How do I use these cards?

The recipe selections are designed to assist you to plan snacks and daily physical activities for young children that meet the Dietary Guidelines for Americans. The Guidelines point the way to good health.

1. Aim for a healthy weight.
2. Be physically active every day.
3. Let the Pyramid guide your food choices.
4. Choose a variety of grains daily, especially whole grains.
5. Choose a variety of fruits and vegetables daily.
7. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
8. Choose beverages and foods to moderate your intake of sugar.
9. Choose and prepare foods with less salt.
How do I use these snack cards?

• The Dietary Guidelines specifically focus on choosing more grains (especially whole grains), fruits and vegetables. The recipes included were selected to provide either a fruit, vegetable or bread/grain serving for snacks for 1 to 5 year olds according to Child and Adult Care Food Program guidelines. The recipes also emphasize fruits and vegetables high in vitamins A and C. Snacks are the focus because they are often high in fat, sodium and sugar and low in nutrient density. Offering nutritious snacks to young children teaches them to appreciate a wide variety of food as well as replacing snack foods low in nutrients.

• The serving suggestions include recommendations on how to incorporate the recipe into an entire snack plan. The serving suggestions are located in the lower right hand corner next to this logo. Below is an example of what you will see.

  Snack Idea

  1 wrap-up served with 1/4 cup papaya slices

  From What's Cooking at Super Wednesday Fitness

The source of the recipe is also given under the snack idea.
How do I use these snack cards?

The logo in the upper right hand corner of the card indicates whether the recipe provides:

- a fruit or vegetable serving

  ![Logo: Pick a better snack](image)

  **TEAM NUTRITION IOWA**

- or

  ![Logo: Go for the good stuff](image)

  **TEAM NUTRITION IOWA**

  a grain/bread serving

The condiment cards are not intended to provide an entire serving of these components. Therefore, these logos do not appear on those cards.
How do I use these snack cards?

Each card provides a book title appropriate for young children. The books relate to specific foods in the recipes, to healthy eating or to physical activity.

The books give you an opportunity to develop children’s reading readiness as well as to broaden their understanding and appreciation for a wide variety of foods.
Recipe Card Citations

American School Food Service Association web site - www.asfsa.org

Cinnamon Apricot Couscous
Blueberry Smoothie

Surprise Muffins, p. 111

Pasta and Trees, p. 88

A Cookbook Collection from Around the World, 1995, published by Amherst H. Wilder Foundation
Mexicali Bean Dip, p. 62
Sesame Broccoli (Seeds and Trees), p. 175
Recipe Card Citations

5-a-Day web site - www.5aday.com

Paradise Freeze
Food, Family and Fun: A Seasonal guide to Healthy Eating, 1996, published by the United States Department of Agriculture
Garden Fresh Tomato Sauce, p. 74
Homemade Salsa, p. 72

Meals to Please: Helps for Children's Nutrition, 1983, published by Association for Child Development
Apple-Oat Casserole, p. 38
Tickle Your Appetite: Team Nutrition's Education Kit for Child Care, 1998, published by United States Department of Agriculture
Pumpkin Bread, p. 7-25
Crustless Spinach Pie, p. 7-38
Snappy Vegetables with Basil Dip, adapted from Snappy Green Beans with Basil Dip, p. 7-49

Pick a better snack

Go for the good stuff
Recipe Card Citations

*We Made it Together*, compiled by Drake University Head Start, Des Moines, Iowa
  *Sweet and Sour Vegetables*, p. 146

*What’s Cooking at Super Wednesday, 1998*, compiled and printed for Grace United Methodist Church, Des Moines, Iowa
  *Wrap-ups*

*What’s Cookin’ II*, editor Charlotte S. Kern, 1997 by Nebraska Department of Education
  *Peach Bread Pudding* adapted from *Bread Pudding*, p. 154.
  *Bread Sticks*, p. 120
  *Finger Pancakes*, p. 172

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*Pick a better snack*
*Go for the good stuff*

[Team Nutrition logo]
Tips for Involving Young Children in Food Preparation

Involving young children in food preparation and food serving promotes learning and appreciation for a wide variety of foods. Young children can participate in some steps in all of these snack recipes. Evaluate these recipes step-by-step according to these developmental guidelines offered by the United States Department of Agriculture* to determine how to involve children.

