



# CCSC Snack Handbook

Every parent and teacher at CCSC recognizes the critical importance of good nutrition in the lives of our children. We believe that life-long food habits are acquired at a young age. CCSC's mission is to raise *healthy*, compassionate and socially confident children. For this reason CCSC has adopted these guidelines as their "snack policy" for parents to better understand what it means when their "snack day" arrives.



CCSC feels strongly about the importance of healthful, high-quality foods, and want our snacks to emphasize healthy eating habits such as eating fruits, vegetables and whole grains. This handbook has many helpful tips on how to serve snacks, as well as some examples of foods to bring.

It is our intent to make the healthy choice the easy choice. Snacks are an important link between lunch and dinner and give children energy for daily activities. We now know that healthy eating and physical activity patterns during childhood and adolescence not only promote proper growth and development, but also can lead to overall improved health and decreased risk of heart disease, diabetes, cancer, and obesity. Healthy snacks contain important nutrients needed for optimal growth and learning ability.

### **Snack Sign up**

The classroom teachers must provide a healthy snack calendar in the classroom on a monthly basis. There are two snack times per day, morning and afternoon. Your child's classroom teachers will help you to sign up for snacks. Every family is required to provide snack.

### **How many snacks should I provide per month?**

Please check with your child's classroom teachers for the specific number of snacks your family should provide each month. The teachers will determine the amount by taking into consideration your schedule and how many children are scheduled in the classroom. Most families bring in anywhere from 2 – 3 snacks (morning or afternoon snack) per month, however it may vary based on the number of children enrolled in the classroom.

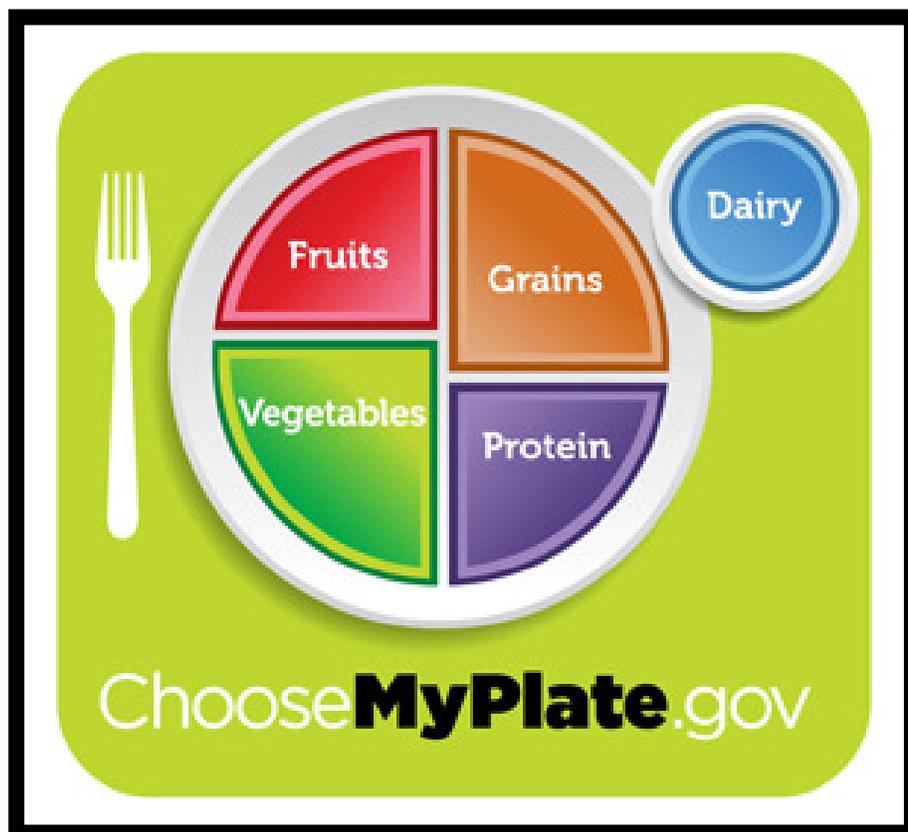
### **Missed Snack Fee**

If you forget snack on your assigned day, you will be charged a "missed snack fee" of \$30.00. This money will replenish the classroom "cupboard" snack that was provided. Your missed snack fee cannot be exchanged for materials or tasks for the classroom.



