Clear Form

CHL Snack Nutrition Criteria- Redefining Snacks

These guidelines have been developed to provide information to a variety of audiences who are hoping to provide children with healthy snack options that also highlight locally grown or produced ingredients.

Table 1 of these guidelines lists nutrition standards for recipes and foods that have nutrition facts labels or nutrition composition calculated from a nutrient database (i.e., Pacific Food Tracker). Table 2 lists a number of recommended best practices for developing high quality recipes. These best practices help to ensure that recipes are reproducible, can be utilized by a variety of audiences, and are comprehensible.

Note: the following foods are exempt from the CHL snack nutrition criteria (adapted from the USDA Smart Snack Criteria)

Fresh and frozen fruits and vegetables, with no added ingredients except water Canned fruits packed in 100% juice or light syrup, with no added ingredients except water Canned vegetables (no salt added/low sodium), with no added fats	Exempt from all nutrient standards
Reduced-fat cheese (including part-skim mozzarella) Nuts, seeds, or nut/seed butters Apples with reduced-fat cheese* Celery with peanut butter (and unsweetened raisins)* Whole eggs with no added fat	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Seafood with no added fat (e.g., canned tuna packed in water)	Exempt from the total fat standard, but must meet all other nutrient standards
Dried fruits with no added sugars Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats	Exempt from the sugar standards, but must meet all other nutrient standards
Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

check boxes for these; if yes to exempt skip to table 1, section 3.

Is this recipe exempt? If Yes, skip to section 3:

Instructions: Review recipes (with nutrition facts label or output from a credible nutrient database, preferably Pacific Food Tracker) for the features listed below and score "yes" if the feature is included in the recipe or "no" if it is not included.

Required Items: Recipe and nutrition output from credible nutrient data based OR U.S. nutrition facts label for recipe

RECIPE NAME:

Table 1. CHL Snack Nutrition Criteria- In addition to the criteria above, recipes may also meet Smart Snack Nutrition criteria. For each item below score the recipe as "yes" if meets and "no" if does not meet. Recipes must meet at least 1 criteria from section 1 and all criteria listed in sections 2 and 3.		
Section 1: Must meet one of the three below:	**Yes**	**No**
Be a grain product that contains at least one serving of whole grains (ex: brown rice, whole wheat)	○	○
The predominant ingredient in the recipe is a fruit, a vegetable, a dairy food, or a protein food	○	○
Be a combination food that contains at least ¼ cup of fruit and/or vegetable	○	○
Total "Yes" from Section 1 (at least 1):	0	
Section 2. Must meet all the nutrient standards below (per serving):**	**Yes**	**No**
Calories: 200 or less (ages 5 and older) or	○	○
Sodium: 200 mg or less	○	○
Trans Fat: 0 g	○	○
Total Sugars 35% or less of the serving size	○	○
Saturated Fat is 10% or less of calories	○	○
Total Fat is less than 35% of calories based on %DV	○	○
RECOMMENDED: Provides minimum 10% DV for **one** of the following nutrients: Calcium Iron Zinc Vitamin A Vitamin C Vitamin D	○	○
Total "Yes" from Section 2 (must be 6):	0	
Section 3: Must include all CHL features listed below.	**Yes**	**No**
Recipe features at least one locally grown or produced food item, relative to the respective CHL jurisdiction (locally grown in the US API)	○	○
Recipes can be easily consumed by young children (example: finger food, considers choking hazard, common allergens are identified in the recipe-milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame- and free of ingredients difficult for children with missing teeth).	○	○
Total "Yes" from Section 3 (must be 2):	0	

Does recipe meet all 3 criteria above (total 'yes' meet minimum)? If so, continue on. If not, stop now.

