

Pathway To A Healthy Environment

Healthy Environment Tip Sheet FIELD TRIP SNACKS MADE EASY

When bringing snacks 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 preschool children based on the CCFP required portion sizes. Be aware that several of the packaged convenience items provide double and even triple the required portion for a preschool 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 Preschool Snack	Quantity needed per preschool child for a reimbursable snack
Shelf Stable 1% Milk	8 oz (1 cup)	½ cup	1 carton
Individual Cartons of 1% Milk	8 oz (1 cup)	½ cup	1 carton
Individual Tuna	3 oz	½ oz	1 container
Individual Cottage Cheese	4 oz	1/8 cup or 1 oz	1 container
Individual Yogurt	6 oz	¼ cup	1 carton
Individual Wrapped Cheese	1 oz	½ oz	1 cheese
String Cheese	1 oz	½ oz	1 string cheese
Individual 100% Fruit Juice Boxes		½ cup	1 juice box
Individual Raisin Cartons	1.5 oz	½ cup	3 cartons
Individual Applesauce	4 oz	½ cup	1 container
Individual Fruit Cups (peaches, pears, pineapple, oranges)	4 oz	½ cup	1 fruit cup
Individual Fresh Fruit (apples)	2.25 oz	½ cup	2 packages
Individual Fresh Veggies (carrots, celery)	2.25 oz	½ cup	2 packages
Individual Cracker Packs (Wheat Thins, Goldfish, Cheez-Its, Pretzels)	35 grams	10 grams	1 pack
Individual Graham or Animal Cracker Packs	28 grams	13 grams	1 pack