Healthy Snack Guide
For Your After School Program

Revised 11/09
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Preface

This guide is intended to help after school youth providers serve healthy snacks. In creating this guide, CANFIT staff thought about the unique challenges facing after school programs with respect to funding, equipment limitations and cultural influences. The snacks and menus mentioned in this guide are eligible for federal reimbursement (at the 2009 - 2010 rate of $0.74 per snack). In addition, we made an effort to focus on healthy food items that could be easily obtained from convenience and “big-box” stores, where many after school program providers shop.

For those of you who are new to after school snacks, or for those of you who do not know where to start, the guide has many helpful tips on how to start serving snacks, as well as sample cycle menus to get you started. For the audience who is well versed in providing healthy after school snacks, this guide contains many recipes for you to try out. There are also additional snack ideas that fall within nutrition guidelines. It is our intent to make the healthy choice the easy choice, and with this guide, you can be an agent of change for good health in your after school program.

Acknowledgements

Many people contributed to the creation of this guide. CANFIT would like to especially acknowledge Lauren Au and Amy Huang, interns from the University of California, Berkeley who each spent many hours doing research and pulling the various components of this document together from interviews, notes, files and observation. The genesis of this project came from discussions with after school providers about the challenges they face finding and affording healthy snacks, and discussions with California Food Policy Advocates about how to implement aspects of the Los Angeles County Snack Policy. Members of The California Endowment’s Healthy Eating, Active Communities After School Sector also gave valuable feedback on how the Healthy Snack Guide might be used and other items that could be added. CANFIT staff members, Arnell Hinkle, Lloyd Nadal, Misty Avila and Betty Geishirt Cantrell, provided professional expertise at various stages and gave feedback on content and design.

About CANFIT

CANFIT is a nonprofit organization that offers planning, policy, training and implementation support to community-based organizations, foundations and government agencies seeking to improve community nutrition and physical activity. Our mission is to work with communities and policymakers to develop culturally resonant policies and practices that improve food and fitness environments for adolescents in low income communities and communities of color. For more information about CANFIT visit www.canfit.org. Or to give us feedback on this document, contact us at info@canfit.org or 510-644-1533.

CANFIT
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Berkeley, CA 94704
Benefits of Healthy Snacks:
- Overall improved health.
- Improved academic performance.
- Better behavior.
- Decreased risk of chronic disease such as heart disease and high blood pressure.

Why Serve Snacks in Your After School Program?

Over the past decade, we have learned a great deal about the relationship between poor diet, inactivity, and disease. 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. Studies have also shown that healthful eating can lead to better school performance and behavior. Providing healthy, inexpensive snacks is one way that you can directly improve eating and activity patterns in the children in your after-school program. So let’s take action!

Nutritional Guidelines for Healthy Snacks

What Snacks Can Be Served?
For federal reimbursement, at least 2 of the following snack components must be served:
- Grain/Bread (1 serving).
- Milk (1 cup or 8 oz.).
- Protein/Meat or Meat Alternate (1 oz.).
- Fruit, Vegetable or 100% Juice (3/4 cup). (A serving of Dried Fruit (1/4 cup) partially fulfills this component.)

Snacks Meet SB 12 Standards of:
- ≤ 35% total calories from fat.
- ≤ 10% total calories from saturated fat.
- ≤ 35% added sugar by weight.
- Snacks should have no more than:
  - 175 calories per item – elementary schools.
  - 250 calories per item – middle and high schools.

Note: Individually packaged cheese, nuts, nut butters, seeds, eggs, fruits, non-fried vegetables and legumes do not have to meet the fat and saturated fat limits. (However, they must meet the calorie limits for middle/high school.) For a user-friendly tool, please see Appendix B – After School Snacks: CANFIT Best Practice Guidelines on page 42.

Where Can I Buy Healthy Snacks?

Healthy snacks can be found at any retail store, including Costco, Smart and Final, and even Dollar Tree. See Appendix C for specific items that can be found at these locations. Remember that snacks can be reimbursed only if they meet the above nutritional guidelines. See Appendix A for more information regarding reimbursements. Most after school programs have a limited budget for snacks. That is why it is important to be creative when looking for healthy foods to serve – check out food banks, local farmers and donations from local businesses as potential sources. If it is healthy, you can serve it!
How Do I Start Serving Healthy Snacks?

Tips for Menu Planning

Each day:
    Include at least two of the four components (grain/bread, milk, fruit/vegetable, protein/meat/meat alternative).

Each week:
    Balance the number of components served in a week. Each should be served at least two or three times (at a minimum).

Plan ahead! It is helpful to develop your own menus in advance, so that you can make sure there are a good variety of foods being offered.

Try new foods! There are plenty of recipes and combinations included in this snack guide, but also ask your fellow staff members for suggestions on healthy snack ideas.

Sample Two-Week Cycle

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grain/Bread Fruit Milk</td>
<td>Grain/Bread Protein Fruit Water</td>
<td>Grain/Bread Vegetable Water</td>
<td>Grain/Bread Vegetable Milk</td>
<td>Grain/Bread Protein Vegetable Water</td>
</tr>
<tr>
<td>Week 2</td>
<td>Grain/Bread Vegetable Water</td>
<td>Grain/Bread Protein Fruit Water</td>
<td>Grain/Bread Protein Milk</td>
<td>Fruit Protein Water</td>
<td>Grain/Bread Protein Vegetable Water</td>
</tr>
</tbody>
</table>

Staff Development

One key element for implementing any new program or changing an existing program is to ensure staff involvement. Modeling healthy eating behaviors is essential to creating an environment that promotes health. Moreover, involving staff members in key decisions on food purchases can help with variety and creativity.

- Review this document with your staff.
- During your next staff meeting, have each staff member write down his or her favorite snacks as a child.
- Allow all staff members to provide input in the cycle menu.
- Conduct taste tests to introduce staff to new foods.
### Sample Food List by Food Category

<table>
<thead>
<tr>
<th>GRAIN/BREAD</th>
<th>FRUITS or VEGETABLES</th>
<th>PROTEIN/MEAT/MEAT ALTERNATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grains</td>
<td>Fruit</td>
<td>Turkey jerky</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Fresh fruit (see page 35 for a complete list)</td>
<td>Beef jerky</td>
</tr>
<tr>
<td>Brown rice</td>
<td>Apples</td>
<td>Tuna lunch kit</td>
</tr>
<tr>
<td>Couscous</td>
<td>Avocados</td>
<td>Teriyaki chicken bowl</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Bananas</td>
<td>Chicken skewers</td>
</tr>
<tr>
<td>Barley</td>
<td>Plums</td>
<td>Chicken/beef flautas</td>
</tr>
<tr>
<td>Granola</td>
<td>Peaches</td>
<td>Cheese ravioli</td>
</tr>
<tr>
<td>Crackers</td>
<td>Oranges</td>
<td>Stuffed chicken breast</td>
</tr>
<tr>
<td>Goldfish crackers</td>
<td>Fruit bowls</td>
<td>Morning Star patties*</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>100% fruit juice</td>
<td>Garden burgers*</td>
</tr>
<tr>
<td>Saltine crackers</td>
<td>Applesauce</td>
<td>Nuts, Seeds and Beans</td>
</tr>
<tr>
<td>Animal crackers</td>
<td>Fruit and nut trail mix</td>
<td>Cashews</td>
</tr>
<tr>
<td>Rice crackers</td>
<td>Apple chips</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Reduced crackers</td>
<td>Dried fruit</td>
<td>Almonds</td>
</tr>
<tr>
<td>Rice crackers</td>
<td>Agua fresca</td>
<td>Black beans</td>
</tr>
<tr>
<td>Reduced fat Triscuits</td>
<td></td>
<td>Three-bean salad</td>
</tr>
<tr>
<td>Noodles</td>
<td></td>
<td>Hummus</td>
</tr>
<tr>
<td>Rice noodles</td>
<td></td>
<td>Tahini*</td>
</tr>
<tr>
<td>Buckwheat or soba noodles</td>
<td></td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Bread products</td>
<td>Vegetables</td>
<td>Almond butter</td>
</tr>
<tr>
<td>Whole grain bread</td>
<td>Fresh vegetables (see page 38 for a complete list)</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Bagels</td>
<td>Vegetable soup</td>
<td>Pumpkin seeds</td>
</tr>
<tr>
<td>Corn tortillas or sopes</td>
<td>100% vegetable juice</td>
<td>*May not meet Federal Guidelines as meat alternative for reimbursement.</td>
</tr>
<tr>
<td>Sopes</td>
<td>Hominy</td>
<td></td>
</tr>
<tr>
<td>Bread sticks</td>
<td>Salsa</td>
<td></td>
</tr>
<tr>
<td>Other Snacks</td>
<td>Coleslaw</td>
<td></td>
</tr>
<tr>
<td>Chex Mix</td>
<td>Salad</td>
<td></td>
</tr>
<tr>
<td>Corn nuts</td>
<td>Nopales</td>
<td></td>
</tr>
<tr>
<td>Pretzels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light popcorn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pita chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reduced fat tortilla chips</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Quick Tips for Healthy Snacks
- Stick with whole grains.
- When possible, serve fresh fruits and vegetables.
- Make sure you can pronounce everything on the ingredient list.
- When possible, purchase reduced fat and sodium snacks.
## Sample Brand Name Snack List by Food Category and Price
*(Price per Serving from Least Expensive to Most Expensive)*

