

CHANGE Program

Creating Healthy, Active, and Nurturing
Growing-up Environments



Healthy Snack Standards

Save the Children created the CHANGE (Creating Healthy, Active, and Nurturing Growing-up Environments) Program in 2005 to increase rural children's access to regular physical activity and a healthy snack in the after school environment. Recent school snack standards developed by the Institute of Medicine¹ and the Alliance for a Healthier Generation² recommend that a **healthy snack** (including both a food and a beverage) should provide a child with 150 to 200 calories, which represents 10-15% of a child's total daily calorie needs. A healthy snack should also be high in dietary fiber and low in total fat, saturated and *trans* fat, added sugars, salt, and caffeine. These standards encourage *at least* one serving of a fruit, vegetable, whole grain, or nonfat or low-fat dairy. Providing these options will count toward a child consuming the recommended 5 servings of fruits and vegetables/day, 4 servings of whole grains/day, and 3 servings of low-fat or nonfat dairy/day. We strongly encourage our partners to provide one or more servings of fresh fruit and/or a vegetable as a frequent after school snack so that children become familiar with choosing these as their preferred snack. We also encourage our partners to provide bottled water as the preferred beverage for the after school snack and during physical activity. Listed below are recommended foods and beverages that partners should provide to children daily, sometimes, or not at all to adhere to the healthy snack standard.

Foods	Provide Daily 4 times/week	Provide Sometimes 1-2 times/week	Do Not Provide 0 times/week
Give each child 1 or more servings of a fresh or cooked fruit or vegetable daily			
Fruits	1 serving = 3/4 cup or 1 medium Apple, banana, berries, grapefruit, kiwi, melon, orange, pear, papaya, or fruit salad 1 serving = 1/4 cup Dried fruit (e.g., raisins)	1 serving = 6 ounces or 3/4 cup Canned fruit in natural juice, applesauce, fruit leathers with no added sugar, fruit juice (<i>may also count as a beverage, see below</i>), 1 Tbsp low-calorie fruit spread	Commercial fruit roll-ups, sweetened fruit drinks, canned fruit in heavy syrup, dessert or muffin with fruit filling (these do not count as a fruit serving)
Vegetables	1 serving = 3/4 cup Fresh or cooked carrots, celery, cucumber, cherry tomatoes, green or red peppers, broccoli, salad greens, squash, sweet potato cubes, zucchini sticks Vegetables may be served with 1 Tbsp low-fat dressing, bean dip, salsa, or	1 serving = 4 ounces or 1/2 cup Tomato or carrot juice (<i>may also count as a beverage, see below</i>), or low-calorie baked vegetable chips	Deep-fried vegetables including french fries, potato chips, and vegetables served with high-calorie dip or high-calorie salad dressing

¹ Institute of Medicine. *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth*. Washington, DC: The National Academies Press, 2007. Available at <http://www.iom.edu/CMS/3788/30181/42502.aspx>.

² Alliance for a Healthier Generation's competitive food guidelines are available at www.healthiergeneration.org/snacks and beverage guidelines are available at www.healthiergeneration.org/beverages.

	peanut butter		
<i>Give each child <u>only</u> 1 serving of <u>either</u> a whole grain or bread <u>or</u> 1 serving of dairy or protein</i>			
Dairy or Protein	<p>1 serving = 6-8 ounces or 3/4 cup to 1 cup</p> <p>Low-fat or non-fat milk (plain or flavored) including lactose-free and soy beverages (<i>may also count as a beverage; see below</i>)</p> <p>Flavored low-fat/nonfat yogurt providing 30 grams or less of sugar/8 ounces, low-fat cottage cheese, or 1 Tbsp low-fat dairy dip</p> <p>1 serving = 1 slice, 1 ounce, or 1 Tbsp</p> <p>Baked chicken or turkey, boiled egg, low-fat lunch meats, tuna in water, bean dip</p>	<p>1 serving = 1 Tbsp, 1 ounce or 1 slice</p> <p>Peanut butter with no added sugar, nuts, low-fat mozzarella string cheese, low-fat cheese</p>	<p>High-fat and salty processed meats (salami, bologna, hot dogs, bacon), fried chicken, chicken nuggets, fish sticks, full-fat ice cream or cheese, yogurt with candy topping</p>
OR			
Whole Grain or Bread	<p>1 serving = 3/4 cup, 1 bar or 1 slice</p> <p>Wheat bread, pita, low-sugar granola bar, low-sugar cereals, crackers, rice cake</p>	<p>1 serving = 3/4 cup, 1 bar or 1 slice</p> <p>Graham crackers, vanilla wafers, animal crackers, fig cookies, ginger snaps, whole-grain muffin, whole grain granola bar (e.g., raisin oatmeal, Nutragrain), air-popped popcorn, pretzels</p>	<p>Cookies, high-calorie granola bars, sweetened cereal bars, high-sugar cereals, sweetened muffins (e.g., blueberry, chocolate chip, strawberry), donuts, toaster pastries with fruit filling (these do not count as a fruit serving)</p>
<i>Give each child bottled water or a low-fat or non-fat milk or a lactose-free or soy beverage</i>			
Beverage	<p>1 serving = 6-8 ounces or 3/4 cup to 1 cup</p> <p>Encourage bottled water without additives (no limit)</p> <p>Low-fat or non-fat milk (plain or flavored) including lactose-free and soy beverages</p>	<p>1 serving = 4-6 ounces or 1/2 cup to 3/4 cup</p> <p>Fruit juice, tomato juice, carrot juice, or vegetable juice</p>	<p>Sugar-sweetened beverages and carbonated soft drinks such as soda, fruit punch, fruit drinks, Kool-Aid, sweetened tea, and sports drinks</p>
<i>A healthy snack (combined food and beverage) should provide a child with a total of 150 to 200 calories</i>			