## Food Groups

Please bring items from three or four food groups. Snack should always include a fruit or a vegetable and then, at least, two additional options from the other food groups.



## How much should I provide?

Morning snack is provided as a little “nibble” to tide children over until lunch and afternoon snack is provided as a little “nibble” to tide children over until dinner. **CCSC snack is not meant to be a meal, just a snack.** Keeping that in mind, we understand how difficult it can be to gauge how much to bring in for group snack. Your classroom teachers can easily help you with this. Here are the counts for each classroom.

- *There must be enough snack for at least each child to have one serving*
  - ❖ CIP 10 children
  - ❖ TKP 12 children
  - ❖ LKP 15 children
  - ❖ BKP 22 children

## **Snack Preparation**

All packaged items must come to CCSC in their original packaging (e.g., milk, cereal, crackers). Other snack items such as fruits and vegetables must be brought to CCSC ready to serve, however, check with the classroom teachers regarding this – for instance, bananas become discolored if they are cut ahead of time and they are easy for teachers to cut into serving size pieces at the table. If you have pre-made a snack, please include the label from the package. If you are bringing a homemade item, please include a list of the ingredients. The classroom teachers can heat foods in the microwave and in the oven (as long as it only is to warm it up), but they are unable to “cook” snack items.

## **Plastic containers in the microwave**

We will not heat any foods in plastics in the microwave, due to toxins in the material called \*BPA. We invite you to bring your child’s snacks/lunch in glass dishes. CCSC classrooms also have dishes that are acceptable for use in the microwave.

In addition, we would like to remind you that the teachers heat children’s lunches in the microwave (except the BKP program, due to the number of children in the room). So again, we invite you to bring your child’s lunch in small glass containers for heating.

\* BPA stands for bisphenol A. BPA is an industrial chemical that has been used to make certain plastics and resins since the 1960s. The National Toxicology Program advises against microwaving polycarbonate plastics. The plastics can break down over time, possibly causing BPA to seep into food. For more information about BPA you can visit <http://www.mayoclinic.com/health/bpa/AN01955>

## **Celebration Treats (e.g., Birthdays, Last Day)**

Some CCSC families request the opportunity to bring in a “treat”, for their child to share with the other classroom children on their birthday or on their last day in the classroom. This practice is fine, however, we would like for you to follow these guidelines:

- Always check with the team of teachers to arrange a celebration.
- Only miniature muffins or miniature cupcakes (please do not provide a regular size muffin or cupcake)
- Only 100% fruit juice popsicles
- Treats must meet the snack guidelines (especially with regards to the sugar content)

These celebrations do not always need to be organized around food treats. Talk to your child’s teachers to determine how they celebrate special occasions. Your child’s team of teachers can help you to plan a non-food event to celebrate if you would prefer this. In addition, please speak with your child’s team to determine if any of the celebrations can be combined (e.g., if there are two birthdays on the same day) so that children are not overloaded with celebration treats.

## Allergies/Food Preferences

If a child has any known food allergies, they should talk to the classroom teachers right away so that any restrictions can be added to the “Allergy List” in the classroom. Parents and teachers will refer to this list when snack is being served.

In the case of a peanut, nut, or other serious food allergy, CCSC will assess the severity of the allergy with the family to determine if foods need to be restricted in snacks and/or lunches in the entire classroom. Please notify the team if your child has an allergy to a food that may be an ingredient in other foods as well. (e.g.: nuts, milk, and wheat).

Families who follow vegetarian diets vary from family to family, so you will need to talk with your classroom teachers to come up with a snack plan for your child. In some cases, families will be asked to provide alternate snacks to meet their child’s dietary needs.