### GRAIN/BREAD
- Laura Scudders Mini Pretzels (3¢)
- Jolly Time Popcorn (5¢)
- Premium Saltine crackers (7¢)
- Laguna ABC123 crackers (8¢)
- Pita Thins Toasted Chips (8¢)
- El Aguila Corn Tortillas (8¢)
- Utz’s Pretzel Sticks (9¢)
- Kirkland Signature Crunchy Snack (10¢)
- Honeymade Graham crackers (11¢)
- Kirkland Rice Crackers and Nuts (14¢)
- Cheerios cereal (15¢)
- Dora cereal (17¢)
- Orowheat 100% whole wheat bread (19¢)
- Reduced Fat Triscuits (31¢)
- Goldfish crackers (35¢)
- Barnum Animal crackers (60¢)

### FRUITS or VEGETABLES
- Salsa (9¢)
- Del Monte green beans (12¢)
- Pico de Gallo Salsa (13¢)
- Juanita’s Hominy (15¢)
- Kirkland Fruit and Nut Medley (15¢)
- Fresh banana (16¢)
- Premium Orchard Dried Apricots (19¢)
- Motts Applesauce (22¢)
- Dole Fruit-N-Gel Bowls (35¢)
- Fresh plums (35¢)
- Dole Fruit Bowls (44¢)

### PROTEIN/MEAT/MEAT ALTERNATIVE
- Chefs Review peanut butter (9¢)
- Kirkland Pistachios (13¢)
- Planters Spicy Party Mix (16¢)
- Kirkland Roasted and Salted Peanuts (19¢)
- Snack’rs Trail Mix (20¢)
- Snack’rs Pumpkin Seeds (20¢)
- Berkeley Farms Nonfat Milk (21¢)
- Yoplait Go-GURT (23¢)
- Berkeley Farms 1% milk (23¢)
- Tribe Hummus (25¢)
- Las Palmas Vegetarian Chili Beans (25¢)
- Alta Nonfat Cottage Cheese (58¢)
- Lactaid Milk (nonfat) (52¢)

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### Cost Cutting Tips
- **Buy fruits and vegetables that are in season!**
  - For example, peaches, plums, apricots, nectarines and tomatoes are summer fruits. Apples, oranges, and grapefruits are less expensive in the winter.
- **Buy in bulk and save!**
- **Look for sales in your local grocery store and stock up on non perishable items such as canned beans, pasta and crackers.**
Sample Two-Week Cycle Menus

Please see Appendix B for a complete breakdown of each level.

**Basic**
- Whole grains served at least twice per week.
- Beans/peas are served at least once per week.
- Dark green or orange fruit or vegetable served two or more times per week.

**Proficient**
- Whole grains served at least three times per week.
- Beans/peas are served at least twice per week.
- A different fruit or vegetable is served three or more times per week.
- Only 100% citrus juices.

**Superior**
- Only whole grains are served.
- Different protein source served three or more days per week.
- A different fruit or vegetable served each day of the week.
- Only 100% citrus juices.

**Remember!**
In order to be reimbursed, a snack must contain at least two of the following:
- Grain/Bread.
- Fruit or Vegetable.
- Protein/Meat/Meat Alternative.
- Milk.

For more information on reimbursements, see Appendix A.
Minimal Food Preparation Required

**Basic (See page 7 for cost analysis for this cycle menu.)**

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cheerios</td>
<td>Pretzels</td>
<td>Whole wheat bread</td>
<td>2 Corn tortillas</td>
<td>Pita chips</td>
</tr>
<tr>
<td></td>
<td>Banana</td>
<td>Peanut butter</td>
<td>Minestrone soup</td>
<td>Pico de gallo</td>
<td>Hummus</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Applesauce</td>
<td>Water</td>
<td>salsa</td>
<td>Green beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>Week 2</td>
<td>Reduced fat</td>
<td>Reduced fat</td>
<td>Reduced fat tortilla</td>
<td>Fresh fruit</td>
<td>2 Corn tortillas</td>
</tr>
<tr>
<td></td>
<td>Triscuits</td>
<td>crackers</td>
<td>tortilla chips</td>
<td>Pico de gallo</td>
<td>Pico de gallo</td>
</tr>
<tr>
<td></td>
<td>Hummus</td>
<td>Vegetarian chili</td>
<td>Bean salad</td>
<td>salsa</td>
<td>salsa</td>
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<tr>
<td></td>
<td>Water</td>
<td>Dried apricots</td>
<td>Milk</td>
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<td>Pumpkin</td>
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<td></td>
<td>Water</td>
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<td></td>
<td>seeds</td>
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<td></td>
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<td></td>
<td></td>
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</table>

**Proficient**

<table>
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<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
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<td>Shredded Wheat</td>
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<td>cereal</td>
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<td>Hummus</td>
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<td>Applesauce</td>
<td>Fresh banana</td>
<td>Water</td>
<td>salsa</td>
<td>Green beans</td>
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<tr>
<td></td>
<td>Water</td>
<td>Milk</td>
<td></td>
<td></td>
<td>Water</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>Week 2</td>
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<td>Kashi TLC</td>
<td>Reduced fat tortilla</td>
<td>Fresh apple</td>
<td>2 Corn tortillas</td>
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<td>Hominy with spinach</td>
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<td>tortilla chips</td>
<td>Rice pudding</td>
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<td>Pumpkin</td>
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<td>Water</td>
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<td></td>
<td></td>
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</table>

**Superior**

<table>
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<th>Wednesday</th>
<th>Thursday</th>
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<td>Applesauce</td>
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<td>salsa</td>
<td>Hummus</td>
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<td>Green beans</td>
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<td>Water</td>
</tr>
<tr>
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<td>Kashi TLC</td>
<td>Reduced fat tortilla</td>
<td>Jolly Time</td>
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<td>popcorn</td>
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<td>Hominy with spinach</td>
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<td>Bean salad</td>
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<td>Orange juice</td>
<td>Plum</td>
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### Food Preparation Required

#### Basic

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<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>Bean and cheese burrito</td>
<td>Stir fry vegetables and brown rice</td>
<td>Corn pancake with fresh salsa</td>
<td>Black eyed pea salad</td>
<td>Red pepper and chickpea salad</td>
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<tr>
<td></td>
<td>Baby carrots</td>
<td>Persimmon slices</td>
<td>Orange wedges</td>
<td>Whole wheat bread</td>
<td>Corn tortilla</td>
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<tr>
<td></td>
<td>Milk</td>
<td>Low fat chocolate milk</td>
<td>Water</td>
<td>Milk</td>
<td>Horchata</td>
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<thead>
<tr>
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<th>Monday</th>
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<tbody>
<tr>
<td></td>
<td>Chile relleno</td>
<td>Chinese dumplings</td>
<td>Red beans and wild rice</td>
<td>Hominy stew</td>
<td>Chinese buckwheat noodle soup</td>
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<tr>
<td></td>
<td>Black beans</td>
<td>Steamed broccoli</td>
<td>Orange wedges</td>
<td>Cooked spinach</td>
<td>Melon slices</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Low fat chocolate milk</td>
<td>Water</td>
<td>Milk</td>
<td>Tapioca drink</td>
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#### Proficient

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<thead>
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<tr>
<td></td>
<td>Veggie enchilada</td>
<td>Peanut butter rice noodles</td>
<td>Corn tortilla with low fat mozzarella</td>
<td>Black eyed pea and cabbage slaw</td>
<td>Plantain cereal w/milk</td>
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<table>
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<td>Bean and low fat cheese burrito</td>
<td>Stir fry vegetables with brown rice</td>
<td>Corn pancake with tomatoes and avocado</td>
<td>Black eyed pea salad</td>
<td>Red pepper and chickpea salad</td>
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<td>Corn pancake with tomatoes and avocado</td>
<td>Black eyed pea salad</td>
<td>Red pepper and chickpea salad</td>
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Sample Shopping List for Two-Week Cycle

Basic menu, minimal food preparation. See page 9 for cycle menu.
Cost is based on serving 10 participants per day.

