



Snack Time: Providing Healthy Snacks in Your After School Program

California After School Resource Center
(CASRC)

Administered for the California Department of Education
(C.D.E.)

Hello, welcome to the Snack Time: Providing Healthy Snacks in Your After School Program training. This training will take approximately 30 minutes to complete. Let's get started!




Training Objectives

You will learn:

- At least four reasons why healthy snacks are important.
- The best time to serve healthy snacks.
- The components of a healthy snack.
- How to create a week-long menu of healthy snacks.

During this training, you will learn:

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- The components of a healthy snack, and
- How to create a week-long menu of healthy snacks.



Why Healthy Snacks?

- Healthy snacks reduce the risk of developing:
 - Type 2 diabetes.
 - Obesity.
 - Heart disease.
- Eating healthy snacks today can help students develop life-long, healthy eating habits.

There are many reasons why serving healthy snacks is important. First, healthy snacks can reduce the risk of developing a number of health issues, such as type 2 diabetes, obesity, and heart disease. Second, the healthy habits students learn from regularly eating healthy snacks now can help them develop life-long healthy eating habits.

More Reasons for Healthy Snacks

- Healthy snacks improve students':
 - Behavior.
 - Focus and attention span.
 - Academic achievement.
 - Attendance.



You may already be familiar with the benefits of healthy snacks we just discussed, but did you know there are a number of other benefits that can help students excel? Healthy snacks can improve students' behavior, focus, attention span, academic achievement, and attendance. Take a moment to think about the students in your program. When do they have behavior issues? How focused are they when they have to complete academic work? Do you see room for improvement? Healthy snacks can help.

Sample Program

- 3:00 - 3:15 p.m.
 - Attendance
 - Review day's activities
- 3:15 - 4:30 p.m.
 - Homework support
 - Individual activities
- 4:30 - 5:30 p.m.
 - Large group activities
- 5:30 - 6:00 p.m.
 - Music time
 - Closing

When would you serve a healthy snack?



Let's take a look at a sample program. This program is having difficulty sticking to its schedule. By the time students complete their homework and individual activities, most of the program time is gone. In addition, students are having behavior and focus issues throughout the day and rarely complete the activities on that day's schedule. If you were a staff member in this program, when would you suggest serving a healthy snack?

Sample Program with Snacks

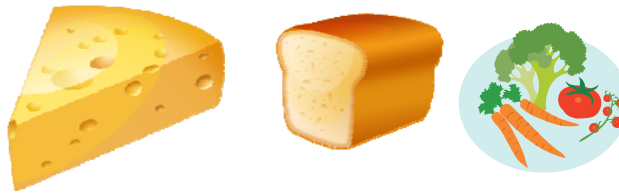
- 3:00 - 3:15 p.m.
 - Attendance
 - Review day's activities
- **3:15 - 3:40 p.m.**
 - **Healthy snack**
- 3:40 - 4:40 p.m.
 - Homework support
 - Individual activities
- 4:40 - 5:40 p.m.
 - Large group activities
- 5:40 - 6:00 p.m.
 - Music time
 - Closing



The best time to serve a healthy snack would be right after attendance and before activities begin. Although serving snacks does take a little time out of the current schedule, the potential benefits are many. If you provide a healthy snack, students will be more focused and ready to learn during homework and academic time, and they will exhibit better behavior throughout the day. Serving healthy snacks early in the schedule could help this program make the most of every activity, maximizing students' ability to learn.

Requirements for Healthy Snacks

- California *Education Code* requirements
- Government reimbursement programs
- Check out the online training Action 4 Nutrition: Assessing Your Snack Program.



Now that you know the importance of serving healthy snacks, let's discuss what a healthy snack is. First, it is important to know that there are legal requirements for serving snacks after school. Publicly funded after school programs need to serve healthy snacks as defined by California *Education Code* requirements. In turn, the federal government will provide reimbursement for snacks that meet these requirements.

