

YMCA of Silicon Valley
Healthy Snacks Definition and Implementation Practices

The guidelines below are compiled from YUSA and the Harvard Project, California Nutrition Network and the Center for Disease Control.

Please use these guidelines when planning snacks to meet our 'healthy' snacks requirement. Included in this document are best practices for implementing the healthy snack guidelines.

What is a 'healthy' snack?

- No trans fats
- No sugar sweetened beverages
- Fruit or vegetables daily – fresh preferred (as opposed to canned)
- Water is the primary drink available and is served at the snack table (not just at a water fountain)
- Low fat milk /100% fruit juice are served as alternatives to water
- Foods high in fats, salts and sugars are limited consistent with Harvard guidelines
- A balance of fruits, vegetables, whole grains and proteins is served

Practices for implementation of 'healthy' snacks

- Snacks include healthy foods from various cultures
- There is evidence that children enjoy the snacks offered
- There is evidence that children get enough to eat.
- Filtered water is available at sites where the water quality is poor
- Drinking water is carried along on off-site visits and field trips
- Staff allow more time for children to drink water in hot weather
- Children do not complain a lot about disliking the food
- Children and staff don't claim to be tired of having the same foods all the time
- Options are provided for children with special dietary concerns/needs
- There is a wide variety of healthy options
- Snacks are sealed in containers that prevent infestation
- Perishable foods are refrigerated
- Staff do not bring in food or drinks from outside sources
- Staff model eating the healthy snack with the children