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Maximum reimbursement for two weeks: $74.00

TOTAL COST of sample Basic menu (see page 9): $52.10
# Shopping List Template

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Additional Snack Ideas

Bean burrito (with veggies and salsa) in whole wheat tortilla

Chips and salsa

Host a Wrap Party:
Wraps: Whole wheat tortillas
    Collard leaves
    Romaine lettuce leaves
    Nan
    Whole wheat lavash
    Nori
    Whole wheat pita
Fillers: Cut vegetables
    Hummus
    Salsa
    Cheese
    Pumpkin seed paté

Jicama with chili and lime (can also try carrots, radishes or cucumbers)

Light popcorn, vegetables and hummus dip

Low fat pudding with fruit, water

Mini salad bar with a variety of fresh vegetables and low fat dressings

Mini pizza bar with vegetable toppings (use whole grain English muffins)

Mini taco bar with whole wheat tortillas

Noodles with peanut sauce, juice

Rice crackers, fruit and milk

Pita crisps with topping (hummus, salsa or strawberry spread)

Tuna salad, whole wheat crackers, milk

Vegetables, low fat dip

Yogurt, rice crackers and fruit

Yogurt smoothies and mini bagels
Recipes for Snacks

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Recipes by Category

= Fruit or Vegetable

Apple salad
Banana crunch pops
Black eyed pea salad
Black bean taco salad
Chinese stir fry
Cole slaw
Corn rice salad
Corn and green chili salad
Great grape smoothie
Greek style garbanzo bean salad
Jicama with lime juice
Pickled vegetables
Plantain cereal
Savory potato salad
Spanish pasta
Tricolor pasta
Vegetable quesadillas
Veggie enchiladas
Winter squash soup

= Grain/Bread

Baked tortilla chips
Black bean taco salad
Corn rice salad
Peanut butter rice (or soba) noodles
Savory potato salad
Snack mix
Tricolor pasta
Vegetable quesadillas
Veggie enchiladas

= Protein/Meat/Meat Alternative

Black bean taco salad
Black eyed pea and cabbage slaw
Black eyed pea salad
Chili bean dip
Greek style garbanzo bean salad
Mexican style chickpea salad
Peanut butter rice (or soba) noodles
Pumpkin seed paté
Snack mix
Apple Salad
From Diabetes and the Family Recipe Book.

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.

Baked Tortilla Chips
From CANFIT Super Manual.

Ingredients:
Corn tortillas
Vegetable cooking spray

Steps:
Preheat oven to 350 degrees. Cut tortillas in half, and then cut each half into three triangles.
Place tortilla pieces in a bowl and spray lightly with cooking spray. Place in a single layer on a
baking sheet. Bake for 10-12 minutes or until crisp and pale, golden brown.

Banana Crunch Pops
From CANFIT Super Manual.

Ingredients:
8 oz. nonfat yogurt, any flavor
¼ teaspoon ground cinnamon
6 wooden sticks
3 bananas
1½ cups granola or crisp rice cereal

Steps:
Peel bananas, and cut in half crosswise. Pour yogurt into a shallow dish. Stir in cinnamon.
Insert a wooden stick into each banana piece and roll in yogurt. Place cereal into a small,
shallow dish, and roll the banana pieces in the cereal. Place on a baking sheet lined with waxed
paper. Freeze. Let stand at room temperature before serving.
Black Bean Taco Salad

*From www.recipetrove.com.*

Ingredients:
- 2 cans black beans, drained and rinsed
- 1 can sliced olives
- 1½ cups chopped tomatoes
- 1/3 cup shredded low fat cheese
- ¼ cup chopped green onion
- ¼ cup fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon ground cumin
- ¼ teaspoon ground pepper
- 4 cups chopped spinach

Steps:
Mix beans, olives, tomatoes, cheese green onions and cilantro in a large bowl. In small bowl, mix together lime juice, cumin and pepper. Toss with bean mixture. Serve over spinach.

Black Eyed Pea and Cabbage Slaw

*From www.Epicurious.com.*

Ingredients:
- 1 1/2 cups dried black eyed peas, picked over
- 1 bay leaf
- 2 parsley sprigs plus 1 cup minced parsley leaves
- ¼ cup white wine vinegar
- 3 tablespoons Dijon mustard
- 1/3 cup drained bottled horseradish
- 3/4 cup vegetable oil
- A 2 1/2 to 3 pound cabbage, grated coarse in a food processor (about 10 cups)
- 6 carrots, grated coarse in a food processor (about 4 cups)
- 1/2 cup minced scallion
- 2 large garlic cloves, minced

Steps:
Soak peas in enough water to cover by two inches overnight. Drain peas and rinse. In a large saucepan simmer peas, bay leaf, and parsley sprigs in enough water to cover by two inches until tender, about 25 minutes. Peas may be cooked two days in advance and kept covered and chilled. Drain peas and discard bay leaf and parsley sprigs. In a large bowl whisk together vinegar, mustard, horseradish, and salt and pepper to taste. Add oil in a stream, whisking until dressing is emulsified. Add peas, cabbage, carrots, scallion, garlic, minced parsley, and salt and pepper to taste and toss well. Slaw may be made one day in advance and kept covered and chilled.
Serves 12.
Black Eyed Pea Salad
*From Berkeley Unified School District School Menu.*

Ingredients:
- 2 cups cooked black eyed peas
- 2 tomatoes, chopped
- 1 cup fresh corn
- ½ cup sliced green onions
- 1 medium jalapeno pepper, seeded and finely chopped
- Collard greens, steamed or boiled

Dressing:
- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- 1 tablespoon fresh or dried thyme crushed
- 1 tablespoon Dijon-style mustard
- Dash of pepper

Steps:
In large mixing bowl, stir together black eyed peas, tomatoes, corn, green onions and jalapeno pepper. Cover and chill. Mix together olive oil, red wine vinegar, lemon juice, thyme, mustard, and pepper. Cover and shake. Pour dressing over vegetable mixture, toss to coat. Mix in collard greens. Tip: You could also use a bottled dressing instead of making your own, just make sure it has no added sugar.

Chili Bean Dip
*From CANFIT Super Manual.*

Ingredients:
- 8 oz. light or nonfat cream cheese
- 1 can (14 oz.) light chili
- 1 package skim mozzarella or other low fat cheese, shredded

Steps:
Spread cream cheese in bottom of small glass baking dish. Spread chili over cream cheese. Sprinkle on cheese. Back at 350 degrees for approximately 20 minutes, or microwave on high for 3-4 minutes. Let cool. Serve with baked tortilla chips.
**Chinese Stir Fry**

*From Berkeley Unified School District School Menu.*

**Ingredients:**
1 bunch of asparagus, cut into 1 inch pieces  
2 carrots cut into thin slices  
2 cloves of garlic  
1 teaspoon of ginger  
Salt to taste  
1 tablespoon of olive oil

**Steps:**
Heat olive oil in large pan. Add garlic, ginger, carrots, and asparagus and stir fry for 5 to 7 minutes.

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**Cole Slaw**

*From Diabetes and the Family Recipe Book.*

**Ingredients:**
½ cup vegetable oil  
2 tablespoons lemon juice  
2 tablespoons light or nonfat mayonnaise  
½ teaspoon mustard  
½ teaspoon celery salt  
½ teaspoon salt  
1 head cabbage, shredded  
Ground pepper, to taste  
Paprika, to taste

**Steps:**
Mix all ingredients in a bowl.

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**Corn and Green Chili Salad**

*From 5 a Day Discover the Secret to Healthy Eating.*

**Ingredients:**
2 cups frozen corn, thawed  
1 (10 oz.) can diced tomatoes and green chilies  
½ tablespoon vegetable oil  
1 tablespoon lime juice  
1/3 cup sliced green onions  
2 tablespoons chopped fresh cilantro

**Steps:**
Combine all ingredients in a medium bowl; mix well.
Corn Rice Salad
From 5 a Day Discover the Secret to Healthy Eating.

Ingredients:
4 ears of corn, rinsed with husks and silks removed
4 cups water
1 ½ cups cooked brown rice, cooled
1 (10-14 oz.) can diced tomatoes, undrained
2 (7 oz.) cans diced green chilies, undrained
1 medium red bell pepper, sliced

Steps:
Cut kernels from cob to yield about 2 cups. Add water to medium saucepan over medium high heat. Cook corn, covered, for four minutes and then drain. In a medium bowl, mix corn and rice. Stir in diced tomatoes and chili peppers. Sprinkle tops of salad with bell pepper and serve at room temperature.

Great Grape Smoothie
From 5 a Day Discover the Secret to Healthy Eating.

Ingredients:
1 cup seedless grapes
½ cup each frozen cherries and strawberries
½ cup each orange and banana slices

Steps:
Combine all ingredients in a blender container. Blend until mixture is smooth. Pour into glasses.
Greek Style Garbanzo Bean Salad
From Diabetes and the Family Recipe Book.