**2-year-olds can:**
- Wipe table tops
- Scrub vegetables
- Tear Lettuce Greens
- Break Cauliflower
- Move pre-measured ingredients from one place to another

**3-year-olds can do what 2-year-olds can plus:**
- Snap green beans
- Wrap potatoes in foil for baking
- Play with utensils
- Bring ingredients from one place to another
- Mix ingredients
- Knead and shape yeast dough
- Shake liquids
- Spread soft spreads
- Place things in trash
- Tear Lettuce Greens
- Break Cauliflower
- Move pre-measured ingredients from one place to another
Tips for Involving Young Children in Food Preparation

4-year-olds can do what 2- and 3-year-olds can plus:
Peel oranges or hard cooked eggs
Move hands to form round shape
Mash bananas

Cut with dull scissors - green onions, parsley, dried fruit
Set table

5- and 6-year-olds can do all of the above plus:
Measure ingredients
Cut with a blunt knife
Use an egg beater

More Information about the Suggested Books


More Information about the Suggested Books

Tubby Toast

Toast bread (whole wheat or other whole grain variety). Spread low-fat whipped cream cheese on the bread and top it with sliced fresh fruit (choice of bananas, blueberries, strawberries, peaches, kiwi, etc.) or fresh vegetables. Children may prefer steamed but still crisp vegetables.

Arrange the fruit or vegetable pieces on the toast in shapes, designs or faces and talk about shapes or textures of the fruit. Or use canned fruit available in animal shapes.

Snack Idea

1/2 slice toasted bread with toppings and 1/2 cup 100% berry juice

Serving for 1-5 yr. old

Go for the good stuff

TEAM NUTRITION IOWA
Wrap-Ups

4-5” tortilla
1 tsp. low-fat mayonnaise
1 tsp. low-fat sour cream
1/4 cup chopped or grated vegetables
(tomato, red pepper, cucumber,
carrot, onion, zucchini) or cooked
dried beans
2 Tbsp. grated cheese

Makes 5 wrap-ups

1. Mix mayonnaise and sour cream.
   Spread on one side of tortilla.
2. Top with 1/4 cup chopped
   vegetables and grated cheese.
3. Fold the tortilla in half or roll it up
   for a sandwich on the go.

Avocado Option:
Mix a small amount of mashed avocado
into the mayonnaise/sour cream
spread.

1 wrap-up served with 1/4 cup
papaya slices

From What’s Cooking at Super
Wednesday
Surprise Muffins

1 cup whole wheat flour
1 cup quick-cooking oats
2 tsp. baking powder
1/2 tsp. cinnamon
1/4 cup brown sugar
1/4 cup oil
1 egg
1 cup milk
1/4 cup jam

12 servings

1. Preheat oven to 400 degrees.
2. Mix dry ingredients except brown sugar in a bowl.
3. Combine brown sugar, oil, egg and milk until smooth.
4. Add brown sugar mixture to dry ingredients and mix until moistened.
5. Fill 12 greased muffin cups 1/4 full. Spoon 1 tsp. jam over batter and fill each cup 3/4 full with remaining batter.

Snack Idea

1 muffin and 1/2 cup apple juice

From Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends
Apricot Cinnamon Couscous

16 oz. can apricots or other fruit packed in juice
10 oz. package (7/8 cup) couscous
1 Tbsp. butter or margarine
3 Tbsp. sugar
1/2 tsp. cinnamon

About 16 servings

1. Drain fruit, reserving juice.
2. Pour juice into measuring cup and add water to equal 2 cups.
3. Prepare couscous according to package directions using the fruit juice mixture and butter.
4. Dice fruit and add to couscous.
5. Combine sugar and cinnamon and mix with couscous.
6. Place in serving bowl and sprinkle with cinnamon. Serve at room temperature or chilled.

Snack Idea

1/3 cup Apricot Cinnamon Couscous and 1/2 cup pineapple juice

From American School Food Service Association Web site; recipe by Wheat Foods Council
Three Bears' Baked Porridge

2 cups cooked oatmeal
1 1/2 cup diced apple
1/2 cup chopped nuts
1/2 cup raisins
1/4 cup molasses
1/2 tsp. cinnamon

7 servings

1. Preheat oven to 400 degrees.
2. Mix all ingredients and pour into a greased casserole dish.
3. Bake 20 minutes. Serve warm with milk.

Go for the good stuff
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Snack Idea

2/3 cup porridge and 1/2 cup canned peaches

From Meals to Please: Helps for Children's Nutrition, recipe titled Apple-Oat Casserole
Pumpkin Bread

1/2 cup sugar
1/2 cup vegetable oil
3/4 cup canned pumpkin
2 eggs
1 1/2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1/2 cup raisins (optional)
1/2 cup chopped nuts (optional)

1. Preheat oven to 350 degrees.
2. In a large bowl, stir together sugar, oil, pumpkin, and eggs.
3. In a medium bowl, stir together flour, baking powder, baking soda and cinnamon. Fold into other ingredients just to moisten.
4. Stir in raisins and nuts and pour into greased 9”x5” loaf pan.
5. Bake for 45 to 50 minutes or until toothpick inserted in center comes out clean.

