UCONN Café Snack Guidelines

Here are some general guidelines to follow when developing your snack for UConn CAFÉ.

- Make sure the snack is economical and that ingredients are available at all local supermarkets. Remember, you want something that the family already has in their cupboards or that they can easily buy. Then, the family is more likely to make the recipe at home.

- When you’re making out your shopping list, plan on serving about 35 portions at Windham Heights and 45 portions at West Ave (both children and tutors eat snacks).

- Try to select seasonal fruits and vegetables that families will see in the markets; this will help make your snack economical.

- Both sites have kitchen areas with a sink and refrigerator, but only one has a stove and microwave. So choose snack recipes that don’t need to be heated or cooked.

- Avoid peanut butter, peanuts, or any tree nuts for allergy reasons. Sunflower seed butter can be substituted for peanut butter in recipes, and sunflower, pumpkin, or sesame seeds can be used.

- Choose recipes where children can accomplish all the tasks in the recipe—it’s boring for them to watch adults do the preparation. The more of the recipe they can do themselves, the more likely they are to eat the finished product.

- If children do snack preparation, it’s best if they prepare their own portion to decrease the possibility of germ transmission. For example, if you’re making fruit salad, each child should be given several pieces of different fruits to cut up and mix into their own salad. If you’re making pita pizzas, each child should make and then eat their own mini-pizza, rather than cooperatively making and sharing a large pizza.

- Look for child-friendly recipes that don’t require too much chopping or use of special equipment like blenders or mixers. Basic chopping can be done safely by the children with plastic knives, but finely chopping something like carrots is not practical for them.

- The person who writes the lesson for the week is responsible for any pre-prep for the recipe that has to be done in the Foods Lab in Jones.

- All equipment for the snack has to come from our office or from the Foods Lab in Jones, so make sure the equipment you need is available from one of those sources. (Sites have few supplies or ingredients.)

- Tie together the snack and nutrition message for the lesson. For example, for a food guide pyramid lesson, the snack could include an ingredient from each food group.