Ingredients:
1 ½ cup garbanzo beans (or one 15 oz can, drained)
½ cup red onion, thin slices
½ cup tomatoes, in cubes
½ cup chopped green pepper
4 tablespoons vinegar
2 tablespoons lime juice
2 tablespoons olive oil
1 tablespoon chopped garlic
2 teaspoons fresh parsley, chopped
Salt and pepper to taste

Steps:
Combine all the ingredients in a large bowl. Let marinate a few hours at room temperature, then refrigerate.

Jicama with Lime Juice
From Diabetes and the Family Recipe Book.

Ingredients:
1 medium jicama
2 ½ tablespoons lime juice
¼ teaspoon chili powder
Salt, to taste

Steps:
Peel jicama and cut into sticks. Jicama can be prepared up to two days ahead and stored in a bowl of water. Just before serving, sprinkle with lime juice, chili powder and salt.
Mexican Style Garbanzo Bean Salad
*From www.foodnetwork.com.*

**Ingredients:**
1 medium onion, chopped  
2 garlic cloves, minced  
3 medium tomatoes, chopped  
4 cups drained, canned garbanzo beans  
¾ cup olive oil  
¼ cup lime juice  
3 tablespoons chopped cilantro

**Steps:**  
In large bowl, mix onion, garlic, tomatoes, beans, olive oil, lime juice and cilantro in a large bowl. Chill for at least two hours (can be chilled for one day).

Peanut Butter Rice Noodles
*From International Vegetarian Union (www.ivu.org).*

**Ingredients:**
8 oz. uncooked rice stick noodles (wheat noodles preferred)  
½ cup creamy peanut butter (all natural preferred)  
2 tablespoons soy sauce  
1 teaspoon grated gingerroot  
½ teaspoon crushed red pepper  
½ cup water  
1 medium red bell pepper, cut into fourths and sliced thinly crosswise  
2 green onions, sliced  
2 tablespoons chopped fresh cilantro

**Steps:**  
Heat 2 quarts water to boiling in 3-quart saucepan. Break noodles in half and pull apart slightly; drop into boiling water. Cook uncovered one minute; drain. Rinse in cold water; drain and set aside.

Mix peanut butter, soy sauce, gingerroot, and red pepper in same saucepan until smooth. Gradually stir in broth. Add noodles, bean sprouts, bell pepper, and onions; toss. Sprinkle with cilantro.
Pickled Vegetables
*From Quick and Healthy Cambodian Cuisine, Families in Good Health.*

Ingredients:
1 pound cabbage, sliced
1 pound carrots, ¼” thick slices
1 pound cucumbers, ½” thick cubes
½ teaspoon salt
5 cups water
1 cup rice vinegar

Steps:
Clean and drain vegetables. Mix vegetables and other ingredients together. Place in a clean glass jar and set aside in a cool place for a few days. Serves 4.

Plantain Cereal
*Adapted from Healthy Hispanic Recipes by the National Cancer Institute.*

Ingredients:
2 large, green plantains
3 cups water
3/4 teaspoon salt
2 teaspoons dried fruit (e.g., raisins, dates)
Nonfat milk

Steps:
Peel plantains and grate very coarsely with hand grater or in a food processor. In medium saucepan, stir together water, salt and fruit. Bring to a boil. Stir in grated plantain and any plantain juice. Reduce heat and cook at a simmer until it is almost smooth, about 10 minutes, stirring occasionally. To serve, divide among four bowls and pass nonfat milk separately. Serve with orange juice and nonfat milk.
Pumpkin Seed Paté  
*Adapted from I Am Grateful: Recipes and Lifestyle of Café Gratitude.*

**Ingredients:**
- 1 cup raw pumpkin seeds
- 1 large tomato, chopped
- 1 teaspoon garlic, chopped
- 2 tablespoons lime juice
- 1 large date, pitted and chopped
- ½ jalapeno pepper, chopped
- 2 scallions, chopped

**Steps:**
Put all ingredients except for scallions in food processor (S-blade) or blender. Puree into a semi-smooth paté. Place paté into a bowl and mix in chopped scallions. Use as a dip or filler for wraps. Serves 8

Savory Potato Salad  
*Adapted from Health-Healthy Home Cooking African American Style, National Institutes of Health.*

**Ingredients:**
- 6 medium potatoes (about 2 pounds)
- 2 stalks of celery, finely chopped
- 2 stalks of scallions, finely chopped
- ¼ cup red bell pepper, coarsely hopped
- ¼ cup green bell pepper, coarsely hopped
- 1 tablespoon onion, finely chopped
- 1 egg, hard-boiled and chopped
- 6 tablespoons nonfat mayonnaise or yogurt
- 1 teaspoon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dill weed, dried

**Steps:**
Wash potatoes, cut in half and place them in cold water in a saucepan. Cook covered over medium heat for 25-30 minutes or until tender. Drain and dice potatoes when cool. Add vegetables and egg to potatoes, and toss. Blend together mayonnaise or yogurt, mustard, salt, pepper and dill weed. Pour dressing over potato mixture and stir gently to coat evenly. Chill for at least one hour before serving.
Snack Mix
*From CANFIT Super Manual.*

Ingredients:
- 5 cups Crispix cereal
- ¼ cup raisins
- ¼ cup peanuts
- ¼ cup sunflower seeds

Steps:
Combine all ingredients and store in plastic bags.

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Spanish Corn
*From CANFIT Super Manual.*

Ingredients:
- 2 cups frozen corn, thawed
- ½ cup chopped green bell pepper
- ½ cup chopped onion
- 2 tablespoons canola oil
- 1 (16 oz.) can tomatoes, undrained
- ¼ teaspoon dried oregano

Steps:
Prepare corn according to package directions, drain. In a medium skillet over medium-high heat, sauté pepper and onion in oil until tender. Combine all ingredients and spoon into a microwave-safe dish. Cover and microwave on high for 2-3 minutes or until hot.
Tricolor Pasta
From Diabetes and the Family Recipe Book.

Ingredients:
12 oz. tricolor pasta (whole wheat if possible)
1 pound frozen chopped vegetables (broccoli, cauliflower, carrot)
1 red onion, minced
2 (15 oz.) cans garbanzo beans, drained
5 tablespoons olive oil
5 tablespoons vinegar
½ teaspoon salt
¼ teaspoon ground pepper
¼ teaspoon garlic powder
2 tablespoons grated Parmesan cheese

Steps:
Cook pasta and drain. Cook vegetables and drain. In a large bowl, combine all ingredients except Parmesan cheese. Mix together and refrigerate for at least two hours, tossing occasionally. Serve with Parmesan cheese.

Vegetable Quesadillas
From CANFIT Super Manual.

Ingredients:
1 large carrot, grated
1 zucchini, grated
8 whole wheat tortillas
½ cup skim mozzarella

Steps:
In a small bowl, mix carrot and zucchini. Sprinkle ½ cup vegetable mixture over each of the tortillas. Top each tortilla with 3 tablespoons cheese. Cover with second tortilla. Heat nonstick pan over medium hot until and cheese melts. Place each quesadilla in pan. Cook one minute. Turn over and cook one minute longer or until hot and cheese melts. Cut each quesadilla into four quarters and serve. (Can serve with pico de gallo or fruit salsa.)
Veggie Enchiladas
From www.cdkitchen.com.

Ingredients:
Olive oil cooking spray
10 (5 inch) corn tortillas (whole grain)
1 teaspoon olive oil
2 medium zucchinis, shredded
1 clove garlic, crushed or 1/4 teaspoon garlic powder
1/2 red bell pepper, stemmed, seeded and diced
1 (9 oz.) box frozen whole kernel corn
1 (16 oz.) can black beans, drained
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/2 cup light sour cream
1 (16 oz.) jar hot or medium salsa
4 ounces sharp cheddar cheese, shredded (low fat cheese preferred)

Steps:
Heat the oven to 350 degrees F. Coat a 9 or 10-inch pie pan with olive oil cooking spray and set aside.

In a large, nonstick skillet, heat the olive oil over medium heat. Add the zucchini and garlic and cook 4-5 minutes, until the zucchini is limp and moisture begins to evaporate. Stir frequently. Stir in red pepper, corn, black beans, cumin and salt; cook 4-5 minutes longer. Remove from heat and stir in sour cream. Set aside.

Arrange four of the tortillas in an overlapping circle across the bottom of the prepared pie pan. Spoon 1/3 of the zucchini mixture over the top, drizzle with about 1/3 of the salsa and sprinkle lightly with cheese. Top with three more tortillas, and another 1/3 of the zucchini and salsa.

Finish with remaining tortillas, zucchini, salsa and cheese. Bake 40-45 minutes or until top is brown and the mixture is bubbling. Allow to stand at least 10 minutes before cutting.
Winter Squash Soup
Adapted from M.S. Milliken & S. Feniger, Food Network.

