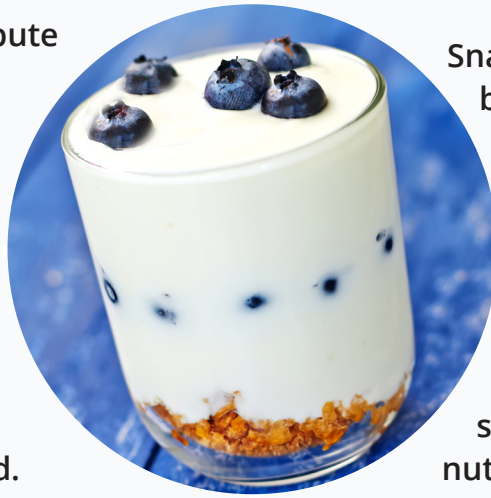


Stay Energized Throughout the Day



Healthy snacks contribute to the emotional and physical well-being of children.



Snacking supports healthy bone growth and brain development.



Vegetables and fruit provide important vitamins such as vitamin C and folic acid.

Well-timed snacks help control hunger, supply fuel and boost nutrition.



Fun Facts About Snacks

- Apples are a member of the rose family of plants.
- Popcorn has existed for about 6000 years.
- Bananas share about 60% of the same DNA as humans.
- Americans consume more than 300,000 tons of yogurt each year.



recipe Herry's Blueberry Lemon Parfait

ingredients

- 1 cup lemon yogurt *Make sure your yogurt is #CACFPCreditable!
- 2 cups blueberries
- 4 tablespoons crushed graham crackers

directions

In each of four plastic cups, layer
1 tablespoon graham crackers, ¼ cup yogurt and ½ cup blueberries.

Snack Crediting: 4 Servings for ages 1-5
cacfp.org

Snack Meal Patterns

Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Meat & Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit ¹	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents