



## Appendix C

# *Additional Snack Break Options*

### **Easy-To-Prepare Healthy Snacks**

#### **Sweet Snacks**

- ◆ Dry whole-wheat or oat ready-to-eat cereal
- ◆ Sugar-free fruit-flavored gelatin cups
- ◆ Fat-free, low-fat, or sugar-free pudding cups
- ◆ Unsweetened applesauce cups
- ◆ Juice-packed fruit cups
- ◆ Low-fat granola bars

#### **Crunchy Snacks**

- ◆ Sesame breadsticks
- ◆ Sunflower seeds
- ◆ Pumpkin seeds
- ◆ Whole-grain bagel chips
- ◆ Baked potato chips
- ◆ Unsalted nuts\*

#### **Frozen Snacks**

- ◆ 100% fruit bars
- ◆ Low-fat fudge pops

#### **Milk Product Snacks**

- ◆ Part-skim string cheese
- ◆ Fat-free or low-fat yogurt
- ◆ Fat-free or low-fat cottage cheese
- ◆ Part-skim or fat-free ricotta cheese or Greek yogurt
- ◆ Reduced-fat cheese slices or cubes
- ◆ Low-fat rice pudding

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\* Be sure to identify any young people who have nut allergies, and omit this snack as needed.

### **Fruit Snacks (Wash all fruits/vegetables even if the skin is not eaten.)**

- ◆ Dried fruit (such as figs, raisins, prunes, dates, cranberries, apricots, cherries, peaches, pears, mangoes, or pineapples)
- ◆ Bananas
- ◆ Apples
- ◆ Pears
- ◆ Peaches
- ◆ Plums
- ◆ Grapes
- ◆ Nectarines
- ◆ Oranges
- ◆ Clementines
- ◆ Tangerines
- ◆ Blueberries
- ◆ Strawberries
- ◆ Raspberries
- ◆ Blackberries

### **Drinks**

- ◆ Water
- ◆ Seltzer
- ◆ Fat-free or low-fat milk (chocolate or other flavors, too)
- ◆ 100% fruit juice

### **Vegetable Snacks (Wash all fruits/vegetables even if the skin is not eaten.)**

- ◆ Celery sticks
- ◆ Carrot sticks or baby carrots
- ◆ Cherry or grape tomatoes
- ◆ Broccoli
- ◆ Cauliflower
- ◆ Baby corn
- ◆ Red or green bell peppers
- ◆ Cucumbers
- ◆ Jicama
- ◆ Asparagus
- ◆ Snow peas
- ◆ Snap peas
- ◆ Edamame (soy beans)
- ◆ Zucchini

## One or More Steps to Easy and Healthy Snacks

### Chip/Dip Snacks

- ◆ Low-fat or reduced-fat cheese slices on whole-wheat pita bread
- ◆ Baked tortilla chips and salsa
- ◆ Baked tortilla chips and fat-free refried beans
- ◆ Hummus with pita chips
- ◆ Fat-free or low-fat cottage cheese (or part-skim or fat-free ricotta cheese or Greek yogurt) and strawberries (fresh, frozen, dried, or canned in 100% juice) on whole-wheat pita bread
- ◆ Veggies with fat-free or reduced-fat dressing

### Snack Starters

Spread peanut butter\* or low-fat spreadable cheese on any of the following and top with sliced fruit and/or raisins:

- ◆ Matzo(h)
- ◆ Tortilla
- ◆ Rice cake
- ◆ English muffin
- ◆ Whole-wheat bread
- ◆ Celery

### Bowl Treats

- ◆ Oatmeal cooked in the microwave or on the stovetop
- ◆ Cereal with fat-free or low-fat milk (add cut-up fruit, such as bananas or peaches)
- ◆ Plain fat-free or low-fat yogurt with fruit, (fresh, frozen, or canned in water or 100% juice) on top and a dash of cinnamon or some low-fat granola
- ◆ Unsweetened applesauce with cinnamon, nutmeg, and dried fruit
- ◆ Sugar-free, fruit-flavored gelatin with small chunks of fruit added

### Share These Sandwiches with a Friend for a Snack-Size Portion

Spread the following on a tortilla and roll it up to eat, or use these fillings to stuff a pita pocket:

- ◆ Low-fat spreadable cheese and thinly sliced vegetables
- ◆ Salad with low- or reduced-calorie dressing
- ◆ Low-fat or reduced-fat cheese (melt in a toaster oven or microwave)
- ◆ Tuna, egg, or chicken salad made with low-fat mayonnaise
- ◆ Low-fat chili
- ◆ Burrito: cooked black or pinto beans, chopped tomato, and reduced-fat cheese

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### *Other sandwiches to share*

- ◆ Spread hummus on one-half of a whole-grain bagel. Top with sliced tomato and sprinkle with ground black pepper.
- ◆ Cut off the crust from a slice of whole-wheat bread. Flatten the bread with a rolling pin. Spread with your favorite filling (try low-fat spreadable cheese with chopped parsley and bits of low-fat deli meat) and roll up the bread.