Ingredients:
4 tablespoons (1/2 stick) unsalted butter or vegetable oil (preferred)
1 onion, chopped
1 medium tomato, cored, seeded and diced
2 garlic cloves, minced
2 jalapeno chilies, stemmed, seeded and chopped
1 1/2 pounds winter squash, such as West Indian pumpkin, peeled and cut into 1/2 inch cubes
3 cups stock or water
1 teaspoon coarse salt
2 cups whole milk
1/4 cup grated Parmesan cheese

Steps:
Melt the butter or vegetable oil in a large stockpot over moderate heat. Add the onion and sauté until soft, about five minutes. Add the tomato, garlic, jalapeno and salt and cook one or two minutes longer. Add the squash and stock and simmer, covered, for about 20 minutes, or until the squash is falling apart and soup is thickened slightly. Puree soup with an immersion blender, or use a blender and return soup to a clean pan. Add the milk and heat gently. Stir in the cheese and adjust the seasonings.
Additional Resources

What Is Healthy Food?

*From the Strategic Alliance’s Setting the Bar: Recommendations for Food and Beverage Industry Action.*

- Healthy foods contain whole food ingredients that are minimally processed such as fruits, vegetables, whole grains, legumes, nut/seeds and low fat dairy products.
- Healthy foods are high in naturally occurring nutrients (vitamins, minerals and phytonutrients) and fiber.
- Healthy foods are moderate in calories and low in saturated fat, added sugars and sodium.
- Healthy foods contain no trans fat.
- Healthy foods emphasize regionally and locally grown ingredients.
- Healthy foods do not contain artificial colors, flavors or preservatives.
- Healthy foods are grown and produced using sustainable methods that are protective of the environment and human health.
What Is a Serving Size?

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<tr>
<td>Fruit</td>
<td>1 medium – about the size of a baseball</td>
<td><img src="orange_baseball" alt="Image" /></td>
</tr>
<tr>
<td>Vegetable</td>
<td>¾ cup – about the size of a small computer mouse</td>
<td><img src="broccoli_mouse" alt="Image" /></td>
</tr>
<tr>
<td><strong>Grain/Bread</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td>½ cup – the bulb part of a light bulb</td>
<td><img src="pasta_lightbulb" alt="Image" /></td>
</tr>
<tr>
<td>Bread</td>
<td>1 slice</td>
<td><img src="slice_bread" alt="Image" /></td>
</tr>
<tr>
<td>Cereal</td>
<td>¾ cup</td>
<td><img src="cereal_mouse" alt="Image" /></td>
</tr>
</tbody>
</table>

Serving Sizes for Snacks

(Serve at least two of the following snack components)
<table>
<thead>
<tr>
<th>Protein/Meat/Meat Alternative</th>
<th>Amount</th>
<th>Visual Representation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean meat</td>
<td>1 oz. – about half the size of a deck of cards</td>
<td>![Image]</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz. – about the size of four dice</td>
<td>![Image]</td>
</tr>
<tr>
<td>Nut butter (peanut butter)</td>
<td>2 tablespoons – about the size of a whole walnut</td>
<td>![Image]</td>
</tr>
</tbody>
</table>
# Healthy Substitutions

## Ingredients

<table>
<thead>
<tr>
<th>Instead of</th>
<th>Try</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter, margarine or shortening in baking</td>
<td>Applesauce</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>Neufchatel or low fat cream cheese</td>
</tr>
<tr>
<td>Canned condensed soup</td>
<td>White sauce made with skim milk</td>
</tr>
<tr>
<td>Egg</td>
<td>Two egg whites</td>
</tr>
<tr>
<td>Ground beef</td>
<td>Ground turkey</td>
</tr>
<tr>
<td>Heavy cream in sauces and soups</td>
<td>Evaporated milk</td>
</tr>
<tr>
<td>Ricotta cheese</td>
<td>Low fat cottage cheese, pureed</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Nonfat milk</td>
</tr>
<tr>
<td>White flour</td>
<td>½ white and ½ wheat, or all wheat flour</td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Non or low fat yogurt</td>
</tr>
<tr>
<td>Bacon</td>
<td>Lean Canadian bacon</td>
</tr>
</tbody>
</table>

## Prepared Foods

<table>
<thead>
<tr>
<th>Instead of</th>
<th>Try</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pie, blueberry muffins, fruit tarts</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td>Pepperoni or sausage pizza</td>
<td>Cheese or vegetable pizza</td>
</tr>
<tr>
<td>Fried chicken, bacon or cold cuts</td>
<td>Lean meats, chicken breast, fish or tofu</td>
</tr>
<tr>
<td>Cookies</td>
<td>Ginger snaps</td>
</tr>
<tr>
<td>Salad with dressing</td>
<td>Salad with low fat dressing on the side</td>
</tr>
<tr>
<td>Regular bagels</td>
<td>Mini whole wheat bagels</td>
</tr>
<tr>
<td>Croissants, doughnuts or pastries</td>
<td>100% whole grain bread or rolls</td>
</tr>
<tr>
<td>Fried egg rolls</td>
<td>Vegetable spring rolls (fresh, not fried)</td>
</tr>
<tr>
<td>Regular microwave popcorn</td>
<td>Lite popcorn</td>
</tr>
<tr>
<td>Flour tortillas</td>
<td>Corn or whole wheat tortillas</td>
</tr>
<tr>
<td>Soda or fruit drinks</td>
<td>Water or 100% fruit juice</td>
</tr>
<tr>
<td>Regular potato chips</td>
<td>Baked chips or pita chips</td>
</tr>
<tr>
<td>Crackers, e.g., Ritz</td>
<td>Whole grain crackers (&lt;5 grams of fat per serving)</td>
</tr>
</tbody>
</table>
What Are Whole Grains?

- Whole grain foods contain all three parts of the grain – the bran, endosperm and germ.

- Common whole grains:
  - Brown rice
  - Buckwheat
  - Corn/hominy
  - Millet
  - Oatmeal, whole or rolled oats
  - Pearl barley
  - Popcorn
  - Quinoa
  - Whole wheat
  - Cracked wheat (also called bulgur)
  - Wild rice
  - Whole rye

- On the ingredients list, look for the term “whole” in front of a grain. It should also be the first ingredient on the list.

```
INGREDIENTS:
Whole wheat flour, water, high fructose corn syrup, wheat gluten, soybean and/or canola oil, yeast, salt, honey
```

- Phrases that do NOT mean whole grain:
  - 100% Wheat
  - Multigrain
  - Stone ground
  - Pumpernickel

Gluten-Free Whole Grains

- Ameranth
- Brown rice
- Buckwheat
- Corn, including grits, hominy
- Millet
- Quinon
- Teff
# Fruit and Vegetable Guide

<table>
<thead>
<tr>
<th>FRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPLES</strong></td>
</tr>
<tr>
<td>Good source of Fiber</td>
</tr>
<tr>
<td><strong>APRICOTS</strong></td>
</tr>
<tr>
<td>Good source of Fiber, Potassium, Vitamin A</td>
</tr>
<tr>
<td><strong>AVOCADOS</strong></td>
</tr>
<tr>
<td>Good source of Fiber, Potassium</td>
</tr>
<tr>
<td><strong>BANANAS</strong></td>
</tr>
<tr>
<td>Good source of Fiber, Potassium</td>
</tr>
<tr>
<td><strong>BLUEBERRIES</strong></td>
</tr>
<tr>
<td>Good source of Fiber</td>
</tr>
<tr>
<td><strong>CANTALOUPE</strong></td>
</tr>
<tr>
<td>Good source of Fiber, Potassium, Vitamin A</td>
</tr>
<tr>
<td><strong>CHERRIES</strong></td>
</tr>
<tr>
<td>Good source of Fiber, Potassium</td>
</tr>
<tr>
<td>Fruit</td>
</tr>
<tr>
<td>-----------</td>
</tr>
<tr>
<td>GRAPES</td>
</tr>
<tr>
<td>HONEYDEW</td>
</tr>
<tr>
<td>KIWIS</td>
</tr>
<tr>
<td>MANGOS</td>
</tr>
<tr>
<td>NECTARINES</td>
</tr>
<tr>
<td>ORANGES</td>
</tr>
<tr>
<td>PAPAYAS</td>
</tr>
<tr>
<td>PEACHES</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td><strong>PEARS</strong></td>
</tr>
<tr>
<td><strong>PINEAPPLES</strong></td>
</tr>
<tr>
<td><strong>PLUMS</strong></td>
</tr>
<tr>
<td><strong>RASPBERRIES</strong></td>
</tr>
<tr>
<td><strong>STRAWBERRIES</strong></td>
</tr>
<tr>
<td><strong>TOMATOES</strong></td>
</tr>
<tr>
<td><strong>WATERMELONS</strong></td>
</tr>
<tr>
<td>VEGETABLES</td>
</tr>
<tr>
<td>---------------------</td>
</tr>
<tr>
<td><strong>ASPARAGUS</strong></td>
</tr>
<tr>
<td><strong>BELL PEPPERS</strong></td>
</tr>
<tr>
<td><strong>BROCCOLI</strong></td>
</tr>
<tr>
<td><strong>BUTTERNUT SQUASH</strong></td>
</tr>
<tr>
<td><strong>CABBAGE</strong></td>
</tr>
<tr>
<td><strong>CARROTS</strong></td>
</tr>
<tr>
<td><strong>CAULIFLOWER</strong></td>
</tr>
<tr>
<td>Vegetable</td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td>CHARD</td>
</tr>
<tr>
<td>CHAYOTE</td>
</tr>
<tr>
<td>COLLARD GREENS</td>
</tr>
<tr>
<td>CORN</td>
</tr>
<tr>
<td>EGGPLANT</td>
</tr>
<tr>
<td>GREEN BEANS</td>
</tr>
<tr>
<td>JICAMA</td>
</tr>
<tr>
<td>KALE</td>
</tr>
<tr>
<td>Vegetable</td>
</tr>
<tr>
<td>--------------------</td>
</tr>
<tr>
<td>Mushrooms</td>
</tr>
<tr>
<td>Napa Cabbage</td>
</tr>
<tr>
<td>Okra</td>
</tr>
<tr>
<td>Radishes</td>
</tr>
<tr>
<td>Romaine Lettuce</td>
</tr>
<tr>
<td>Spinach</td>
</tr>
<tr>
<td>Sweet Potato</td>
</tr>
<tr>
<td>Yellow Squash</td>
</tr>
<tr>
<td>Zucchini Squash</td>
</tr>
</tbody>
</table>
Appendix A

