



Serving Healthy Snacks

OST Programs

Guiding Principles

Eat Smart: Enjoy more fruits and vegetables.

Move More: Boost movement in all programs.

Drink Right: Choose water most of the time.

Cultivate Diverse Tastes: Try many foods from around the globe cooked in a variety of ways.



Best Practices: Food & Drinks



- Serve unflavored whole milk** for children 1-2 years, **unflavored 1% milk** for children 2-5 years, and **unflavored or flavored 1% milk** for children 6-18 years.
- Serve water** at every meal/snack and throughout the day.
- Do not serve sugar-sweetened drinks.**
- Limit 100% juice to 4 oz max per day**, or choose not to serve juice.
- Serve fruits and vegetables with every meal & snack.**
- Choose 100% whole grain** or whole-grain rich foods.
- Limit grain-based desserts** to rare occasions.
- Limit added sugars in cereals** to 6 grams (or less) per dry ounce and in **yogurt** to less than 23 grams per 6 ounces.
- Choose Healthy M/MA** such as beans, lentils, tofu, tempeh, nuts & seeds, poultry, fish, eggs and yogurt with no added-sugars.
- Choose natural cheeses** and reduced fat options.



Best Practices: Environment

- Use chairs, tables, cups, and cutlery that are **child sized**.
- Plan monthly or weekly menus** and post for families.
- Do not give food as a reward** or **take it away as a punishment**.
- Do not pressure children to eat.**
- During celebrations,** try foods that are healthy and tied to culture rather than grain-based desserts, candy, etc.

Tips:

- **Frozen and canned produce lasts longer and is as healthy as fresh!** Canned vegetables with no-added-salt or low-sodium and canned fruits in water, 100% fruit juice, or lite syrup are healthiest. Choose frozen items with no sauces.
- **Save money** and buy larger amounts of sale items and serve in the correct portions to children.
- **Cut raw fruits and vegetables into small slices** to prevent choking and to fit well in small hands.
- **Try Greek yogurt!** It is much higher in protein (up to 20 grams for 7 oz.) and its thicker texture is appealing for dips and with fruit.
- **Serve lower-saturated-fat cheese** such as cottage cheese, cheddar, and mozzarella cheese.
- **Cook and serve vegetables in a variety of ways!** Try them raw, baked, sauteed, steamed, with spices, mixed in combinations, etc.
- **Food talk can be fun and low-pressure!** Talk about the shape, texture, taste, smell, and sounds that foods have. Talk about where foods come from, how foods grow, special memories connected to certain foods, and more.

Sample Snack Menu (Scratch Cook)

Monday	Tuesday	Wednesday	Thursday	Friday
Say Cheese Mondays	'Gurt Tuesdays			Dipper Fridays
Part Skim Mozzarella String Cheese & Tomato Salad (tomatoes, corn & edamame with balsamic vinegar)	Plain unsweetened yogurt topped with a sprinkle of granola and clementines on the side	Carrot Stick Fries with green melon slices and Sun Chips	Whole grain crackers, canned pineapple chunks green bell pepper slices	Broccoli and celery with whole wheat crackers and lite ranch dip
Italian Veggies (shredded carrots, peas & spinach mixed with lite Italian dressing) with reduced fat cottage cheese	Tropical Yogurt (Plain unsweetened Greek Yogurt with canned pineapple chunks)	Apple Sauce with whole grain triscuits	Quick Baked Sweet Potato Weges and Greek Yogurt Dip (plain unsweetened Greek yogurt with garlic powder, onion powder and dill)	Corn Chips & SouthWest Dip (black beans, green bell peppers & tomatoes with lime juice)
Pear or Apple Stackers (thinly sliced pears with sliced cheddar cheese and whole wheat crackers)	Quick Baked Sweet Potato Weges and Greek Yogurt Dip (plain unsweetened Greek yogurt with garlic powder, onion powder and dill)	Plain unsweetened yogurt topped with a sprinkle of granola and clementines on the side	Crunchy Apple Slices (sliced apple topped with nut butter and crushed crunchy low-sugar cereal)	Broccoli and celery with whole wheat crackers and lite ranch dip
Broccoli n' Cheese (broccoli florets topped with shredded cheddar cheese and microwave to soften)	Banana "Ice Cream" (Frozen banana blended with greek yogurt) topped with low-sugar crunchy cereal	Crunchy Apple Slices (sliced apple topped with nut butter and crushed crunchy low-sugar cereal)	Italian Veggies (shredded carrots, peas & spinach mixed with lite Italian dressing) with reduced fat cottage cheese	Carrot Stick Fries with Yogurt Dip with Sun Chips

Sample Snack Menu (Simple Prep)

Monday	Tuesday	Wednesday	Thursday	Friday
Part skim mozzarella string cheese with WG crackers	Diced mango in 100% juice with plain unsweetened Greek yogurt	Cucumber Stackers: cucumber wheels, cheddar cheese slices and hummus	Apple Sauce with WG crackers and 1% milk	Zucchini Pizza: zucchini wheels with sauce and shredded mozzarella cheese
Part Skim mozzarella string cheese with green and orange bell peppers	Fruit cocktail in 100% juice with trail mix or mixed nuts/seeds (unsalted)	Pizza Stackers: WG crackers, low-sodium sauce and shredded mozzarella cheese	Apple Sauce with part skim mozzarella string cheese and sliced zucchini	Carrot and celery sticks with low-fat ranch dressing and apple slices
Part Skim mozzarella string cheese with carrot sticks and WG crackers	Sliced peaches in 100% juice with plain unsweetened Greek yogurt	Fruit & Cheese kebabs: cubed cheddar cheese and fruit cocktail on a kebab stick	Diced mango in 100% juice with plain unsweetened Greek yogurt	Fruit cocktail in 100% juice with trail mix or mixed nuts/seeds (unsalted)
Part skim mozzarella string cheese with clementines or apple slices	Pineapple chunks in 100% juice with nut butter on WG crackers	Cottage cheese with diced mango in 100% juice	Apple Sauce with WG crackers and 1% milk	Fruit cocktail in 100% juice with unsweetened vanilla Greek yogurt