

Pathway To A Healthy Environment

Healthy Environment Tip Sheet FIELD TRIP SNACKS MADE EASY

When bringing snack on a field trip it is usually more convenient to bring individually packaged items. Below is a list of some commonly used food items and the appropriate quantities to serve to school age children based on the CCFP required portion sizes. Be aware that several of the packaged convenience items provide double the required portion for a school age child. Shopping for convenience is not always the most cost effective or quantity appropriate way to provide snack. You will most likely pay more and buy more food to get the benefit of convenience.

| Individual Packaged Food Item | Quantity in Individual Package | Minimum Reimbursable Quantity Required School Age Snack | Quantity needed per school age child for a reimbursable snack |
|---|--------------------------------|---|---|
| Shelf Stable 1% Milk | 8 oz (1 cup) | 1 cup | 1 carton |
| Individual Cartons of 1% Milk | 8 oz (1 cup) | 1 cup | 1 carton |
| Individual Tuna | 3 oz | 1 oz | 1 container |
| Individual Cottage Cheese | 4 oz | ¼ cup 2 oz | 1 container |
| Individual Yogurt | 6 oz | ½ cup | 1 carton |
| Individual Wrapped Cheese | 1 oz | 1 oz | 1 cheese |
| String Cheese | 1 oz | 1 oz | 1 string cheese |
| Individual 100% Fruit Juice Boxes | | ¾ cup | 1 juice box |
| Individual Raisin Cartons | 1.5 oz | ¾ cup | 4 cartons |
| Individual Applesauce | 4 oz | ¾ cup | 2 containers |
| Individual Fruit Cups (peaches, pears, pineapple, oranges) | 4 oz | ¾ cup | 2 fruit cups |
| Individual Fresh Fruit (apples) | 2.25 oz | ¾ cup | 3 packages |
| Individual Fresh Veggies (carrots, celery) | 2.25 oz | ¾ cup | 3 packages |
| Individual Cracker Packs (Wheat Thins, Goldfish, Cheez-Its, Pretzels) | 35 grams | 20 grams | 1 pack |
| Individual Graham or Animal Cracker Packs | 28 grams | 25 grams | 1 pack |