How Do You Pay For Snacks?

Who is Eligible for Federal Funding?
After-school programs that:
- Are sponsored by school-based programs through the National School Lunch Program (NSLP), nonprofit organizations located in low income areas through the Child and Adult Care Food Program (CACFP) or local government programs through CACFP; and
- Provide children with regularly scheduled activities in an organized, structured and supervised environment, include educational or enrichment activities and are located in a geographical area served by a school in which 50 percent or more of the children enrolled are eligible for free or reduced price school meals.

Reimbursement Rates (June 2009- June 2010):
- $0.74 per snack - under CACFP or NSLP.
- $0.74 per snack - under United States Department of Agriculture’s Summer Food Service Program.

How Do Reimbursements Work?
After school programs may claim reimbursement for one snack, per child, per day. It’s OK to spend money on the more expensive items like fresh fruits and vegetables on some days, and then on other days, some less expensive snacks, as long as the average cost for the week falls within the reimbursement rate per snack.

Under CACFP, all snacks are free to children and programs will receive reimbursement at the free rate. Children 18 years and younger are eligible to participate. Snacks served on weekends or holidays, including vacation periods (e.g., spring break), are reimbursable during the regular school year only.

The Summer Food Service Program is available to provide reimbursements for meals and snacks served during summer and school breaks.


What is Expected of Participants?
Participants must agree to regular site reviews and must maintain the following records:
- Documentation that sites are located in an area served by a school in which at least 50% of the enrolled students are eligible for free or reduced price meals.
- Daily attendance rosters, sign-in sheets or, with State agency approval, other methods which result in accurate recording of daily attendance.
- Number of snacks prepared or delivered for each snack service.
- Number of snacks served to participating children for each snack service and menus for each snack service.
### Appendix B

**After School Snacks: CANFIT Best Practice Guidelines**

<table>
<thead>
<tr>
<th>Needs Improvement</th>
<th>Basic</th>
<th>Proficient</th>
<th>Superior</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Snacks meet SB 12 standards of:</td>
<td>Snacks meet SB 12 standards of:</td>
<td>Snacks meet SB 12 standards of:</td>
</tr>
<tr>
<td></td>
<td>≤ 35% total calories from fat.</td>
<td>≤ 35% total calories from fat.</td>
<td>≤ 35% total calories from fat.</td>
</tr>
<tr>
<td></td>
<td>≤ 10% total calories from saturated fat.</td>
<td>≤ 10% total calories from saturated fat.</td>
<td>≤ 10% total calories from saturated fat.</td>
</tr>
<tr>
<td></td>
<td>≤ 35% added sugar by weight.</td>
<td>≤ 35% added sugar by weight.</td>
<td>≤ 35% added sugar by weight.</td>
</tr>
<tr>
<td><strong>GRAIN/BREAD</strong></td>
<td>All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.</td>
<td>Whole grains served at least three times per week.</td>
<td>Only whole grains are served.</td>
</tr>
<tr>
<td>- Bread (1 slice)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Dry cereal (3/4 cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Cooked cereal (1/2 cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Pasta, noodles (1/2 cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Grain (1/2 cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td>All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.</td>
<td>Beans/peas are served at least three times per week.</td>
<td>Different protein source served three or more days per week.</td>
</tr>
<tr>
<td>- Lean meat, poultry, fish (1 oz.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Cheese (1 oz.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Beans/peas (1/4 cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Peanut or nut butter (2 Tbsp)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Nuts/seeds (1 oz.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Yogurt (4 oz.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FRUIT/VEGETABLE</strong></td>
<td>All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.</td>
<td>Dark green or orange fruit or vegetable served two or more times per week.</td>
<td>A different fresh fruit or vegetable is served each day of the week.</td>
</tr>
<tr>
<td>- 1 serving</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 100% juice (3/4 cup)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MILK</strong></td>
<td>All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.</td>
<td>Low fat (1%) or nonfat milk.</td>
<td>Only 100% citrus juices.</td>
</tr>
<tr>
<td>- 1 cup</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Detailed List of Food Items Available at Selected Retail Stores

The following foods were identified at stores in the San Francisco Bay Area in 2006/2007. Please note that prices and availability of products may differ in various locations. These lists are intended to provide examples of healthy snacks that can be found at retail stores.

**Dollar Tree**

<table>
<thead>
<tr>
<th>Grain/Bread Product Name</th>
<th>Servings per Package</th>
<th>Serving Size</th>
<th>Calories per Serving</th>
<th>% Total Weight Sugar</th>
<th>% Total Calories from Fat</th>
<th>% Calories from Sat. Fat</th>
<th>Total Price</th>
<th>Price per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anderson Mini or Snack Pretzels</td>
<td>17</td>
<td>30 g.</td>
<td>120</td>
<td>3%</td>
<td>8%</td>
<td>0%</td>
<td>$1</td>
<td>$.05</td>
</tr>
<tr>
<td>Anderson Braided Twists Honey Wheat</td>
<td>6</td>
<td>30 g.</td>
<td>110</td>
<td>14%</td>
<td>4%</td>
<td>0%</td>
<td>$1</td>
<td>$.17</td>
</tr>
<tr>
<td>Pita Thins Toasted Chips Garlic</td>
<td>6</td>
<td>28 g.</td>
<td>120</td>
<td>4%</td>
<td>21%</td>
<td>0%</td>
<td>$.50</td>
<td>$.08</td>
</tr>
<tr>
<td>Dora Cereal</td>
<td>6</td>
<td>170 g.</td>
<td>100</td>
<td>4%</td>
<td>15%</td>
<td>0%</td>
<td>$1</td>
<td>$.17</td>
</tr>
<tr>
<td>Strawberry Cereal Bars</td>
<td>6</td>
<td>1 bar</td>
<td>130</td>
<td>13%</td>
<td>19%</td>
<td>10%</td>
<td>$1</td>
<td>$.17</td>
</tr>
<tr>
<td>Apple Cinnamon Cereal Bars</td>
<td>6</td>
<td>1 bar</td>
<td>130</td>
<td>13%</td>
<td>19%</td>
<td>10%</td>
<td>$1</td>
<td>$.17</td>
</tr>
<tr>
<td>Malt-o-Meal Mini Spooners</td>
<td>6</td>
<td>1 cup</td>
<td>190</td>
<td>5%</td>
<td>5%</td>
<td>0%</td>
<td>$1</td>
<td>$.17</td>
</tr>
</tbody>
</table>
### Fruit or Vegetables
*(Includes 100% fruit juice, citrus preferred)*