Cut loaf into 12 slices. Serve one slice with 1/2 cup pineapple tidbits.

From Tickle Your Appetite
Peach Bread Pudding

5 slices of bread (whole wheat, raisin or cinnamon)
2 large eggs
2 cups skim milk
1/2 cup sugar
1 tsp. vanilla
1/2 tsp. cinnamon
1-15 oz. can chunky cut peaches well drained
1/2 cup dried fruit of your choice

10 servings

1. Cut bread into 1-inch cubes.
2. Mix eggs, milk, sugar, vanilla and cinnamon.
3. Add cubed bread mixture to eggs and let soak for 5 minutes. Stir in peach chunks and dried fruit.
4. Pour mixture into lightly greased 8”x8” baking dish.
5. Bake at 350 degrees for 50 minutes or until knife inserted in center comes out clean.

By Janet and Allan Ahlberg

Snack Idea
1/2 cup of Peach Bread Pudding and 1/2 cup apple juice

Adapted from Bread Pudding in What’s Cookin’ II
Homemade Tortilla Chips

Spray light coating of cooking oil or water on 4-5” flour or corn tortillas.

For herb or cheesy chips:
Sprinkle Parmesan cheese or herb mix on the tortillas. Cut each tortilla into 8 wedges. Spread in one layer on a baking sheet. Bake at 400 degrees for 8 to 10 minutes or until crispy.

For sweet chips:
Sprinkle a mixture of cinnamon and sugar on the tortillas and bake as above.

If using 4-5” tortillas, 8 chips will provide a serving.
Serve herb chips with Mexicali Bean Dip (condiment card) and 1/2 cup apple slices.
Graham Cracker Smacker

Spread a graham cracker square with thin layer of peanut butter. On top of the peanut butter, place slices of banana, peach, pear or other soft fruit. Top with another graham cracker square spread with peanut butter (peanut butter facing inside).

Go for the good stuff
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1 Graham Cracker Smacker, 1/4 cup additional sliced fruit and 1/4 cup 100% cranberry juice blend

Peanut Butter, Apple Butter, Cinnamon Toast

By Argentina Palacios

Serving for 1-5 yr. old
Bread Sticks

Homemade bread sticks are easy to make. Thaw according to package directions 1 pound loaf of frozen bread dough (plain or whole wheat). Cut dough into 16 equal pieces and stretch each piece into a 6” rope. Brush bread ropes with egg substitute, water or milk. Place on a greased baking sheet and sprinkle with any of the variations listed below. Allow bread sticks to rise in a warm, draft-free location until double in size, about 1 hour. Bake at 375 degrees for 10 minutes or until golden brown. Remove bread sticks from baking sheet immediately.

Sprinkle Variations:
Sprinkle one of the following on bread sticks before baking: sesame seeds, Parmesan cheese, garlic or other flavored salt, or mixture of cinnamon and sugar.

From What’s Cookin’ II
By Alexandra Day
Fruit Bowl

Fruit is just about the perfect snack. A variety of cubed or sliced fruit mixed with a little flavored yogurt is a year-round favorite. Mix canned and fresh fruit. Summer fruit bowls can emphasize fruits rich in vitamin A, like fresh apricots, cantaloupe, melon, peaches, papaya and mango. Winter fruit bowls can emphasize citrus fruits, like oranges, grapefruit and tangerines, which are readily available during colder months. Other fruit available in the winter months include kiwi, apples, bananas, grapes.

Snack Idea

1/2 cup mixed fruit and 1 1/2 rice cakes.
Snappy Vegetables with Basil Dip

Fresh, crisp vegetables beg to be dipped in savory dips - cauliflower, broccoli, carrots, fresh green beans, cherry tomatoes, fresh asparagus, green, red and yellow peppers, snow peas and zucchini are just a few. Combine in a small bowl 1/3 cup low-fat mayonnaise, 2 Tbsp. skim milk, 1 Tbsp. fresh chopped basil or 1 tsp. dried basil and 1 tsp. onion powder. Provide children with a serving of fresh vegetables and a small amount of dip.