If a family has special dietary requirements, for their child, because of cultural and/or religious preferences, please discuss the details of your preferences with your classroom teachers and a plan will be made as to whether it can be accommodated amongst the whole class or if a snack from home should be brought with them.

### Foods that are Choking Hazards:



Grapes, cherry tomatoes, hot dogs, sausages, carrots and meats must be cut into small pieces (*hot dogs and carrots need to be cut length wise to limit the threat of choking, grapes and cherry tomatoes should be cut in half*)



Popcorn, raw peas and hard pretzels will not be served in any program at CCSC



Nuts are not to be served in CIP or TKP (They will only be served in LKP and BKP if no child is allergic to them)



CCSC requires that **all foods** for infants, toddlers and twos be cut into small pieces to accommodate the young child’s chewing and swallowing capability.



## **How do we serve snack?**

### **Family style meals**

In the child care setting, family style meals are meals in which children sit at child size tables with age appropriate plates and utensils. All foods are prepared and placed on the table in small serving bowls with child-size serving utensils. Children serve themselves and pass the serving bowls to the other children at the table. They also have the choice of determining which foods to take and which foods to eat.

### **What are the benefits to serving family style meals**

It helps to foster independence and gives children the opportunity to make choices and build self help skills. It also helps children respond appropriately to their own appetite. Children learn to wait their turn to talk, listen respectfully and politely interrupt if necessary. Children also learn to cooperate in a group by taking turns, sharing serving bowls and acknowledging and addressing each other's needs and conversations.

Children have an opportunity to practice social skills, such as saying "Please" and "Thank you". They also learn to serve from common bowls and pitchers, serving themselves without touching the food in the serving bowl or eating off of serving utensils. Children develop fine and gross motor skills, hand-eye coordination and timing by passing serving bowls and using serving utensils.

Family style meals help to bolster children's self esteem as they are participating in grown up activities and making grown up choices.

### **Adults should always be present during mealtimes**

Sit at the table, attend to children's needs, ensure a safe environment and make sure each child is offered all foods. Adults present at the snack table should eat the same foods as the children, and model appropriate verbal and motor skills.

### **Adult's role at the snack table**

- Encourage children to eat when they are hungry and stop when they are full.
- Do not force children to eat a particular food or to finish everything on their plate.
- Involve children in mealtime conversation by facilitating discussions.
- Support children as they learn to wait.
- Address each child by name and encourage children to do the same.
- While children should have the opportunity to solve their own challenges and to help each other, adults should help children to negotiate when they experience a conflict.
- Sitting at the table, attending to children's needs, ensuring a safe environment and making sure each child is offered all foods. They should eat the same foods as the children, modeling appropriate verbal and motor skills.

- Help solve any mealtime issues that arise between children at the table
- Use this opportunity to help children discuss shared experiences from past events.
- Model appropriate strategies for group cooperation.
- Encourage children to say, “No Thank you” if they choose not to partake of something at the table.
- Expect children to spill. This is an opportunity to teach the child what to do to clean it up and to help the child cope with disappointment.
- Accept children’s reactions to food and allow them the opportunity to take risks like trying something new or mixing food together.

### **Take a look at Snack!**

- Food is arranged in bowls or on platters to be visually appealing and appetizing
- When a new food is offered, it is offered more than one time during the meal
- Children have opportunities to solve their own challenges
- Children have opportunities to take risks (e.g. choosing food, taking turns, trying new foods and mixing foods together)
- Opportunities are offered for children to help each other
- Adults accept children’s reactions to foods
- Adults embrace children’s mistakes as opportunities for children’s learning
- Adults lead discussions to help solve mealtime issues that affect all of the children
- Adults help focus children on shared experiences from past events



## Do I have to provide organic snacks?

In CIP rooms, we strongly encourage families to provide organic snacks, but they are not required. CCSC snack policy does not require parents to purchase organic foods in TKP, LKP or BKP because we understand that they are more expensive. However, there is research showing some fruits and vegetables retain a higher amount of pesticides than others.

### Shopper's Guide to Pesticides in Produce

*If you choose not to purchase organic, please review the following list for fruits and vegetables that are found to be the lowest in pesticides.*

**Please consider buying these foods organic because they contain a higher amount of pesticides.**

-  Apples
-  Celery
-  Strawberries
-  Peaches
-  Spinach
-  Nectarines – imported
-  Grapes – imported
-  Sweet bell peppers
-  Potatoes
-  Blueberries – domestic
-  Lettuce
-  Kale/collard greens
-  Mushrooms

**These are considered to be the lowest in pesticides.**

-  Onions
-  Sweet Corn
-  Pineapples
-  Avocado
-  Asparagus
-  Sweet peas
-  Mangoes
-  Eggplant
-  Cantaloupe - domestic
-  Kiwi
-  Cabbage
-  Watermelon
-  Sweet potatoes
-  Grapefruit

This guide was developed by analysts at the not-for-profit Environmental Working Group (EWG) based on the results of more than 100,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. More information is available at [www.foodnews.org](http://www.foodnews.org) or at [www.ewg.org](http://www.ewg.org)

## FOOD HINTS AND SUGGESTIONS:

Parents often ask us what kinds of foods to bring in for snack. Here are some suggestions that we have collected....

### Infants:

**(For more information about CIP snacks please refer to their classroom handbook where there are more suggestions and specific guidelines)**

- ◆ Vegetables: potatoes, sweet potatoes, winter squash, peas, carrots, beans, mushrooms
- ◆ Fruit: bananas, apricots, apples, peaches, pears, apple sauce, cantaloupe, blueberries, avocado
- ◆ Bread: homemade banana, pumpkin or zucchini bread or muffins
- ◆ Cereal: Cheerios, rice cereals, corn flakes,
- ◆ Dairy: yogurt, cheese, cottage cheese, cream cheese
- ◆ Milk: Whole milk only for children under 2 years. Only 1% milk for children older than 2 years.
- ◆ Carbohydrate: crackers, millet, rice, corn bread, whole grain gold fish crackers, cooked pasta, toast
- ◆ Protein: small pieces of tofu, chicken, turkey, cooked beans, lean beef/pork/ham (natural only), eggs

## Examples of age appropriate snack amounts:

**CIP Snack** – ½ gallon of whole milk, 5 whole-wheat bagels, ½ melon, 1 quart yogurt

Please be sure to cut bagels and melon to the appropriate size for infant/toddlers.

**TKP Snack** – ½ gallon of whole milk for children under 2, 1/2 gallon of 1% milk for children under 2,

½ dozen bagels, 1 melon, 1 quart yogurt \*Please check with the classroom teachers regarding milk in TKP classrooms

Please be sure to cut bagels and melon to the appropriate size for toddlers.

**LKP Snack** – ½ gallon of 1% milk, 7 bagels, 1 ½ melon, 1 quart yogurt

Please be sure to cut bagels and melon to the appropriate size.

**BKP Snack** - ½ gallon of 1% milk, one dozen large bagels, 2 melons, 2 quarts yogurt.



### Example of a snack week (CIP)

CIP snacks are subject to the age of the child and how many children are eating “finger foods”. Talk to your classroom teachers about when and what specifically to bring. Typically families will be in charge of a rotating weekly snack schedule, once children are ready for a shared snack.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain/Bread Fruit Milk	Grain/Bread Protein Fruit Milk	Grain/Bread Vegetable Milk	Fruit Protein Vegetable Milk	Grain/Bread Vegetable Protein Milk
Cheerios Banana Milk	Cornbread Turkey Grapes(cut in halves) Milk	Whole grain Pasta Green beans Cheese Milk	Strawberries Cottage cheese Asparagus Milk	Rice Squash Chicken(cut into small pieces) Milk

### Example of a snack week (TKP, LKP, BKP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain/Bread Fruit Milk	Grain/Bread Protein Fruit Milk	Grain/Bread Vegetable Milk	Protein Vegetable Milk	Grain/Bread Vegetable Protein Milk
Cheerios Banana Water	Whole grain crackers Hummus Grapes(cut in halves) Water	Whole grain Pasta Green beans Cheese sticks Water	Cottage cheese Vegetable soup Water	Tortilla chips and Salsa Corn Chicken(cut into small pieces) Water

## Quick Tips for Healthy Snacks

- Choose Whole Grains
- When possible, serve fresh vegetables and fruit
- Make sure you can pronounce everything in the ingredients list
- When possible, purchase organic food



## Here are some lists of healthy snacks

(Always check labels to make sure they meet CCSC requirements)

### GRAIN/BREAD

- Whole Grains
- Oatmeal
- Brown rice
- Couscous
- Quinoa
- Barley
- Granola
- Crackers
- Rice noodles
- Buckwheat or soba noodles
- Bread products
- Whole grain bread
- Bagels
- Corn tortillas or sopes
- Bread Sticks
- Kashi
- Goldfish crackers (low salt)
- Graham crackers
- Saltine crackers
- Rice crackers
- Triscuits
- Noodles
- Pita Chips
- Tortilla Chips

### FRUITS or VEGETABLES

- Bell Peppers
- Tomatoes
- Apples
- Avocados
- Bananas
- Plums
- Peaches
- Oranges
- Applesauce
- Apple chips
- Peas
- Corn
- Cucumber
- Vegetable soup
- Hominy
- Salsa
- Coleslaw
- Salad
- Broccoli

### PROTEIN/MEAT/MEAT ALTERNATIVE

- Apple chicken sausage
- Cheese ravioli
- Morning Star patties
- Garden burgers
- Veggie burgers
- Soymilk
- Black beans
- Three-bean salad
- Hummus
- Eggs; hardboiled or scrambled
- Almond milk
- Beans
- Low fat yogurt
- Rice pudding
- Cottage cheese
- Tuna
- Chicken

## Beverages

A new California law that took effect in January, 2012 about beverages served in child care centers. Assembly Bill No. 2084 states the following:

- Whenever milk is served...
  - CCSC will serve only low-fat (1%) milk or nonfat milk to children 2 years of age or older
  - If your child is 2 years and older, he/she will be served 1% milk or water at snack times
  - If your child is 12 – 24 months, he/she will be served whole milk or water
- The milk in your child's bottle or sippy cup from home is not regulated by the law, but please label all bottles or sippy cups and food containers with your child's name and current date.
- Limit juice to not more than one serving per day of 100% juice (we do not serve juice at CCSC for snack)
- CCSC will not serve beverages with added sweeteners (natural or artificial)
- We will provide clean and safe drinking water... readily available and accessible for consumption throughout the day
- Soy milk without sweeteners can be served at CCSC. Vanilla or other flavored/sweetened soy milk will not be permitted.



## Healthy Substitutions

Instead of...	Try...
Butter, margarine or shortening in baking	Applesauce
Cream cheese	Neufchatel or low fat cream cheese
Canned condensed soup	White sauce made with skim milk
Ground beef	Ground turkey
Heavy cream in sauces and soups	Evaporated milk
Ricotta cheese	Low fat cottage cheese, pureed
Sour cream	Yogurt
White flour	½ white and ½ wheat, or all wheat flour
White rice	Brown rice
Mayonnaise	Non or low fat yogurt
Bacon	Lean Canadian bacon
Pie, plueberry muffins, fruit tarts	Fresh fruit
Fried chicken, bacon or cold cuts	Lean meats, chicken breast, fish, tofu
Regular bagels	Mini whole wheat bagels
Flour tortillas	Corn or whole wheat tortillas