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Servings per Package</th>
<th>Serving Size</th>
<th>Calories per Serving</th>
<th>%Total Weight</th>
<th>Calories from Fat</th>
<th>Calories from Sat. Fat</th>
<th>Total Price</th>
<th>Price per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gourmet Select Dried Apricots</td>
<td>3.5</td>
<td>7 pieces</td>
<td>120</td>
<td>19%</td>
<td>0%</td>
<td>0%</td>
<td>$1</td>
<td>$.29</td>
</tr>
<tr>
<td>Breckenridge Farms Creamstyle Corn</td>
<td>3.5</td>
<td>½ cup</td>
<td>90</td>
<td>4%</td>
<td>0%</td>
<td>0%</td>
<td>$.50</td>
<td>$.14</td>
</tr>
<tr>
<td>Breckenridge Farms Sweat Peas</td>
<td>3.5</td>
<td>½ cup</td>
<td>70</td>
<td>2%</td>
<td>7%</td>
<td>0%</td>
<td>$.50</td>
<td>$.14</td>
</tr>
<tr>
<td>Breckenridge Farms Mixed Vegetables</td>
<td>3.5</td>
<td>½ cup</td>
<td>45</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
<td>$.50</td>
<td>$.14</td>
</tr>
<tr>
<td>Breckenridge Farms Green Beans</td>
<td>3.5</td>
<td>½ cup</td>
<td>20</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
<td>$.50</td>
<td>$.14</td>
</tr>
<tr>
<td>Campbell’s Tomato Soup</td>
<td>3.5</td>
<td>½ cup</td>
<td>90</td>
<td>11%</td>
<td>0%</td>
<td>0%</td>
<td>$1</td>
<td>$.29</td>
</tr>
<tr>
<td>Libby’s 100% Pure Fruit and Juice Diced Pears</td>
<td>4</td>
<td>1 can</td>
<td>50</td>
<td>6%</td>
<td>0%</td>
<td>0%</td>
<td>$1</td>
<td>$.25</td>
</tr>
<tr>
<td>Island Choice Light Pineapple Slices/Chunks</td>
<td>6</td>
<td>½ cup</td>
<td>80</td>
<td>18%</td>
<td>0%</td>
<td>0%</td>
<td>$1</td>
<td>$.17</td>
</tr>
<tr>
<td>Seneca Light Whole Strawberries</td>
<td>3</td>
<td>½ cup</td>
<td>90</td>
<td>16%</td>
<td>0%</td>
<td>0%</td>
<td>$1</td>
<td>$.33</td>
</tr>
<tr>
<td>Sunmaid Raisin Snacks</td>
<td>8</td>
<td>1 box</td>
<td>45</td>
<td>18%</td>
<td>0%</td>
<td>0%</td>
<td>$1</td>
<td>$.13</td>
</tr>
</tbody>
</table>

### Protein
*(Includes nuts, beans, cheese, yogurt, and meat)*

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Servings per Package</th>
<th>Serving Size</th>
<th>Calories per Serving</th>
<th>%Total Weight</th>
<th>Calories from Fat</th>
<th>Calories from Sat. Fat</th>
<th>Total Price</th>
<th>Price per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gourmet Select Sunflower Seed Mix</td>
<td>9</td>
<td>¼ cup</td>
<td>190</td>
<td>4%</td>
<td>84%</td>
<td>9%</td>
<td>$1</td>
<td>$.11</td>
</tr>
<tr>
<td>Dan-D-Pak Cashews Onion and Garlic</td>
<td>3.5</td>
<td>¼ cup</td>
<td>180</td>
<td>4%</td>
<td>72%</td>
<td>15%</td>
<td>$1</td>
<td>$.29</td>
</tr>
<tr>
<td>Dan-D-Pak Cashews Wasabi</td>
<td>3.5</td>
<td>¼ cup</td>
<td>180</td>
<td>4%</td>
<td>72%</td>
<td>15%</td>
<td>$1</td>
<td>$.29</td>
</tr>
<tr>
<td>Progresso Lentil Soup</td>
<td>2</td>
<td>1 cup</td>
<td>140</td>
<td>0%</td>
<td>21%</td>
<td>3%</td>
<td>$1</td>
<td>$.50</td>
</tr>
<tr>
<td>Deep Cove Chunk Light Tuna</td>
<td>2</td>
<td>¼ cup</td>
<td>60</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>$1</td>
<td>$.50</td>
</tr>
</tbody>
</table>
### Smart & Final

<table>
<thead>
<tr>
<th>Grain/Bread Product Name</th>
<th>Servings per Package</th>
<th>Serving Size</th>
<th>Calories per Serving</th>
<th>%Total Weight Sugar</th>
<th>%Total Calories from Fat</th>
<th>% Calories from Sat. Fat</th>
<th>Total Price</th>
<th>Price per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheerios Cereal*</td>
<td>34</td>
<td>1 cup</td>
<td>110</td>
<td>0%</td>
<td>14%</td>
<td>0%</td>
<td>$4.99</td>
<td>$.15</td>
</tr>
<tr>
<td>Kashi TLC Bars*</td>
<td>18</td>
<td>35 g. 1 bar</td>
<td>135</td>
<td>17%</td>
<td>33%</td>
<td>3%</td>
<td>$7.99</td>
<td>$.44</td>
</tr>
<tr>
<td>Post Shredded Wheat Cereal*</td>
<td>27</td>
<td>1 cup</td>
<td>170</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
<td>$6.75</td>
<td>$.25</td>
</tr>
<tr>
<td>Baker’s Inn 100% Whole Wheat Bread*</td>
<td>16</td>
<td>43 g.</td>
<td>110</td>
<td>7%</td>
<td>2%</td>
<td>0%</td>
<td>$3.45</td>
<td>$.22</td>
</tr>
<tr>
<td>El Aguila Corn Tortillas*</td>
<td>25 (2 tortillas)</td>
<td>55 g.</td>
<td>110</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
<td>$1.99</td>
<td>$.08</td>
</tr>
<tr>
<td>Consoeleo’s Corn Tortillas*</td>
<td>25 (2 tortillas)</td>
<td>48 g.</td>
<td>120</td>
<td>0%</td>
<td>2%</td>
<td>1%</td>
<td>$1.99</td>
<td>$.08</td>
</tr>
<tr>
<td>Low-fat Snack’rs Pretzels</td>
<td>24</td>
<td>1 oz.</td>
<td>110</td>
<td>4%</td>
<td>1%</td>
<td>0%</td>
<td>$2.09</td>
<td>$.09</td>
</tr>
<tr>
<td>Stacy’s Pita Chips Baked</td>
<td>22</td>
<td>1 oz.</td>
<td>130</td>
<td>7%</td>
<td>7%</td>
<td>0%</td>
<td>$5.99</td>
<td>$.27</td>
</tr>
<tr>
<td>Jolly Time Popcorn*</td>
<td>55</td>
<td>3 oz. – 5 cups popped</td>
<td>100</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
<td>$2.85</td>
<td>$.05</td>
</tr>
<tr>
<td>Triscuit Crackers Reduced Fat*</td>
<td>12</td>
<td>7 crackers</td>
<td>120</td>
<td>0%</td>
<td>5%</td>
<td>0%</td>
<td>$3.45</td>
<td>$.31</td>
</tr>
<tr>
<td>Kashi TLC Crackers*</td>
<td>36</td>
<td>30 g.</td>
<td>130</td>
<td>10%</td>
<td>5%</td>
<td>0%</td>
<td>$8.29</td>
<td>$.23</td>
</tr>
<tr>
<td>Padrino Reduced Fat Tortilla Chips</td>
<td>22</td>
<td>1 oz.</td>
<td>130</td>
<td>0%</td>
<td>6%</td>
<td>3%</td>
<td>$3.19</td>
<td>$.15</td>
</tr>
<tr>
<td>Orowheat 100% Whole Wheat Bread*</td>
<td>18</td>
<td>1 slice</td>
<td>90</td>
<td>11%</td>
<td>2%</td>
<td>0%</td>
<td>$3.35</td>
<td>$.19</td>
</tr>
<tr>
<td>Roman Meal Whole Grain Bread*</td>
<td>13</td>
<td>2 slices</td>
<td>120</td>
<td>7%</td>
<td>2%</td>
<td>0%</td>
<td>$2.69</td>
<td>$.21</td>
</tr>
</tbody>
</table>