All of the snacks we review today meet the legal requirements for healthy snacks and are therefore reimbursable. In this training, we focus on creating and serving healthy snacks rather than the nutrition requirements.

For more details about the *Education Code* requirements and federal government reimbursement for snacks, we recommend taking the Action 4 Nutrition: Assessing Your Snack Program training, another online training available through the California After School Resource Center.



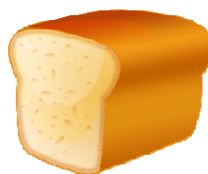
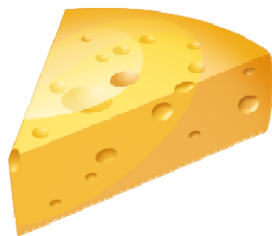
What is a Healthy Snack? (Two of Four Categories)

- Grain/Bread
 - 1 slice of bread or ½ cup of whole grains
- Milk
 - 1 cup or 8 ounces of 1%, 2%, or nonfat/skim milk
- Protein/Meat or Meat Alternative
 - 1 ounce of meat/cheese, 2 tablespoons of nut butter, or 4 ounces of yogurt
- Fruits and Vegetables
 - 1 whole fruit or vegetable, ¾ cup of 100% juice, ¼ cup of dried fruit, or ¼ cup of canned fruit

Healthy snacks always need to have at least two components from different food categories. The four main food categories identified for snack programs are: grains and bread; milk; protein and meat or a meat alternative; and fruits and vegetables. In addition to type of food, serving size matters, too. One serving of a grain or bread is one slice of bread or ½ cup of whole grains; one serving of milk is 1 cup or 8 ounces of milk, either 1 percent, 2 percent, or nonfat or skim; one serving of protein is 1 ounce of meat or cheese, 2 tablespoons of nut butter, or 4 ounces of yogurt; and one serving of a fruit or vegetable is one whole fruit or vegetable, ¾ cup of 100 percent juice, ¼ cup of dried fruit, or ¼ cup of canned fruit. If you choose to use canned fruit, it is best to use the kind without syrup, if possible. For more information about serving foods from the different categories, check out the *Food Buying Guide for Child Nutrition Programs* on the Resource Page at the end of this training.

Tips for Creating Healthy Snacks

1. Plan ahead.
2. Try new foods.
3. Offer a variety of foods.
 - Offer foods from each food category at least two to three times a week.



Here are three main tips to help you create snacks that include components from at least two food categories. One, plan ahead. Making sure that students receive foods from multiple food categories each day may seem tricky, but with a little careful planning, it is doable. Two, try new foods. Serving snacks is a great way to introduce students to new foods. Plus, trying new foods keeps snacks exciting. Remember, it may take a few tries before students fully embrace a new food, so don't give up if they don't accept a new food the first time you serve it. Three, offer a variety of foods from the different food categories. Offer foods from each food category at least two to three times a week. Serving milk and graham crackers every day may technically count as serving at least two food components daily, but students need different types of nutrients—not just the ones in milk and graham crackers. In addition, serving a variety of food helps to keep students interested in snacks. What might this type of variety look like?




Sample Menu Guide: Food Categories

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Grain/Bread Fruit Milk	Grain/Bread Protein Fruit Water	Grain/Bread Vegetable Water	Grain/Bread Vegetable Milk	Grain/Bread Protein Vegetable Water
Week 2	Grain/Bread Vegetable Water	Grain/Bread Protein Fruit Water	Grain/Bread Protein Milk	Fruit Protein Water	Grain/Bread Protein Vegetable Water

Used with permission from *Healthy Snack Guide for Your After School Program*.

Here is a sample two-week menu from the *Healthy Snack Guide for Your After School Program*. You will be able to access this guide from the California After School Resource Center's library after the training. This menu shows how you might vary the different food categories on different days. Notice that each day has food components from at least two food categories, and there is a good amount of variety in what's being offered.




Examples from the Food Categories

- Grain/Bread
 - Whole grain bread, tortillas, rice crackers
- Milk
 - Skim milk, soy milk
- Protein/Meat/Meat Alternative
 - Turkey jerky, cashews, beans, cottage cheese
- Fruits and Vegetables
 - Whole orange or carrot, 100% vegetable juice, non-fried apple chips

Here are some examples of the types of food you might serve from the different food categories. Whole grain bread, tortillas, and rice crackers are all examples from the grain and bread category. Skim milk and soy milk are examples from the milk category. Turkey jerky, cashews, beans, and cottage cheese are all examples from the protein category. And finally, a whole orange or carrot, 100 percent vegetable juice, and non-fried apple chips are examples from the fruits and vegetables category.

If you are familiar with the *MyPlate* food groups, you may be wondering why cottage cheese is not listed under milk. The snack program uses a different food categorization system, as reflected on the food list handout with this slide. The second handout provides a guide to fruits and vegetables. Both handouts are also available on the Resource Page at the end of the training.



Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Whole Grain Corn Puffs ----- Banana ----- Milk	Whole Wheat Crackers ----- Nonfat Cottage Cheese ----- Canned Pineapple (no syrup) ----- Water	Baked Corn Chips ----- Fresh Salsa ----- Water	Spanish Rice ----- Orange Slices ----- Milk	Garden Burger ----- Coleslaw ----- Water
Week 2	Bread Sticks ----- Garden Salad ----- Milk	Graham Crackers ----- Rice Pudding ----- Apple Slices ----- Water	Bagel ----- Nut Butter ----- Milk	Strawberries ----- Low-fat Yogurt ----- Water	Cheese Quesadilla ----- Carrot and Bell Pepper Slices ----- Water


Here is a two-week snack menu that shows sample snacks using foods from the different food categories. Notice that each day contains food components from at least two food categories. For example, the Thursday in week two contains fresh fruit from the fruits and vegetables category and low-fat yogurt from the protein category.

Get Creative with Recipes

- Combine foods from multiple food categories to create tasty recipes.
- Involve students in selection and preparation.
- Look for shared kitchen space.



The sample snack menu we just reviewed primarily focused on putting two or three pre-made foods together to make a snack. Can you think of a way to be more creative? How about trying recipes? You can combine foods from different food categories to make tasty recipes. Get your students involved. Students can help select recipes and prepare healthy snacks. Some programs may not have access to kitchen space to store food and prepare snacks. If this is the case for your program, think about potential community partners, such as schools and recreation centers, that might have a kitchen you can use. If you want to learn more about creating powerful partnerships, try taking the Action 4 Nutrition: Assessing Your Snack Program training, another online training available through the California After School Resource Center.



Sample Recipe

Apple Salad

Ingredients:

- 2 cups low-fat or nonfat plain yogurt
- 2 red apples, chopped
- 2 green apples, chopped
- 2 celery stalks, chopped
- ½ cup raisins
- 1 ½ cups granola

Steps:

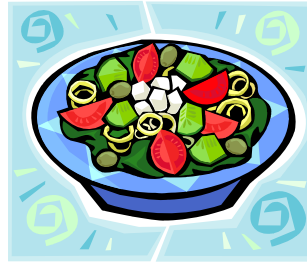
- Mix all ingredients in a bowl.
- Refrigerate for 15 minutes and serve.

Used with Permission from *Healthy Snack Guide for Your After School Program*

Here is an example of a recipe that combines foods from multiple food categories. How many different food categories do you see in this recipe? First, there are apples, raisins, and celery from the fruits and vegetables category. Second, there is yogurt from the protein category. Third, there is granola from the grain and bread category. You will be able to access more recipes like this one on the Resource Page after the training.

Create Your Own Menu

- Open the handouts.
- Remember to include foods from at least two food categories each day.
- Remember to create a weekly menu that has variety.