### **Fruit Snacks (Wash all fruits/vegetables even if the skin is not eaten.)**

- ◆ Cantaloupe
- ◆ Honeydew
- ◆ Watermelon
- ◆ Papaya
- ◆ Lychee
- ◆ Mango (sprinkle some hot sauce on top for a spicy treat)
- ◆ Guava
- ◆ Star fruit
- ◆ Passion fruit
- ◆ Pomegranate
- ◆ Grapefruit

### **Frozen Fruit Treats**

- ◆ Wash and dry grapes or blueberries, put them in a plastic bag, and place the bag in the freezer for 5 hours or longer. Eat them straight from the freezer, or drop them into fat-free or low-fat yogurt.
- ◆ Line a plate with plastic wrap or wax paper. Slice a banana and lay the slices out in a single layer. Cover tightly with plastic wrap and freeze.
- ◆ Place portable fat-free or low-fat yogurt single-serve containers or “tubes” in the freezer. They make an ice cream-like treat.
- ◆ Pour 100% fruit juice with small chunks of fruit (pineapple or berries work well) into ice cube trays or small paper cups. When half-frozen, insert a popsicle stick or toothpick into each; put back into the freezer until completely frozen.

### **Other Easy-To-Make Treats**

- ◆ Wrap a slice of fat-free or reduced-fat cheese around a crunchy pickle or a slice of apple.
- ◆ Cut a banana into slices. Coat slices with honey and then with wheat germ or low-fat granola.
- ◆ Dip pretzels into melted fat-free or reduced-fat nacho cheese.
- ◆ Sprinkle chopped walnuts onto pears (fresh, frozen, or canned in water or 100% juice).
- ◆ Mash hard-boiled eggs with pepper and mustard.
- ◆ Make some air-popped popcorn, and sprinkle with grated low-fat parmesan cheese.

If you have the equipment at your location, or if the parents/guardians of the youth in your program want to take home some healthy recipes, here are some simple and healthy snack options. To prevent the spread of germs, make sure that youth wash and dry their hands before preparing and eating their snacks. If soapy water is not available, use alcohol-based (60%) hand sanitizer. Rinse all vegetables and fruits prior to cutting or peeling, even if the peel is not consumed. All cut-up vegetables and fruits, dips, cooked foods, and leftovers must be refrigerated.

### **Tuna Melt (makes 1 serving)**

What you need:

- ◆ 1 (5-ounce) can of water-packed tuna
- ◆ ½ whole-wheat mini-pita or English muffin
- ◆ 1 to 2 slices of reduced-fat cheese (American, cheddar, or Swiss)

Supplies/Equipment:

- ◆ Toaster oven (not a regular toaster)
- ◆ Aluminum foil
- ◆ Oven mitts
- ◆ Knife

Directions:

1. Place one-half of a whole-wheat mini-pita or English muffin on a piece of aluminum foil.
2. Place some canned tuna on the whole-wheat pita or muffin.
3. Place a slice of reduced-fat cheese on top of the tuna, and place it on an oven tray.
4. Toast in the toaster oven. Make sure to watch the pita or muffin so it doesn't burn.
5. After the cheese melts, let the tuna melt cool slightly before removing it from the toaster oven with the oven mitts.

## **Cheese Quesadilla (makes 2 servings)**

What you need:

- ◆ 2 whole-grain tortillas (small)
- ◆ 2 to 3 slices of fat-free or reduced-fat shredded cheese (American, cheddar, or Swiss)
- ◆ Salsa (optional)

Supplies/Equipment:

- ◆ Toaster oven (not a regular toaster)
- ◆ Aluminum foil
- ◆ Oven mitts
- ◆ Knife

Directions:

1. 1. Place one tortilla on a piece of aluminum foil.
2. Place the cheese on top. Cover with the other tortilla, and place it on an oven tray.
3. Toast in the toaster oven—make sure to watch the tortillas so they don't burn.
4. After the cheese melts, let the quesadilla cool slightly before removing it from the toaster oven with the oven mitts.
5. Cut into triangles.
6. Dip into salsa (optional).