*Whole grain as first ingredient.
<table>
<thead>
<tr>
<th>Fruits or Vegetables (Includes 100% fruit juice, citrus preferred) Product Name</th>
<th>Servings per Package</th>
<th>Serving Size</th>
<th>Calories per Serving</th>
<th>%Total Weight Sugar</th>
<th>%Total Calories from Fat</th>
<th>% Calories from Sat. Fat</th>
<th>Total Price</th>
<th>Price per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Bananas~</td>
<td>3</td>
<td>¾ cup</td>
<td>148</td>
<td>20%</td>
<td>0%</td>
<td>0%</td>
<td>$.49/lb.</td>
<td>$.16</td>
</tr>
<tr>
<td>Fresh Kiwis</td>
<td>3</td>
<td>¾ cup</td>
<td>67</td>
<td>9%</td>
<td>0%</td>
<td>0%</td>
<td>$2.49/lb.</td>
<td>$.83</td>
</tr>
<tr>
<td>Fresh Red/Green Grapes</td>
<td>3</td>
<td>¾ cup</td>
<td>108</td>
<td>16%</td>
<td>0%</td>
<td>0%</td>
<td>$3.99/lb.</td>
<td>$1.3</td>
</tr>
<tr>
<td>Fresh Granny Smith Apples</td>
<td>3</td>
<td>¾ cup</td>
<td>82</td>
<td>12%</td>
<td>0%</td>
<td>0%</td>
<td>$3.49/3lb. bag</td>
<td>$.39</td>
</tr>
<tr>
<td>Fresh Oranges</td>
<td>3</td>
<td>¾ cup</td>
<td>79</td>
<td>11%</td>
<td>0%</td>
<td>0%</td>
<td>$1.69/lb.</td>
<td>$.56</td>
</tr>
<tr>
<td>Fresh Plums</td>
<td>3</td>
<td>¼ cup</td>
<td>71</td>
<td>10%</td>
<td>0%</td>
<td>0%</td>
<td>$3.49/package</td>
<td>$.35</td>
</tr>
<tr>
<td>Salsa Pico de Gallo</td>
<td>22</td>
<td>2 Tbs</td>
<td>10</td>
<td>1%</td>
<td>0%</td>
<td>0%</td>
<td>$2.79</td>
<td>$.13</td>
</tr>
<tr>
<td>Tropicana Orange Juice (not from concentrate)</td>
<td>8</td>
<td>8 fl. oz.</td>
<td>110</td>
<td>10%</td>
<td>0%</td>
<td>0%</td>
<td>$2.50</td>
<td>$.31</td>
</tr>
<tr>
<td>Campbell’s Minestrone Soup</td>
<td>11</td>
<td>½ cup</td>
<td>80</td>
<td>2%</td>
<td>2%</td>
<td>3%</td>
<td>$4.29</td>
<td>$.39</td>
</tr>
<tr>
<td>Juanita’s Hominy</td>
<td>23</td>
<td>½ cup</td>
<td>60</td>
<td>4%</td>
<td>0%</td>
<td>0%</td>
<td>$3.35</td>
<td>$.15</td>
</tr>
<tr>
<td>Polar Shiitake Whole Mushrooms</td>
<td>6</td>
<td>½ cup</td>
<td>30</td>
<td>0%</td>
<td>1%</td>
<td>0%</td>
<td>$3.99</td>
<td>$.66</td>
</tr>
<tr>
<td>Read 3 Bean Salad</td>
<td>17</td>
<td>1/3 cup</td>
<td>60</td>
<td>6%</td>
<td>0%</td>
<td>0%</td>
<td>$3.49</td>
<td>$.21</td>
</tr>
<tr>
<td>Chef’s Review Cut Spinach</td>
<td>22</td>
<td>½ cup</td>
<td>30</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>$4.69</td>
<td>$.21</td>
</tr>
<tr>
<td>Treetop Applesauce</td>
<td>24</td>
<td>113 g.</td>
<td>70</td>
<td>13%</td>
<td>0%</td>
<td>0%</td>
<td>$9.39</td>
<td>$.39</td>
</tr>
<tr>
<td>Chef’s Review Beets Sliced</td>
<td>25</td>
<td>½ cup</td>
<td>40</td>
<td>5%</td>
<td>0%</td>
<td>0%</td>
<td>$4.89</td>
<td>$.20</td>
</tr>
<tr>
<td>Del Monte Green Beans</td>
<td>42</td>
<td>½ cup</td>
<td>20</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
<td>$4.89</td>
<td>$.12</td>
</tr>
<tr>
<td>Premium Orchard Dried Apricots</td>
<td>24</td>
<td>3 Tbs</td>
<td>90</td>
<td>15%</td>
<td>0%</td>
<td>0%</td>
<td>$4.49</td>
<td>$.19</td>
</tr>
<tr>
<td>Chef’s Review Oriental Blend Vegetables</td>
<td>14</td>
<td>½ cup</td>
<td>25</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
<td>$3.35</td>
<td>$.24</td>
</tr>
<tr>
<td>Fresh Cut N Clean Collard Greens</td>
<td>4</td>
<td>1 cup</td>
<td>49</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>$2.29</td>
<td>$.57</td>
</tr>
</tbody>
</table>

~¾ cup is the snack size serving for fresh fruit.
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Servings per Package</th>
<th>Serving Size</th>
<th>Calories per Serving</th>
<th>%Total Weight Sugar</th>
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<th>% Calories from Sat. Fat</th>
<th>Total Price</th>
<th>Price per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribe Hummus</td>
<td>16</td>
<td>2 Tbs</td>
<td>50</td>
<td>0%</td>
<td>60%</td>
<td>0%</td>
<td>$3.99</td>
<td>$.25</td>
</tr>
<tr>
<td>Kozy Snack Rice Pudding</td>
<td>12</td>
<td>113g</td>
<td>130</td>
<td>12%</td>
<td>23%</td>
<td>10%</td>
<td>$4.19</td>
<td>$.35</td>
</tr>
<tr>
<td>First Street Gold 4 Bean Salad</td>
<td>22</td>
<td>½ cup</td>
<td>100</td>
<td>7%</td>
<td>20%</td>
<td>0%</td>
<td>$6.59</td>
<td>$.30</td>
</tr>
<tr>
<td>Berkeley Farms Plain Yogurt Nonfat</td>
<td>4</td>
<td>8oz</td>
<td>140</td>
<td>8%</td>
<td>3%</td>
<td>7%</td>
<td>$2.39</td>
<td>$.60</td>
</tr>
<tr>
<td>Alta Nonfat Cottage Cheese</td>
<td>8</td>
<td>½ cup</td>
<td>70</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
<td>$3.05</td>
<td>$.38</td>
</tr>
<tr>
<td>Chicken of the Sea Tuna in Water</td>
<td>25</td>
<td>2oz</td>
<td>70</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
<td>$11.69</td>
<td>$.47</td>
</tr>
<tr>
<td>Chef’s Review Creamy Peanut Butter</td>
<td>57</td>
<td>2 Tbs</td>
<td>200</td>
<td>4%</td>
<td>25%</td>
<td>15%</td>
<td>$5.49</td>
<td>$.09</td>
</tr>
<tr>
<td>Montecito Black Beans</td>
<td>24</td>
<td>½ cup</td>
<td>110</td>
<td>1%</td>
<td>2%</td>
<td>0%</td>
<td>$3.49</td>
<td>$.15</td>
</tr>
<tr>
<td>Las Palmas Vegetarian Chili Beans</td>
<td>24</td>
<td>½ cup</td>
<td>120</td>
<td>0%</td>
<td>3%</td>
<td>0%</td>
<td>$5.95</td>
<td>$.25</td>
</tr>
<tr>
<td>First Street Turkey Breast Meat</td>
<td>32</td>
<td>1 slice</td>
<td>30</td>
<td>4%</td>
<td>2%</td>
<td>0%</td>
<td>$7.09</td>
<td>$.22</td>
</tr>
<tr>
<td>Snack’rs Pumpkin Seeds</td>
<td>18</td>
<td>1/3 cup</td>
<td>160</td>
<td>0%</td>
<td>20%</td>
<td>12%</td>
<td>$3.59</td>
<td>$.20</td>
</tr>
<tr>
<td>Snack’rs Trail Mix</td>
<td>25</td>
<td>3 Tbs</td>
<td>110</td>
<td>7%</td>
<td>7%</td>
<td>3%</td>
<td>$4.89</td>
<td>$.20</td>
</tr>
<tr>
<td>David’s Sunflower Seeds</td>
<td>7</td>
<td>¼ cup</td>
<td>190</td>
<td>0%</td>
<td>23%</td>
<td>8%</td>
<td>$2.29</td>
<td>$.33</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Product Name</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactaid Milk Fat Free</td>
<td>8</td>
<td>1 cup</td>
<td>90</td>
<td>5%</td>
<td>0%</td>
<td>0%</td>
<td>$4.19</td>
<td>$.52</td>
</tr>
<tr>
<td>Berkeley Farms 1% Milk</td>
<td>16</td>
<td>1 cup</td>
<td>130</td>
<td>7%</td>
<td>4%</td>
<td>8%</td>
<td>$3.69</td>
<td>$.23</td>
</tr>
<tr>
<td>Silk Organic Soymilk</td>
<td>16</td>
<td>1 cup</td>
<td>100</td>
<td>3%</td>
<td>6%</td>
<td>3%</td>
<td>$5.59</td>
<td>$.35</td>
</tr>
<tr>
<td>Berkeley Farms Nonfat Milk</td>
<td>16</td>
<td>1 cup</td>
<td>90</td>
<td>6%</td>
<td>0%</td>
<td>0%</td>
<td>$3.39</td>
<td>$.21</td>
</tr>
</tbody>
</table>