

Summer Snacks

Snack boxes are a great way to help parents and home child care providers provide healthy snacks for kids. Here is how they work:

Put a container in the refrigerator and one in the cupboard. The purpose of these containers is to have some grab-and-go snacks that children can eat between meals. When snack time rolls around, they can choose a snack from the refrigerator box or the cupboard box and that is their snack...with a glass of water.

Note: Generally these are snacks, not treats. This means they are a nutritious option providing a food from at least one food group. Costs described below are using store or generic brands (unless otherwise specified).

Refrigerated snack ideas

• Fresh fruit

If you shop in season, a piece of fruit is often less than \$.50. A banana is usually \$.25 or less.

• Canned fruit

\$.25 - \$.30 per ½ cup

Open a can and portion into ½ cup servings in small washable plastic containers or cups covered with plastic.

• String cheese

\$.23 (\$5.58 for a package of 24 1-oz. pieces)

• Yogurt

\$.38 - \$.75 depending on store or brand.
Watch sugar content of yogurt.

• Pudding

\$.20 per ½ cup

Make up ½ cup servings and put in cups or containers. One package instant pudding for \$.50, 2 cups milk = \$.29 (\$2.37 per gallon) = \$.79 ÷ 4 ½-cup servings = \$.20 per serving

• Bags of cut and cleaned fresh vegetables

Prices will vary. Cleaning and cutting up the vegetables yourself will be cheaper than buying pre-cut, like baby carrots.



Cupboard snack ideas

• Small pre-packaged canned fruit

\$.26 for applesauce (\$1.57 for 6)

\$.42 for peaches, fruit cocktail, pears (\$1.66 for 4)

• Dried fruit, individual packages

\$.23 for raisins (\$1.36 for 6 1.5-oz. boxes)

\$.46 for dried cranberries (\$2.78 for 6 1-oz. boxes)

\$.40 for Welch's dried mixed fruit (\$3.62 for 9 .9-oz. packs)

• Dried fruit, larger packages

Buy larger sizes and package into 1-oz. packages.

\$.11 per ounce for raisins (\$1.72 for 15-oz. box)

\$.24 for dried cranberries (\$1.44 for 6-oz. package)

• Granola bars

\$.20 plus per granola bar

The ones that are 'coated' in chocolate or 'fudge dipped' are the highest in sugar!

• Pre-packaged pudding

\$.25 or more (\$3.00 for a package of 12).

Pre-packaged pudding may not be as high in calcium as using milk and instant pudding and making them yourself.

- **Bags of crackers** - Make individual cracker packets.
\$.18 - \$.25
Cost will vary depending on type of cracker and amount per packet.
- **Pre-packaged crackers**
\$.25 or more per packet

Freezer snack ideas

- **Frozen waffle**
\$.25 per waffle
- **Frozen fruit cup**

Kids like snack boxes because you can vary the options, so it's a surprise every day. It also gives them the 'power of choice'!

Recipe for Frozen Fruit Cup (Makes 10 ½-cup servings)

- 1 3-oz. package sugar-free flavored gelatin (jello)...lemon, strawberry or raspberry are good!
- 1 cup boiling water
- 6 oz. frozen orange juice concentrate (use ½ of 12-oz. container)*
- 1 20-oz. can pineapple chunks, not drained (use pineapple canned in pineapple juice, not syrup)
- ½ cup drained canned fruit – mandarin oranges, peaches, pears, fruit cocktail
- 1 cup sliced strawberries (fresh or frozen)
- 1 banana



1. Wash hands.
2. In a mixing bowl, stir together boiling water and gelatin. Stir constantly until gelatin is dissolved.
3. Stir in partially thawed orange juice concentrate. Stir until completely blended with gelatin.
4. Slice or dice fruits as needed (banana, strawberries, etc.)
5. Pour into individual cups or containers. (Small paper or plastic cups work well.)
6. Freeze. (Put cups into a cake pan, box or plastic container and cover with plastic wrap. Place entire container in freezer.)
7. To serve, remove from freezer at least 1 hour before serving. Will hold shape well even when thawed.

* To make juice with the remaining ½ of the 12 oz. container frozen concentrate: Add 1 ½ cans of water (18 ounces)

Note: Use any fruit in season or any that you have on hand. Works with melon, any berries and any canned fruit.

What does this snack cost?

3 oz. sugar free gelatin	\$.38
6 oz. frozen OJ	\$.66 for 6 oz. (\$1.32 for 12 oz. ÷2 = \$.66)
Pineapple chunks (20 oz.)	\$.82
Mandarin oranges (11 oz.)	\$.54
Fresh strawberries 1 cup	\$.83/cup (1.88 per pound - 1 pound yields 2.25 cups fresh cleaned berries)
1 banana	\$.20 (3 bananas per pound at \$.60/pound)
Total Cost	\$3.43 ÷10 = \$.34 per serving

(If using frozen strawberries, the cost might be a few cents higher per serving.)

Take these out of the freezer before going out to play... come in an hour later and you have a cool nutritious summer snack ready to eat!

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