Public Health
Seattle & King County

Snack Handbook for Pre-School and Child Care Programs

Child Care Health Program

Introduction: Welcome to the Snack Handbook for Preschool and Child Care Programs!

We have compiled these materials to help you provide easy, interesting and nutritious snacks that meet Washington State Minimum Licensing Requirements and USDA/CACFP regulations. Included in this handbook you will find types and quantities of foods to be served as well as specific menu ideas. All menu ideas are ready to use and also include portion sizes. For those creating their own menus, we have included information on the use of juice and water plus guidelines for choosing healthier bread, grain products and crackers.

This handbook was written and compiled by nutritionists in the Child Care Health Program, Public Health Seattle-King County. Child Care Health Program staff offer health promotion and disease prevention services to child care providers throughout Seattle and King County. Nutritionists are available to assist child care providers with food safety and sanitation, menu planning, mealtime environment, and nutrition education for children, staff and parents. Our multi-disciplinary team also includes public health nurses and a psychologist who offer on-site and telephone consultation, training and health education. To talk with a nutritionist or to learn more about our services, please call us at (206) 263-8262 or visit our website at www.kingcounty.gov/health/childcare.

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Snacks: How Much Do Children Need?

CHILD AND ADULT CARE FOOD PROGRAM
MEAL PATTERN FOR CHILDREN

Ages 1-6

Snacks or Supplements: Plan foods from at least 2 different groups	**USDA/CACFP Minimum Portion Sizes**
Milk Fluid milk (1% or skim for kids over age 2)	½ cup or 4 oz.
Fruit/Vegetable 100% Juice, fruit, and/or vegetable	½ cup or 4 oz.
Grains/Bread Must be whole grain or enriched or fortified Bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	 ½ slice ½ serving ¼-1/3 cup ¼ cup ¼ cup
1 Meat/Meat Alternate meat or poultry or fish or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt	 ½ oz. ½ oz. ½ oz. ½ egg 1/8 cup 1 tbsp. ½ oz. 2 oz.

Select 2 of the 4 components shown. If you select milk as one of the components, you may not serve fruit juice as the other component.

The amounts listed above are the minimum amounts to be served. You may find that you will want, or need to serve more to meet the needs of the children in your care.

Water should be made available to children to drink upon their request. Drinking water must be made available to children during meal times. Facilities are encouraged to serve water with snacks when no other beverage is being served, and in place of other high calorie, sweetened beverages (juice drinks, soda, sports drinks, etc.)

Offering Food to Children

Adults are responsible for:

- Planning meals and snacks
- Offering at least minimum quantities of required foods to children
- Offering nutritious foods to children
- Providing a pleasant mealtime environment

Children decide:

- Whether they eat
- How much they eat

Introducing New Foods to Children

It can take up to 12 times of offering a new food before a child even tastes it. Focus on introducing new, healthy foods to the children in your care, and then let them decide when to try them.

- Offer healthy foods in sizes, shapes, and textures that are right for their age. Examples include cut-up fruits, like apples and grapes (sliced vertically to avoid choking), or vegetables, like celery and carrot sticks.
- Model good behavior. Kids tend to eat the same foods and in the same manner as adults.
- Make positive comments about new foods at meal times. Giving foods fun names has been shown to increase the amount that kids will eat.
- Involve children in food preparation, serving, and clean-up.
- Eat more meals family-style. Allowing children to serve themselves and eating together in a relaxed, pleasant atmosphere will likely increase the number of healthy foods children will eat.

*From University of Florida IFAS Extension, January 2010.

31 Quick and Nutritious Snacks

A Six Week Rotating Snack Menu for Children Ages 3-6

1% or nonfat milk is recommended. Water should be made available to children to drink upon their request.

