for the young child; he or she may want the same food over and over again for a few days.

Snack time is a great opportunity to help children try new foods. It is best to introduce only one new food at a time and repeat it at a later date so that the child will recognize and learn to enjoy the food. Involve preschoolers and older children in cooking and food preparation - children are more likely to try foods that they helped prepare. Below is a list of creative ideas for snack that children can help prepare.



## IDEAS FOR CREATIVE AND FUN SNACKS

Frozen Juice Pops - Pour 100% fruit juice into paper cups and put in the freezer. Add a wooden craft stick when partially frozen and continue to freeze until completely frozen. At snack time, the children can peel away the paper and enjoy!

**Tropical Fruit Pops** - Blend banana chunks, crushed pineapple, strawberries, and low-fat vanilla yogurt and pour into paper cups. Put in the freezer. Add a wooden craft stick to each when partially frozen and then continue to freeze until completely frozen.

**Fruity Dip** - Blend 1 ounce carton of vanilla low-fat yogurt with 2 tablespoons of orange juice concentrate (You may also try grapefruit, tangerine, lemonade or limeade concentrate). Give each child a bowl for dipping and a variety of fresh fruit pieces (try melon balls, banana slices, berries, peaches, and pears).

**Veggie Dip** - Blend 2 cups of fat-free plain yogurt and 1 envelope (0.4 ounce) buttermilk salad dressing mix. Refrigerate 1 hour. Give each child a bowl for dipping and a variety of fresh vegetable pieces (try broccoli, cauliflower, zucchini, celery, cucumber, green pepper, etc.).

**Meat & Cheese Roll-ups** - Top a small, round flour or corn tortilla with turkey slices and thinly sliced cheese. Starting at the edge of the tortilla, roll tightly. Makes a quick and easy sandwich.

**Healthy Nachos** - Children can cut small flour or corn tortillas into four triangular pieces using scissors that have been sterilized. The adult then bakes the tortilla pieces in the oven for 10-12 minutes, at 350°. Place shredded cheese and chopped green pepper on the tortilla pieces and bake in the oven at 350° for 4 minutes, or until the cheese is melted.

**Tasty Celery Sticks** - Wash and cut up celery stalks. Allow children to spread peanut butter, cream cheese (plain or flavored), or cheese spread in the inside groove of the celery, and enjoy!

## BUREAU OF COMMUNITY AND HEALTH SYSTEMS

### CHILD CARE LICENSING DIVISION



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BCAL PUB 242 (Rev. 1-16) Previous edition obsolete.

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