Table 2. Adapted Check Sheet for Development and Evaluation of Standardized Recipes for Audiences with Limited Resources and the Children's Healthy Living Program (CHL)- Required Best Practices.		
1. Name of recipe	**Yes**	**No**
Name gives a sufficient description of the major ingredient or preparation. (Includes other languages used locally, as applicable, includes language of culture from which the recipe is drawn from)	○	○
All ingredients are listed (with names in multiple languages relevant to the audience developed for).	○	○
Ingredients are listed in order in which they are used.	○	○
Measurements are given in common fractions, e.g., 1/2 cup.	○	○
Ingredients are listed in the largest units of measure, e.g., 1/4 cup instead of 4 tablespoons.	○	○
All measurements are spelled out, not abbreviated. Ex: cup, teaspoon, size can, etc. (e.g., 4-ounce can).	○	○
Sizes of cans or boxes are specified, e.g., 2 packages (10 ounces each) of frozen green beans instead of 2 boxes.	○	○
Brand names are avoided.	○	○
Complete description of ingredients included, e.g., low fat, packed in syrup, reduced fat, etc.	○	○
Types of products needed are specified. Ex: cake flour, all-purpose flour, dark corn syrup, etc.	○	○
2. Directions for Combining Ingredients	**Yes**	**No**
Clear instructions are used for every step of combining and cooking the ingredients.	○	○
Short sentences are used.	○	○
Simple words are used to describe combining and cooking processes; i.e., "cook in a small amount of oil" instead of "sauté."	○	○
Size of pans or containers is stated, e.g., 9-inch round layer pans.	○	○
Temperatures are given for recipes requiring the oven.	○	○
Cooking times and preparation times are stated.	○	○
Number and size of servings are included.	○	○
3. Features for Audiences with Limited Resources	**Yes**	**No**
Low-cost, readily available, and culturally acceptable ingredients are used (relative to audience recipe designed for).	○	○
Recipes are easy to read and do (good use of print type, boxes).	○	○
Recipes are flexible, accommodate fresh, frozen, or canned foods and give suggestions for substitutions.	○	○
Recipes are tasty.	○	○
Tips are included on how children may help with recipe.	○	○
4. Food and Nutrition Features	**Yes**	**No**
Nutrition information given in simple terms (format ranging from a nutrition label similar to that found on food products to a simple "High in Vitamin C" note to the side of the recipe).	○	○
Tips on food safety are given.	○	○

TOTAL SCORE TABLE 2

0

Passing = minimum 22/24 are "yes"

Table 3. Adapted Check Sheet for Development and Evaluation of Standardized Recipes for Audiences with Limited Resources and the Children's Healthy Living Program (CHL)- Discretionary items. Programs can select these to be mandatory if needed.	
1. Name of recipe	**Check**
Name is appealing and accurate.	☐
2. List of Ingredients	
Weights instead of measures are used when helpful, as for uncooked meat, poultry, fish, cheese, etc.; includes conversions of grams to ounces and others, if applicable	☐
3. Directions for Combining Ingredients	
Word pictures, such as "chill until syrupy" or "mixture thickens as it cools," or actual pictures are used.	☐
Most efficient order of work is used to avoid extra bowls, cups, extra beating, etc.	☐
4. Features for Audiences with Limited Resources	
Only basic equipment and appliances are used.	☐
Recipes are successfully tested by a minimum of three people with varying food preparation skill levels.	☐
Total preparation time is 30 minutes or less.	☐
Five or fewer ingredients are used (unless special occasion or holiday).	☐
5. Food and Nutrition Features	
Recipes teach at least one Dietary Guideline concept.	☐
How this food fits into the MyPlate is shown.	☐
6. Other Features	
Specific internal cooking temperatures recommended for food safety may be given if the audience has thermometers and has received instruction on how to accurately take temperatures.	☐
Suggestions for how to use leftovers may be appropriate.	☐
General tips on time management in the kitchen, such as prepare ahead for the next meal, may be included in an introductory section in a recipe book.	☐
General tips on energy management in the kitchen may help keep energy costs low and avoid overly hot kitchens.	☐
Oil is substituted for margarine, butter, and shortening where possible to reduce saturated fat.	☐

Adapted from “Recipe Checklist: A Tool to Aid Development of Recipes for Audiences with Limited Resources”