1/2 cup fresh vegetables, 1 bread stick (recipe card), and Basil Dip

From Tickle Your Appetite
Sweet Potato Oven Fries and Coins

Fries
Cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375 degrees for 20 minutes. Sprinkle with a purchased seasoning mix and lemon juice if desired.

Coins
Make sweet potato coins by slicing sweet potatoes 1/2" thick, spraying with cooking spray, and coating with cinnamon. Bake the same as fries above.

Snack Idea
1/2 cup sweet potato coins or fries and 1/4 cup cooked pasta shapes sprinkled with Parmesan cheese

By Roxanne Lanczak Williams

We Can Eat the Plants
Crustless Spinach Pie

1. Preheat oven to 350 degrees.
2. Melt butter or margarine in 9”x13” pan.
3. Beat eggs well. Add flour, milk, garlic powder and baking powder.
4. Stir in cheese and spinach and pour mixture into the pan.
5. Bake for 35 minutes or until lightly browned.

6 servings

3”x4” rectangle (1/6 of the pan) provides a vegetable and meat snack serving.

From Tickle Your Appetite

By Marc Brown
Blueberry Smoothie

2 cups blueberries, fresh or frozen
1 cup pineapple juice
8 oz. low-fat vanilla yogurt
2 tsp. sugar

6 servings

1. If using frozen blueberries, slightly thaw.
2. In the container of an electric blender, combine berries, juice, yogurt and sugar.
3. Blend until smooth, about one minute.
4. Serve immediately.

Snack Idea

1/2 cup Blueberry Smoothie and 7 animal crackers

From American School Food Service Web site; recipe by North American Blueberry Council

Blueberries for Sal

By Robert McCloskey

Serving for 1-5 yr. old
Black Bean Salad

16 oz. can black beans rinsed and drained
2 cups whole kernel corn
3/4 cup chopped green pepper
3/4 cup chopped onion

Dressing
1 cup homemade (recipe card) or purchased salsa
1/4 cup chopped parsley
1 tsp. crushed fresh garlic
1 tsp. ground cumin
1 tsp. prepared mustard

1. Mix beans, corn, pepper and onion in a large bowl.
2. Combine dressing ingredients in small bowl and mix well. Stir into vegetable mixture.
3. Cover and chill before serving.

Snack Idea
1/2 cup Black Bean Salad and 8 homemade tortilla chips (recipe card)
Pasta and Trees
(Pasta and Broccoli)

1 cup pasta shapes uncooked (look for colorful and fun shapes)
3 Tbsp. olive oil
1 clove garlic minced or 1/4 to 1/2 tsp. garlic powder
4 cups cooked broccoli pieces
3/4 cup grated Parmesan cheese
salt and pepper to taste if desired

8 servings

1. Cook pasta according to package directions and drain.
2. In a large skillet heat oil and sauté garlic until golden brown and remove from oil. Or just add garlic powder to the oil.
3. Add broccoli to oil remaining in skillet, stirring for 5-10 minutes until heated through.
4. Turn onto a platter with pasta. Sprinkle with cheese, salt and pepper to taste.

Pasta and Trees provides a vegetable and a bread/grain snack component.
From Connecticut Cooks for Kids

By Ellen Stoll Walsh

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Hop Jump

Snack Idea
Serving for 1-5 yr. old

1 cup Pasta and Trees provides a vegetable and a bread/grain snack component.
Seeds and Trees
(Broccoli Salad)

1 Tbsp. sesame seeds
1 pound broccoli (after peeling stems)
3 Tbsp. orange juice
1 Tbsp. sesame oil
2 tsp. soy sauce
1/2 tsp. ginger powder

8 servings

1. Cook sesame seeds in small pan over medium heat for 3 minutes, shaking pan occasionally.
2. Cut broccoli into florets. Peel stalks and slice diagonally.
3. Steam broccoli for 4-5 minutes or until tender-crisp.
4. Combine orange juice, oil, soy sauce and ginger. Toss with broccoli. Sprinkle with sesame seeds.
5. Serve immediately or chilled.

Snack Idea
1/2 cup Seeds and Trees and 1/4 cup rice
From A Cookbook Collection from Around the World
Garden Fresh Tomato Sauce

3 cups chopped tomatoes
1 Tbsp. garlic powder
1 Tbsp. onion powder
1/2 tsp. dried basil
1/4 tsp. dried oregano
1/4 tsp. dried parsley
1/2 tsp. fennel seed
1/8 tsp. black pepper

about 5 servings

1. Combine all the ingredients in a sauce pan and simmer over medium heat for 15 minutes.

2. Serve over cooked pasta. You can make sauce ahead so you can heat and serve at snack time.

Chili Variation:
Add 1/2 pound of cooked lean ground meat, 1 cup of pinto beans, 1 tsp. chili powder, 1/4 tsp. cumin and a dash of Tabasco sauce.

