

Documenting Commit to Health- Snack Menus

Key Items to Include in Monthly Snack Menus

Packaged Snacks

- Provide brand of item
- Provide portion size (If served from bulk)
- Indicate if items are USDA Smart Snack compliant
- Indicate if items do not include trans fats (First look to see if the nutrition facts panel says 0 g trans fat, then ensure there are no partially hydrogenated oils in the ingredient statement)

Fresh Snacks

- Indicate if fruit or veggie is fresh, canned, or frozen in water, 100% juice, extra light or light syrup, or dried with no added ingredients.
- Indicate if item is whole grain or whole wheat (First look to see if whole grains is listed as first ingredient on the ingredient statement or product label includes a whole grain stamp)
- Indicate if dairy products are low-fat (For example yogurt or cheese)
- If made from scratch, provide the recipe to families! (For example salsa or muffins)

Beverages

- Indicate if plain milk is low-fat or nonfat
- Indicate if flavored milk is nonfat
- Indicate if juice is 100%
- Provide portion size (if served in bulk)
- Always include water

Other Resources

- Alliance for a Healthier Generation's Food Tools ([Product Navigator](#) & [Product Calculator](#))
- Alliance for a Healthier Generation Resources to Support Snack, Meal, and Beverage Content and Quality [LINK HERE](#)
- Rotating snack menu to help make it easier to keep these up-to-date
- Commit to Health Commitment Best Practices [LINK HERE](#)

Example

ABC AFTERSCHOOL PROGRAM SNACK MENU: January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRESH MIXED BERRIES LOW FAT MILK WATER 2	FRESH WATERMELON LOW FAT MILK WATER 3	SLICED PEACHES LOW FAT COTTAGE CHEESE* WATER 4	FRESH PLUMS LOW FAT YOGURT* WATER 5	SWEET POTATO MUFFINS*# NON FAT CHOCOLATE MILK WATER 6
SLICED SWEET RED PEPPERS AND CUCUMBERS LOW FAT RANCH DIP*# WATER 9	FRESH CANTELOPE LOW FAT MILK WATER 10	FRESH CHERRY AND GRAPE TOMATOES LOW FAT CHEESE STICK* WATER 11	FRESH PEARS LOW FAT MILK WATER 12	CORN SALAD* 100% CRAN-APPLE JUICE WATER 13
<u>LOCAL</u> FRESH CELERY UNSWEET RAISINS* LOW FAT CREAM CHEESE WATER 16	PEACH CRUNCHY OAT BAR*# LOW FAT MILK WATER 17	FRESH STRAWBERRIES LOW FAT MILK WATER 18	PICKLED BEETS* <u>LOCAL</u> FRESH CELERY STICKS LOW FAT MILK WATER 19	CARROT SALAD* NON FAT CHOCOLATE MILK WATER 20
BERRY MUFFINS*# LOW FAT MILK WATER 21	LOW FAT CHEESE CUBES* SLICED APPLES WHOLE WHEAT CRACKERS*# WATER 22	FRESH SALSA FROM SCRATCH BAKED WHOLE WHEAT CHIPS*# LOW FAT MILK WATER 23	FRESH BROCCOLI LOW FAT CHEESE* WATER 24	NO-SUGAR ADDED APPLE SAUCE* 100% CRAN-APPLE JUICE WATER 25
FROZEN MIXED BERRIES LOW FAT MILK WATER 28	FRESH WATERMELON LOW FAT MILK WATER 29	SLICED PEACHES LOW FAT COTTAGE CHEESE* WATER 30	FRESH PLUMS LOW FAT YOGURT* WATER 31	

*= USDA Smart Snack Compliant: All packaged snacks served in ABC's afterschool program are USDA Smart Snack compliant in both portion size and ingredients.

=Does not include artificial trans fats