

Child Care = Infant/Toddler/Preschool/Kinder

Vegetables / Fruits	Child Care	School Age
AM Apple / Pear	⅓ piece	½ piece
PM Apple / Pear / Banana / Kiwi / Peach / Nectarine / Plum	½ piece	1 piece
Orange	⅓ piece	½ piece
Applesauce	⅓ cup	½ cup
Baby Carrots	~ 5 pieces	~ 5 pieces
Bell Peppers	3 x 1cm slices	4 x 1cm slices
Broccoli & Cauliflower	~ 2-4 pieces	~ 2-4 pieces
Carrot Matchsticks	1⁄4 cup	⅓ cup
Raw Mixed Veggies	~ 4-6 pieces	~ 6-8 pieces
Clementine	1 piece	1 piece
Cucumber	1 x 1" slice	2 x 1" slices
Mini Cucumber	½ piece	1 piece
Fruit Blend (for Super Smoothies)	3 tbsp	4 tbsp
Grape Tomatoes	~ 6 pieces	~ 8 pieces
Melon (whole)	~ 1/15 melon	~ 1/15 melon
Diced Melon (cantaloupe or honeydew)	~ 4 pieces	~ 4 pieces
Pineapple	1/10 tub	1/10 tub
Pineapple, Melon & Orange Fruit Salad	~9 pieces	~9 pieces
Strawberries	~ 3 pieces	~4 pieces
Tomato Bruschetta	2 tbsp	3 tbsp
Watermelon	~1/30 melon	~1/30 melon
Inf/Tod: Roasted Sweet Potato	1⁄4 cup	n/a
Inf/Tod: Steamed Carrots	~ 3-5 pieces	n/a
Dairy / Egg / Proteins	Child Care	School Age

As the size of some food may vary, these portions are approximations and the quantity of food you serve may differ slightly. Portions are determined based on the Child Care & Early Years Act and in consultation with a Registered Dietitian.

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Cheddar Bites	~ 3-4 pieces	~ 4-6 pieces
Cheddar or Mozza Cheese (block)	~ 1.3 cm in slices	~ 1.6 cm in slices
Cheddar Cheese with Onion & Garlic	~ 1.3 cm in slices	~ 1.6 cm in slices
Shredded Cheddar <i>(for mini pizza)</i>	1 tbsp	1 tbsp
Falafel Bites	1.5 pieces	2 pieces
Hard Boiled Egg	inf/ tod: ½ egg pre/kinder: 1 egg	1 egg
Maple (or) Dill Soft Cheese & Cream Cheese	½ tbsp	1 tbsp
Milk	125 ml	175 ml
Vanilla Maple Yogurt (paired with fruit blend for smoothie)	% cup (3 tbs)	¼ cup (4.5 tbs)
Vanilla Maple Yogurt/Honey Yogurt (<i>when paired with granola</i>)	⅓ cup	½ cup
Inf: Plain Yogurt	3tbsp	n/a

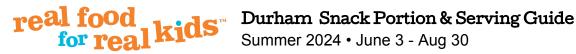
Dips / Sauces / Garnishes	Child Care	School Age
Hummus / Red Pepper Hummus / Avocado Bean Guacamole / Marinara Sauce / Cocoa Chic'pea Spread / Beany Basil Dip / Dilly Dip	1 tbsp	1 tbsp
Mayo w/ Organic Tofu / Creamy Parsley-Lemon Dressing	1 ½ tsp	2 ½ tsp
Organic Fruit Spread	½ tbsp	1 tbsp
Tomato Salsa / Apple Butter	2 tsp	3 tsp
Sunbutter	1 ¼ tbsp	1 ⅓ tbsp
Grains	Child Care	School Age
Basil Pesto Pasta Salad / Sundried Tomato Pasta Salad	½ cup	⅔ cup
Brioche Bites	1 piece	1 piece
Cracked Wheat Crackers	2 pieces	3-4 pieces
Pita Crackers	5-6 pieces	8-9 pieces

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Chickpea Crisps	½ cup	¾ cup
Cookie (oatmeal, coco-cocoa, choco-chip)	1 piece	1 piece
Inf: mini moon	1 piece	n/a
Scone / Whole Wheat Pita / Whole Wheat Wrap / Whole Wheat Flatbread / inf/tod: Multigrain Rocket Bun / Organic Strawberry Granola Bar / Brioche Bite / Cranberry Bar / Chocolate Chip Bar / Raisin & Seed Oatie	1 piece	1 piece
Granola (plain)	tod: 3 tbsp p.s. / kind: ¼ cup	⅓ cup
Loaf (cocoa beet, blueberry, pumpkin, date-oat, apple cinnamon, apple beet, cocoa-zucchini)	1/10 loaf	¹⁄₀ loaf
Mini Organic Lemon Cookies / Mini Cocoa Cookies / Maple Snaps (ShaSha brand)	~ 5 pieces	~ 7 pieces
Multigrain Chia Crisps	~4 pieces	~6 pieces
Morning Rounds	½ piece	1 piece
Organic Super O's / Organic Blossoms/ Organic Strawberry Granola / Organic Multigrain Squares / Organic Whole Wheat Flakes	⅓ cup	⅓ cup
Quinoa Crunchies	⅓ cup	½ cup
Organic Vegetable Crackers	5 pieces	6 pieces
Puffed Rice Square / Multigrain Thins / Gingerbread Kids / Organic Crispbread	2 pieces	2 pieces
Roasted Red Pepper Loaf / Onion Bread / Folded Basil Loaf	1/12 loaf	1/10 loaf
Rice Crackers	5 pieces	8 pieces
Snacking Rounds	inf / tod: 1 piece p.s. / kind: 1.5 pieces	2 pieces
Trail Mix / Crunchy Trail Mix	~ 1/3 cup	~ ½ cup
Tortilla Crisps	1 ½ cups	2 cups
Whole Wheat Garlic Baguette	1∕₀ loaf	¼ loaf
Whole Wheat Foccacia	1/14 loaf	1/12 loaf
Whole Wheat Raisin Focaccia	1/12 loaf	1/12 loaf

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Whole Wheat Mini Bagel	1 piece	1.5 pieces
Frena Bun	½ bun	½ bun

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