Snack Idea
1/2 cup tomato sauce served over 1/4 cup pasta.

“Spaghetti, Spaghetti” by Jack Prelutsky in Never Take a Pig to Lunch and other Poems about the Fun of Eating

From Food, Family and Fun: A Seasonal Guide to Healthy Eating
Paradise Freeze

1 large, ripe banana
1 cup strawberries
1 ripe mango, cubed
1 cup 100% cranberry juice
1 cup crushed ice

7 servings

1. In the container of an electric blender, combine banana, strawberries, mango, juice and ice.
2. Blend until smooth.
3. Serve immediately.

Paradise Freeze

½ cup Paradise Freeze and 1 Surprise Muffin (recipe card)

From 5-a-Day Web Site, recipe by Dole Food Company
Orange Splash

3/4 cup of thawed orange juice concentrate
1 cup low-fat milk
1 cup water
1 cup crushed ice
3 Tbsp. sugar
1/2 tsp. almond extract

3 servings

1. In the container of an electric blender, combine all ingredients.
2. Blend until smooth.
3. Serve immediately.

Serving for 1-5 yr. old

1 1/2 cups Orange Splash and 1/2 slice raisin toast

The Very Hungry Caterpillar
By Eric Carle

Pick a better snack
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Sweet and Sour Vegetables

9 large carrots
1/2 green pepper
10 oz. can pineapple chunks

Sauce
1/4 cup pineapple juice or water
3 Tbsp. sugar
3 Tbsp. vinegar
1 tsp. soy sauce
1 tsp. cornstarch
1 Tbsp. cold water

Peel and cut up carrots and pepper and combine with drained pineapple chunks (reserve juice).

Sauce
1. Combine juice or water, sugar, vinegar and soy sauce in pan.
2. In a separate bowl, add cornstarch to the 1 Tbsp. cold water and mix until smooth.
3. Place pan over medium heat and slowly add cornstarch mixture, stirring constantly. Bring to boil and stir until sauce thickens.
4. Pour sauce over vegetables (raw or steamed) or use as a vegetable dip.

From We Made it Together

Daisy's Garden

By Mordicai Gerstein and Susan Yard Harris

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Snack Idea
1/2 cup Sweet and Sour vegetables, 1/4 cup cooked rice

From We Made it Together

Serving for 1-5 yr. old
Homemade Salsa

1 cup fresh tomatoes, diced
1/2 cup corn, fresh or frozen
1/2 cup onion, diced
1 Tbsp. Chopped jalapeno peppers (optional) or 1/2 cup chopped green or red bell peppers
2 Tbsp. lime juice
2 cloves fresh garlic, finely diced

1. Combine all ingredients.
2. Chill and serve.

Serving suggestions:
Use as filler in wrap-ups or as a dip with bread sticks, homemade tortilla chips, or fresh vegetables.

From Eating the Alphabet: Fruits and Vegetables A to Z
By Lois Ehlert
Mexicali Bean Dip

3/4 cup chopped sweet red pepper
3/4 cup chopped green pepper
1 large green onion, cut into 1/2" pieces
2 tsp. ground coriander
1 (16 oz.) can pinto beans, drained
1 Tbsp. cider vinegar
1 1/2 tsp. lime juice
1 tsp. vegetable oil
1/8 tsp. ground cumin

1. In blender container, add sweet red and green pepper, onion, and coriander; blend.
2. Add beans and remaining ingredients; blend until well mixed.
3. Serve immediately or chilled.

Serving suggestions:
Serve with homemade tortilla chips or as a spread in wrap-ups.

Condiment

From A Cookbook Collection from around the World
Finger Pancakes

2 large eggs
3 cups skim milk
2 cups flour (may substitute up to 1/2 whole wheat flour)
1/2 tsp. salt
1 tsp. sugar
1 tsp. baking powder
powdered sugar as needed
15 servings

1. Beat eggs and add milk.
2. Combine dry ingredients until well mixed.
3. Pour 2 Tbsp. batter onto lightly greased skillet and cook until golden brown on each side.
4. When pancake is cooked, sprinkle lightly with powdered sugar, roll up jelly roll fashion and eat or fill with fresh fruit before rolling.

Snack Idea

2 pancakes filled with 1 Tbsp. each of chopped fruit. Serve with 1/2 cup orange juice.

From What's Cook'n II