1. 6 animal crackers and ½ cup low fat yogurt.
2. ½ bagel and ½ cup pineapple or nectarines, *plus jelly*.
3. 2 tablespoons refried bean dip and crisped pita bread wedges (1/2 pita) *plus milk**.
4. 1/8 cup raisins, 3/8 cup celery and 12 oyster crackers, *plus nut butter and milk**.
5. 1 small muffin and ½ cup melon.
6. 1 slice garlic bread and ½ oz. 100% mozzarella cheese.
7. 9 Teddy Grahams and ½ cup peaches.
8. 1 slice focaccia bread and ½ cup fresh orange wedges.
9. ½ cup apple slices and ½ oz. egg salad.
10. 1 slice pumpkin bread and ½ cup milk*.
11. ½ cup low fat cottage cheese and ½ cup pears or apricots.
12. 1 slice zucchini bread and ½ cup milk*.
13. ½ whole wheat flour tortilla rolled with ½ oz. 100% meat deli slice.
14. 2 graham cracker squares and ½ cup banana or plums.
15. ½ cup orange slices and 2 Rye Krisp triple crackers.
16. 2 tablespoons humus and ½ cup cucumbers and carrots, *plus whole wheat pita bread sliced in wedges.*
17. 1 slice banana bread and ½ cup milk*.
18. ¼ cup tuna salad and ½ whole wheat English muffin.
19. ½ cup fruit salad and 4 vanilla wafers, *plus milk**.
20. ½ cup low fat yogurt and ½ cup berries (fresh or frozen).
21. ½ cup cold (steamed) broccoli and jicama sticks and 6 reduced fat wheat thins, *plus dressing*.
22. 1 small muffin and ½ cup milk*.
23. ½ cup low fat cottage cheese and ½ cup peaches.

24. ½ cup mix: oyster crackers, small pretzels and Chex cereal, and ½ cup orange wedges.

25. 1 slice raisin bread and ½ cup banana, *plus milk.*

26. ½ cup grapes or kiwi and 4 saltine squares, *plus milk**.

27. ½ oz. 100% Monterey jack cheese and 1 soft bread stick *plus spaghetti sauce (for dipping).*

28. ½ cup applesauce (unsweetened) and 1/3 cup low fat granola, *plus milk**.

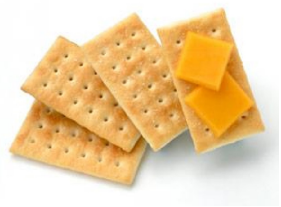
29. 1 square corn bread and ½ cup mandarin oranges or tangerines.

30. 1 small whole wheat roll and ½ cup apple juice.

31. Yogurt parfait – ¼ cup low fat yogurt, ½ cup berries or other fruit (fresh or frozen), and ¼ cup low fat granola. Make layers of yogurt, fruit, and granola.

Foods or beverages stated after the word "plus" enhance the snack but are not required. Larger portions of all foods are permitted and encouraged.

Snacks Ideas for Pre-School Age Children

 Berry and yogurt parfait	 Vegetable soup Saltine crackers	 Carrots and celery Hummus Pita bread	 Oatmeal raisin cookies Milk	 Pear slices Cheese stick
   Egg salad sandwich Carrot sticks	 Peaches Yogurt	 Apple and cheese slices	 Corn chips Salsa	 Sliced melon Rice crackers
 Pinapple and cottage cheese	 Cheese slices Wheat crackers	 Lentils and rice	 Bean and cheese quesadilla	 Broccoli, sweet peppers and salad dressing Pita chips

Serve snacks with water unless otherwise indicated.

Public Health
Seattle & King County

Child Care Health Program

CNK-PH-1000

401 5th Ave., Suite 1000

Beyond Crackers

Breads and other grain products
to include in child care snacks
for ages 3-6

Item	Serving Size
Bagels	½
Small Bagels	1
Bao: Chinese Steamed Bun	½
Biscuit	1
Bread Sticks (dry)	2 (1 oz.)
Bread Sticks (soft)	½ (1 oz.)
Buns	½
Cereal Cold, Low Sugar	½ cup
Cereal, Hot	¼ cup
Corn Bread	½ oz.
English Muffin	½
French Bread or Baguette	1 slice
Injera (Ethiopian flat bread-10" round)	⅓
Matzo	½
Muffins	1 small
Pancakes (2")	1 (½ oz.)
Pasta (spaghetti, noodles, macaroni)	¼ cup
Pita Bread	½
Popcorn (air popped)	1 cup
Pretzels (soft)	1 oz.
Pretzels (hard)	1 oz.
Quick Breads (pumpkin, zucchini, banana, applesauce)	½ slice (1 oz.)
Raisin Bread	½ slice
Rice	⅓ cup
Rolls	½
Rye Bread	½ slice
Tortillas- Corn, Whole Wheat or White Flour (6 ")	½
Whole Grain Breads Can be made into cinnamon toast, french toast, cheese toast, bread puddings, etc.	½ slice

Fruit Instead of Juice!

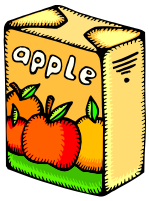
Studies show that children don't get enough fruit during the course of the day. The U.S. Dietary Guidelines Committee suggests eating whole fruits and limiting fruit juices. Whenever possible, choose fruits over fruit juices!