## Center-wide Snack Policies: Do's and Don'ts

### SNACK DO'S:

- Fresh fruit
- Fresh vegetables
- Rbst Free milk
- Bring in an appropriate amount of snack for the number of children in the classroom
- Limit processed foods
- High-fiber and nutrient-rich whole grains
- All foods should be cut into sizes appropriate for young children's chewing and swallowing capability (infants-no larger than ¼ inch square, toddler/twos- no larger than ½ inch square)
- Homemade items must be accompanied by a list of ingredients
- Always bring snack items (such as cereal, milk, crackers, etc) in their **original packaging**



### SNACK DON'Ts:

- No Fruit Juice (too much sugar!)
- No more than 5grams of sugar per ¾ cup or more in cereal (please reference the "approved cereal list" provided in this handbook)
- **No canned** fruits or vegetables (except legumes)
- No trans fats
- No more than 32grams of sugar per cup of yogurt
- No artificial sweeteners (e.g., nutra Sweet, splenda, etc)
- No syrups
- No highly processed foods (e.g., bagel bites, tator tots, corn dogs, etc)
- No cookies, pastries, cakes, etc.
- No prepackaged yogurt tubes (e.g., "go-gurts or "yo-kids")
- No popcorn, raw peas or hard pretzels
- Do not microwave foods in melamine or plastic dishware-always find a microwave safe bowl

## Sugar Facts

### Finding Sugar on Food Labels

Sugar can be found on the food label under total carbohydrate.

There are many different names for sugar. Examples of common names are table sugar, brown sugar, molasses, honey, beet sugar, cane sugar, confectioner's sugar, powdered sugar, raw sugar, turbinado, maple syrup, high-fructose corn syrup, and sugar cane syrup.

You may also see table sugar listed by its chemical name, sucrose. Fruit sugar is also known as fructose and the sugar in milk is called lactose. You can recognize other sugars on labels because their chemical names also end in "-ose." For example glucose (also called dextrose), fructose (also called levulose), lactose, and maltose.



**4 grams of sugar = 1 teaspoon**

**Here are some examples:**

1 Tablespoon of ketchup = 1 teaspoon of sugar 

$\frac{3}{4}$  cup Honey Nut Cheerios = 2 teaspoons of sugar 

1 4oz. yo baby yogurt = 3 teaspoons of sugar 

8 ounces of apple juice = 5 teaspoons of sugar 

1 Tablespoon of maple syrup = 3 teaspoons of sugar 

1 Tablespoon Strawberry Jelly = 3 teaspoons of sugar 

## Salt Facts

Most children don't actually need a low-salt diet. Instead, they need a normal salt diet, and to learn to avoid too many foods that are high in salt, and to eat a healthy diet with a variety of foods. Although there is no specific recommended daily allowance for sodium in children, unlike the adult RDA of 2,400mg of sodium a day, a typical salt intake for children would usually be up to about:



- 1000-1500mg for children 2-3 years of age
- 1200-1900mg for children 4-8 years of age
- 1500-2200mg for children 9-13 years of age
- 1500-2300mg for children 14-18 years of age

In general, if you simply don't add extra salt to the foods you prepare and your child eats and avoid a lot of the foods high in salt, then you shouldn't have to worry about your child's salt intake.

Keep in mind that, like adults, children can develop a taste or preference for salty foods. Because of this, it is important to avoid salty foods and not add extra salt to foods when your child first begins solids as an infant and toddler.

Fresh fruits and vegetables, unprocessed or whole grains, and lean proteins are all appropriate food for young children to eat. Processes such as canning and freezing usually cause the food manufacturers to add salt to food products, so try to avoid canned or frozen items as much as possible

*One teaspoon of salt (3g) equals about 1200mg of sodium, and it is the mg of sodium that you will see on a food's nutrition label.*

## Processed Foods

Processed foods have been altered from their natural state for safety reasons and for convenience. The methods used for processing foods include canning, freezing, refrigeration, dehydration and aseptic processing. Processed foods often contain hidden sugar, salt, and fat. Processing takes a lot of the nutrients out of nutrient-rich foods.