## Vegetable Pizza (makes 2 servings)

What you need:

- ◆ 2 pieces of whole-wheat mini-pita or 1 whole-wheat English muffin (split)
- ◆ ¼ cup of assorted fresh or frozen vegetables (such as chopped or sliced carrots, broccoli, cauliflower, red pepper, sliced mushrooms, or sliced tomato)
- ◆ 4 tablespoons of tomato or pasta sauce
- ◆ ⅛ cup of shredded part-skim mozzarella cheese

Supplies/Equipment:

- ◆ Toaster oven (not a regular toaster)
- ◆ Small skillet
- ◆ Nonstick cooking spray
- ◆ Measuring cup
- ◆ Oven mitts
- ◆ Knife

Directions:

1. Preheat toaster oven to 400 degrees.
2. Wash and cut the vegetables.
3. Coat small skillet with cooking spray, and heat over medium heat.
4. Add the vegetables; stir and cook until tender-crisp.
5. Spread 2 tablespoons of tomato or pasta sauce onto each mini-pita or English muffin half; spoon on cooked vegetables and spread the cheese on top. Place it on an oven tray.
6. Bake in the toaster oven for 8 to 10 minutes or until the cheese melts. Remove with oven mitts.

## **Spinach Pizza Bagel (makes 6 servings)**

What you need:

- ◆ 1 (10-ounce) package of frozen, chopped spinach
- ◆ 3 (small) plain, onion, or garlic bagels
- ◆ 1 cup of shredded part-skim mozzarella cheese

Supplies/Equipment:

- ◆ Microwave
- ◆ Small bowl
- ◆ Cutting board and knife (if bagels are not presliced)
- ◆ Large, microwave-safe plate
- ◆ Oven mitts
- ◆ Knife and fork

Directions:

1. Thaw spinach according to the directions on the package.
2. Squeeze all the liquid from the spinach into the sink. Put the spinach into a small bowl.
3. Using the cutting board and knife, slice the bagels into 6 halves.
4. Place the bagels, flat sides up, on a microwave-safe plate.
5. Spread the spinach on the bagels.
6. Sprinkle the cheese over the spinach.
7. Microwave the bagels on high for 1½ to 2 minutes or until the cheese melts.
8. Use the oven mitts to remove the plate from the microwave.

## **Broccoli and Cheese Snack (makes 4 servings)**

What you need:

- ◆ 1 (6-ounce) package of frozen broccoli
- ◆ 1 small microwave-safe jar of fat-free or reduced-fat cheddar cheese or nacho cheese

Supplies/Equipment:

- ◆ Microwave
- ◆ Medium-size pot filled  $\frac{3}{4}$  of the way with water
- ◆ Strainer
- ◆ Oven mitts
- ◆ Bowl

Directions:

1. Cook frozen broccoli in 2 to 3 tablespoons of water in a covered microwave-safe bowl until tender, but not too soft.
2. Drain broccoli in strainer.
3. Remove the lid from the jar of cheddar cheese, put it into the microwave, and heat as directed on jar or until the cheese melts.
4. Pour some cheese over the steaming broccoli.

## Make Your Own Salad

What you need:

A selection of three or more of any of the following ingredients:

- ◆ Torn romaine lettuce, baby spinach, or other dark green leaf lettuce
- ◆ Shredded carrots
- ◆ Halved or quartered mushrooms
- ◆ Tomato wedges or cherry or grape tomatoes
- ◆ Shredded fat-free or reduced-fat cheddar, mozzarella, or Swiss cheese
- ◆ Sliced pitted olives
- ◆ Walnut pieces
- ◆ Unsalted nuts\*
- ◆ Sunflower seeds
- ◆ Raisins or dried cranberries
- ◆ Seedless red or green grapes
- ◆ 1 (5-ounce) can of water-packed tuna, chicken, salmon, or ham, drained and flaked
- ◆ Strips of sliced lunch meats
- ◆ Mandarin orange segments
- ◆ Pineapple chunks
- ◆ Chopped apple or pear
- ◆ Low- or reduced-calorie bottled salad dressing (many salad dressings are high in fat and calories; use only a small amount)

Supplies/Equipment:

- ◆ Bowl
- ◆ Salad forks/spoons
- ◆ Can opener
- ◆ Knife

Directions:

1. Wash the vegetables and fruits before you make the salad.
2. Combine three or more ingredients in a bowl, and mix together to make a yummy salad.
3. Drizzle a small amount of salad dressing on top.