Why fruit instead of juice?

Fruit provides healthy fiber, which fills you up with fewer calories and may help prevent disease. Fiber is lost when fruit is made into juice.

- Fruit juices are high in sugar and calories and can promote weight gain and cavities.
- The higher amount of calories from juice may take the place of more nutritious foods.
- Processing fruit into juice means losing high levels of potassium and Vitamin C

While it comes from fruit, 100% fruit juice still contains a lot of natural sugar. Although it's considered healthier than soda, one cup of juice has as much sugar as one cup of cola!



8 oz. = SIX and a half

teaspoons of sugar.

8 oz. = SIX and a half

teaspoons of sugar.

Juice is still a better option than soda, which has no nutritional value.

Did you know?

You'd have to drink 18 glasses of apple juice to get the 3 ½ grams of fiber contained in 1 apple! An apple has 81 calories. An 8 oz. glass of apple juice has 117 calories. Which is more filling?

If you do serve juice…

- Serve 100% orange juice. It has lots of Vitamin C and folic acid and is the healthiest of the juices.
- Serve no more than 6 oz. of juice per child per day. Beyond that, serve water for thirst.
- Serve them occasionally since most juices provide "empty calories".
- Dilute with water, or use a splash of juice for added flavor in a glass of water.
- Avoid juice "Drinks" because they contain added sugar/corn syrup and artificial flavors.

What to serve instead of juice?

- Fruit and vegetables: raw, cooked, frozen, or canned in their own juice instead of syrup.
- Serve water as a beverage with the 2-component snack.

Vitamin C Food Sources

The Washington Minimum Licensing Requirements for child care programs requires serving a good source of Vitamin C at ***least once a day***. Serve fruit or vegetables as the daily Vitamin C source most often. When juice is used to meet Vitamin C needs, offer juice naturally high in Vitamin C, such as orange, pineapple, or combination fruit juices. Minimize juice to two servings a week. Serve water at snack time as a beverage when foods from 2 other food groups are offered.

- Kiwi
- Cantaloupe, Honeydew, Watermelon
- Apricots
- Grapefruit
- Guava
- Honeydew melon
- Pummelo
- Lychees
- Mandarin orange
- Mango
- Orange
- Prickly Pear
- Papaya
- Tangerine/Satsumas
- Raspberries, Blackberries, Strawberries
- Apple, grape or other Vit. C fortified juice
- Pineapple, mango or orange juice

- Asparagus
- Bell peppers (green, yellow, orange, red)
- Beans, Yellow Snap
- Broccoli
- Brussel sprouts
- Cabbage, red and green
- Cauliflower
- Kale, Collard greens, Spinach
- Kohlrabi
- Potato, baked or boiled in skin
- Salsa
- Sweet potato, baked or boiled
- Tomato
- Radishes
- Vegetable juice cocktail

Vitamin A Food Sources

The Washington Minimum Licensing Requirements for child care programs requires serving a plant source of vitamin A at least 3 times a week. (1/4 cup provides 10% or more of the daily needs for a 4-8 year old.)

- Apricots
- Cantaloupe
- Mangos
- Necterines
- Peaches
- Sour cherries (water-packed)
- Mixed vegtables, with carrots and broccol
- Broccoli

- Carrots
- Pumpkin
- Spinach
- Tomato paste
- Sweet potatoes or Yams
- Winter squash
- Greens (mustard, collard, turnip)

Water: It Does a Child's Body Good!

Children should have access to drinking water throughout the day. Serving water teaches children that it's okay to drink beverages that are not colored, flavored or sweetened.

Water is healthy!

Drinking water…

- Helps the body to function properly
- Helps prevent constipation and get rid of waste from the body
- Prevents dehydration

Be sure to offer water after children have had any active playtime.

Creative ways to increase water intake

- Serve in festive, fun or fancy glasses
- Add a slice of lemon/lime/orange for added flavor
- Try mineral and seltzer water
- Dilute fruit juices with half water or add a splash of fruit juice to water
- For older children: add ice or use straws

Try to avoid purchasing individualized plastic water bottles which are expensive and pollute the environment.

Did you know…?

You can drink over 4,000 glasses of tap water for the price of a six-pack of your favorite cola.

By the time a person feels thirsty, his or her body has lost over 1 percent of its total water amount.

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This booklet is available in alternate formats upon request.