

Snack Time!

Meat/Meat Alternative

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Pudding cups
- Lean ham, turkey or roast beef
- Hard-cooked egg
- Nuts*
- Trail mix (buy or mix your own with cereal, dried fruit, nuts and/or seeds)*
- Sunflower seeds

Grains

- Whole-grain bread
- Whole-wheat pitas
- Baked tortilla chips
- Animal crackers
- Hard pretzels
- Rice cakes
- Whole-grain dry cereal
- Mini-bagels
- Whole-grain bread sticks or crackers
- Vanilla wafers
- Low-fat/low-sugar breakfast, granola or chewy bars
- Graham crackers/cookies
- Air-popped popcorn



Dips and Spreads

- Bean dips
- Hummus
- Peanut butter/other nut butters*
- Fresh salsa
- Low-fat salad dressings
- Low-fat cream cheese

Note: If you are participating in CACFP, refer to CACFP regulations for portion sizes and allowed snack options.

Beverages

- 1 percent low-fat milk
- Nonfat milk
- 100 percent fruit or vegetable juice
- Soy and rice milks (fortified with calcium and vitamin D)
- Water

Fruits/Vegetables

- Grapes
- Apple slices
- Orange slices
- Mandarin oranges/tangerines
- Pears
- Bananas
- Melon balls (honeydew or cantaloupe)
- Watermelon cubes
- Mango slices
- Fresh fruit in season
- Cherry tomatoes
- Baby carrots
- Broccoli florets
- Celery sticks
- Cucumber sticks
- Red or green bell pepper sticks
- Dried fruit/fruit chips (like raisins, figs, pineapple, cranberries, apple rings or banana)
- Fresh fruit salad or packaged fruit cups
- Fruit leathers (without added sugars)
- Applesauce
- Canned fruit (in its own juice)
- Chunks of cooked sweet potato
- Frozen grapes or blueberries
- Fig bars



* If no nut allergies



Snacking Healthy in After-School Programs

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For more information on
local wellness policy...

www.NCActionForHealthyKids.org
www.nutritionnc.com
www.eatsmartmovemorenc.com

Why Serve Healthy Snacks?



Research shows that children and teens who eat smart and move more focus better and have fewer behavior problems. They also have improved math, reading, and writing test scores.

Smart kids need smart snacks!

Growing children need a nourishing afternoon snack to stay healthy. This energy boost will help them focus and learn better for the rest of the day.

As after-school program staff, you can teach the children you serve how to make smart food choices. You will also help them build positive attitudes about food, and develop healthy eating and activity patterns over time.

The Child and Adult Care Food Program (CACFP) provides healthy snack guidelines that can be used in any after-school setting. Snacks should meet USDA nutritional guidelines and combine at least two of the following components:

- 1 serving of milk
- 1 serving of fruits and/or vegetables
- 1 serving of grains
- 1 serving of protein

Snack Planning Tips

- Choose whole grains and when possible, serve fresh fruits and vegetables. Buy reduced-fat and reduced-sodium snacks when you can.
- Balance the number of components served in a week, by serving each component at least 2 or 3 times during that week.
- Children need variety, not large portions. Snacks should come in small portions, like a handful of nuts/seeds, or one to two tablespoons of dip or dressing to go with raw vegetables.

Serve Healthy Snacks and Save!

- Go to local discount retailers (like Sam's Club, Costco, Smart and Final, Dollar Tree), local food banks, local farmers, or get donations from local businesses.
- Buy fresh fruits and vegetables in season.
- Watch for grocery store sales and stock up on non-perishables in bulk.
- Are you reimbursed for your healthy snacks? Learn about the Child and Adult Care Food Program (CACFP) at www.nutritionnc.com/snp/cacfp.htm.

Check out these resources

- CANFit Healthy Snack Guide For Your Afterschool Program: www.canfit.org/resources.html.
- Recharge! Healthy After School Snack Guide: www.actionforhealthykids.org/Recharge/snack.html.

Stay Active!

Children and youth need 60 minutes to several hours daily of moderate to vigorous physical activity. This activity should be age- and skill-appropriate, fun, and varied. The physical activity does not have to occur at one time. It can come in 10-15 minute bouts throughout the day.



After-school programs can help children and youth engage in the recommended amounts of physical activity by:

- Providing regular opportunities for active, physical play.
- Providing a variety of outdoor equipment and games for both active and quiet play.
- Assuring that permanent playground equipment is suitable for the sizes and abilities of all children.
- Assuring the outdoor space is suitable for a wide variety of activities.



Physical Activity Resources

- FitSource: <http://fitsource.nccic.acf.hhs.gov/fitsource>
- Shaping America's Youth: www.shapingamericasyouth.com/Default.aspx
- VERB: It's what you do: www.cdc.gov/youthcampaign