- canned foods with large amounts of sodium or fat
- breads and pastas made with refined white flour instead of whole grains
- packaged high-calorie snack foods such as chips and candies
- frozen fish sticks and frozen dinners that are high in sodium
- packaged cakes and cookies
- boxed meal mixes that are high in fat and sodium
- sugary breakfast cereals
- processed meats

## What are Sodium Nitrates, processed meats/foods, and cured meats?

**Sodium nitrate** ( $\text{NaNO}_3$ ) and its close relative sodium nitrite ( $\text{NaNO}_2$ ) are preservatives that you find in lots of **processed meats**. Meats such as salami, hot dogs, pepperoni, bologna, ham, bacon and SPAM all normally contain sodium nitrate as one of the ingredients. Fresh meats generally do not contain any added chemicals.

Sodium nitrate is used in commercial meats as a color “fixer” and used as a general preservative in meats. **Cured meats** aren’t fresh, they usually aren’t very lean, and they’re full of all kinds of chemicals, salt, sugar, and dyes.

Sodium nitrite is responsible for the color and flavor of cured meat. Sodium nitrite inhibits development of botulism, enhances flavor and color, slows spoilage and preserves flavor. It’s found in bacon, ham, frankfurters, luncheon meats, smoked fish and corned beef.



## List of CCSC Approved Cereals

Please note that cereal choices are not limited to this list. We encourage variety, but please remember the guideline, no more than 5grams of sugar per ¾ cup cereal.

### Kellogg's

Corn flakes (1.5g)  
Rice Krispies (2g)  
Special K (4g)  
All bran (5g)  
Original Cheerios (<1g)  
Multigrain (4.5g)

### Arrowhead Mills (Whole Foods)

Organic rice puffs (0g)  
Organic corn puffs (0g)  
Organic millet puffs (0g)  
Puffed rice cereal (0g)  
Puffed corn cereal (0g)  
Puffed wheat cereal (0g)  
Organic kamut flakes (1.5g)  
Shredded wheat (1.5 g)  
Organic spelt flakes (2.5g)  
Organic amaranth flakes (3g)  
Organic spelt and cranberries (4g)  
Organic maple buckwheat flakes (4g)

### Kashi (Whole Foods, Safeway, Trader Joe's)

Seven whole grain puffs (0g)  
Seven whole grain flakes (4g)  
Mighty bites (4g)  
Seven whole grain honey puffs (4.5g)  
Seven whole grain nuggets (4.5g)  
Heart to heart (5g)

### Health Valley (Whole Foods)

Rice crunch 'ems (<2g)  
Corn crunch 'ems (1.5g)

### Nature's Path (Whole Foods, Safeway, Trader Joe's)

Organic crispy rice (2g)  
O's (3g)  
Spelt flakes (3g)

Organic corn flakes (3g)  
Heirloom whole grains (4g)  
Organic honeyed corn flakes (4g)  
Mesa sunrise flakes (4g)  
Organic multigrain (4g)  
Organic oatbran cereal (4g)  
Heritage bites (5g)

### Barbara's (Whole Foods, TJ, Safeway)

Shredded wheat (0g)  
Puffins (5g)

### Store-specific brands

#### Safeway

SW shredded wheat (0g)  
SW shredded wheat with bran (<1g)  
SW toasted oats (<1g)  
SW cornflakes (1.5g)  
SW rice pockets (1.5g)  
SW crispy rice (2g)  
SW corn pockets (2g)  
SW wheat pockets (4g)  
SW grape nut flakes (4g)  
SW enriched bran flakes (5g)

#### 365 (Whole Foods)

Whole kids morning O's (<1g)  
Crispy rice (2g)  
Corn flakes (2g)  
Oat bran flakes (5g)

#### Trader Joe's

Shredded wheat bite size (0g)  
Joe's O's (<1g)  
Cornflakes (1.5g)  
High fiber cereal (5g)