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## **Patriotic Calcium Parfaits (makes 2 servings)**

What you need:

- ◆ ½ cup of strawberries (fresh, frozen, or canned in water or 100% juice)
- ◆ ½ cup of blueberries (fresh, frozen, or canned in water or 100% juice)
- ◆ ½ cup of fat-free or low-fat vanilla yogurt
- ◆ ¼ cup of sliced or slivered almonds

Supplies/Equipment:

- ◆ Clear cups or drinking glasses
- ◆ Spoons
- ◆ Measuring cup
- ◆ Knife

Directions:

1. Wash the fruit. Remove the stems, and slice the strawberries.
2. Fill the bottoms of two cups or glasses with 2 spoonfuls of strawberries each.
3. Add 2 spoonfuls of yogurt to each glass.
4. Add 2 spoonfuls of blueberries to each glass.
5. Add 2 spoonfuls of sliced or slivered almonds.
6. Repeat layers as desired.

## **Fluffy Fruit Salad (makes 6 servings)**

What you need:

- ◆ 1 cup of plain, vanilla, or fruit-flavored fat-free or low-fat yogurt
- ◆ 1 cup of fat-free or low-fat whipped topping
- ◆ 1 (15-ounce) can of mandarin oranges, drained
- ◆ 1 (5.5-ounce) can of pineapple bits, drained
- ◆ 1 cup of red or green grapes, quartered

Supplies/Equipment:

- ◆ Large mixing bowl
- ◆ Bowls or plastic cups
- ◆ Measuring cup
- ◆ Can opener
- ◆ Knife

Directions:

1. Combine all ingredients in the large mixing bowl in the order listed above, and stir until well coated.
2. Serve in small bowls or plastic cups.

## **Crunchy Banana Boats (makes 2 servings)**

What you need:

- ◆ 1 medium banana
- ◆ 2 tablespoons of low-fat spreadable cheese (bring to room temperature for easy spreading)
- ◆ 2 tablespoons of low-fat granola

Supplies/Equipment:

- ◆ Plate
- ◆ Knife
- ◆ Measuring spoons

Directions:

1. Slice the banana in half lengthwise.
2. Place the banana halves on a plate with the flat sides up. Spread one of the halves with spreadable cheese.
3. Top the spreadable cheese with low-fat granola.
4. Place the other banana half on top of the granola-covered banana slice to make a banana boat sandwich. Cut boat in half crosswise.

## **Snack Mix (makes 3 servings)**

What you need:

- ◆ 1 cup of unsalted pretzels
- ◆ ½ cup of small, whole-wheat flake or nugget cereal
- ◆ ¼ cup of unsalted almonds (or other unsalted nuts)\*
- ◆ ¼ cup of raisins

Supplies/Equipment:

- ◆ Large bowl
- ◆ Measuring cup
- ◆ 3 sealable, sandwich-size plastic bags

Directions:

1. Place ingredients into the large bowl in the order listed above.
2. Stir or toss the ingredients together.
3. Pour the snack mix into three sealable, sandwich-size plastic bags.

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## **Chocolate Mint Shake (makes 1 serving)**

What you need:

- ◆ 1½ cups of fat-free or low-fat chocolate milk, or chocolate soy beverage
- ◆ ⅛ teaspoon of peppermint extract

Supplies/Equipment:

- ◆ Small plastic cup
- ◆ Measuring cup
- ◆ Measuring spoons
- ◆ Plastic wrap
- ◆ Blender
- ◆ Tall glass

Directions:

1. Pour  $\frac{3}{4}$  cup of the milk or soy beverage into a plastic cup. Cover the cup with plastic wrap. Place it in the freezer overnight, or until it is frozen.
2. Remove the cup from the freezer and let it thaw for 15 minutes, or just until you can remove the chocolate “ice cube” from the cup.
3. Drop the “ice cube” and the remaining  $\frac{3}{4}$  cup of beverage into a blender.
4. Add the peppermint extract.
5. Cover tightly with the blender lid, and blend until smooth.
6. Pour into a tall glass.

**ENJOY!**