Now it's your turn. It's time to apply what you've learned by creating a week-long snack menu for your program. There are three handouts for this activity. The first one is a blank snack menu for you to complete. The other two handouts are ones you've seen before. They list examples of foods in the different food categories. Use these handouts to help create your week long menu. As a bonus, try to include a recipe where students could get involved. Take a few minutes to create your menu, and then continue to the next slide when you're ready.

Take a Look at Your Menu



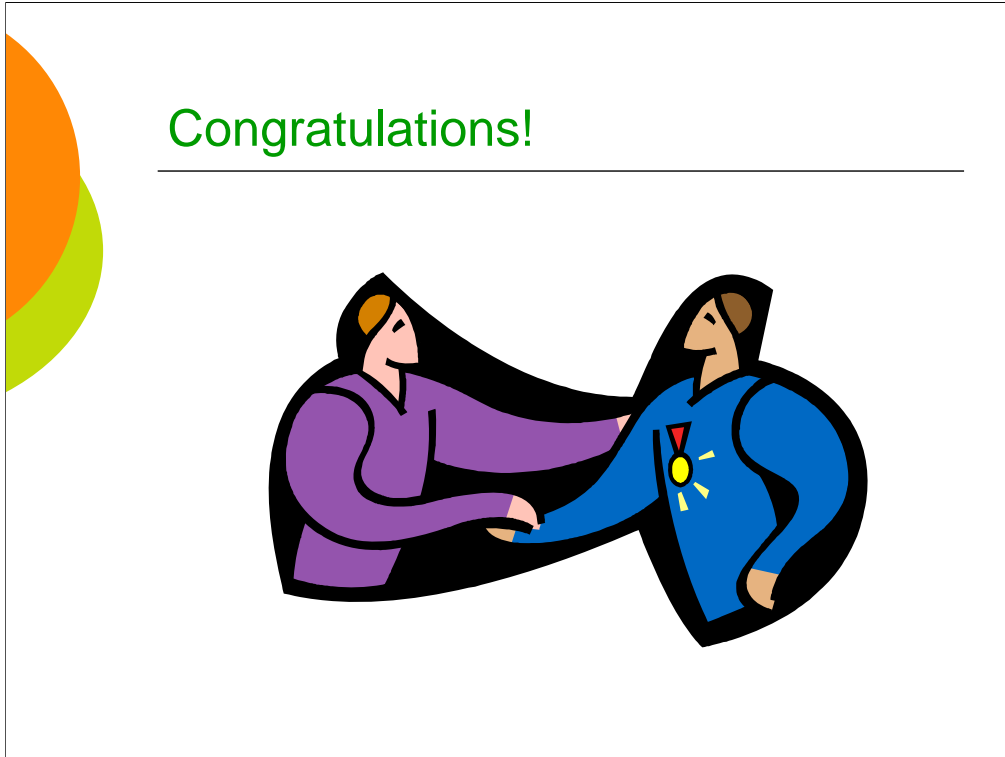
Take a look at the menu you created. Does every day include at least two food components from different categories? Is there a good amount of variety? Were you able to think of a recipe that your students could help prepare?

Now You Can ...

- Discuss the importance of providing healthy snacks to all students.
- Choose the best time to serve healthy snacks.
- Identify the components of a healthy snack.
- Create a week-long healthy snack menu.



As we wrap up this training, be proud that you are ready to create healthy snacks for the students you serve. You can now discuss the importance of providing healthy snacks, choose the best time to serve healthy snacks, identify the components of a healthy snack, and create a week-long healthy snack menu.



Congratulations! You have reached the end of the Snack Time: Providing Healthy Snacks in Your After School Program training. You will now have the opportunity to take a quiz to test the knowledge you have acquired in this training. If you receive a passing score, a completion certificate will be e-mailed to you at the e-mail address you provided. If you don't receive a passing score, you will have the opportunity to take the test again at any time. Following the quiz, you will be asked to complete a brief feedback survey. After you complete the survey, you will be able to access sample California After School Resource Center library resources and additional information about nutrition. You may take the quiz by selecting the link. Thank you for participating in this training.