



**MAKING IT COUNT**

School Meals Accountability & Responsibility Training Tools

Afterschool Snack - Site-Based Activity

**AFTERSCHOOL SNACK CHECKLIST**

<b>PLANNING SNACK</b>	<b>Doing NOW</b>	<b>Plan TO DO</b>	<b>GOALS/IDEAS</b>
Offer fresh fruits and vegetables as often as possible.			
Offer a variety of fruits or vegetables such as kiwi, jicama, etc. which may be considered unusual. Remember that children may need more than one exposure to these fruits and vegetables before they like them.			
Offer a variety of vegetables (dark green, red/orange, beans/peas, starchy, and others) each week.			
Serve foods with a variety of colors, textures, shapes, flavors.			
When serving canned or frozen fruit, use fruit packed in its own juice, light syrup, or water rather than fruit packed in heavy syrup.			
Serve dried fruits (such as raisins, prunes, and apricots) occasionally and consider offering something crunchy at the same time.			
When serving juice, serve a variety of juices and remember juice cannot be served with milk.			
Offer whole-grain foods as often as possible.			
Offer unflavored low-fat and unflavored and flavored fat-free milk choices. Serve foods lower in sodium, fat and sugar.			
Serve special snacks for holiday and theme days, or serve cultural and ethnic foods to change it up.			
Make creative use of USDA foods to add variety to your offerings.			
<b>COUNTING SNACKS</b>	<b>Doing NOW</b>	<b>Plan TO DO</b>	<b>GOALS/IDEAS</b>
Have a current roster available for participating students.			
Have a method to count and record snacks taken (e.g., clicker, roster, etc.).			

Adapted from the Smarter Lunchroom Movement Lunchroom Scorecard and Crediting Handbook for the Child and Adult Care Food Program

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**AFTERSCHOOL SNACK CHECKLIST**

<b>COUNTING SNACKS</b>	<b>Doing NOW</b>	<b>Plan TO DO</b>	<b>GOALS/IDEAS</b>
Offer only one snack per child per day.			
Make sure students are taking a complete snack that includes at least two different food components of the following four: Milk, Grains, Meat/Meat alternates, Fruits/Vegetables.			
Make sure that the snack does not include two liquids (e.g., milk and juice).			
Offer snack selections in the minimum quantities required.			
Provide substitutions for children with special dietary needs.			
Place signage on cooler or transport packs to indicate what selections to take and what process to follow to record and return items.			
Make sure monitors or teachers know what to do with any leftovers.			

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