

# Eliminating Trans Fats

## How to offer meals and snacks with no trans fats

Use the following questions and the corresponding “action steps” to identify new ways to overcome challenges related to eliminating trans fats.

The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

### Questions

### Action Steps

Do you and your staff know how to identify trans fats?

**NO**

The best way to identify foods with trans fats is to read the list of ingredients. If you see the words “partially hydrogenated” then that product contains trans fat! **SEE: FOOD & FUN UNIT 4**

**YES**

Make sure that even products labeled “trans fat free” or that list 0g of trans fats in the nutrition information panel actually are free of partially hydrogenated oils by checking the ingredient list. **SEE: FOOD & FUN UNIT 4**

Do you and your program decide which snacks to serve?

**NO**

Speak with whoever has control over ordering/food service decisions. Present your ideas for trans fat-free snacks and offer suggestions that you’d like to see served. **SEE: ADVOCATING FOR HEALTHY SNACKS**

**YES**

Eliminate any foods with “partially hydrogenated vegetable oil” or “shortening” listed in the ingredients list. **SEE: FOOD & FUN UNIT 4**

Do kids eat snacks without trans fats?

**NO**

Conduct taste tests to understand kids’ preferences and identify new foods that they will eat. **SEE: FOOD & FUN UNIT 4**

**YES**

Include kids in food preparation; they are more likely to be excited when they make the food themselves!

At celebrations, do you allow foods like cakes and cookies which might have trans fat?

**NO**

Make this practice an official policy, and be sure to communicate with families about your policy and other ideas for alternative ways to celebrate. **SEE: HEALTHY CELEBRATIONS**

**YES**

Ban cookies and cakes from celebrations. Consider healthier foods and alternative ways to celebrate and reward children. **SEE: HEALTHY CELEBRATIONS**

Do you have a policy about foods with trans fat?

**NO**

Create a policy stating your program will not serve products with trans fats. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**

**YES**

Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS**