

# Smart Snacks in School

## USDA's Standards

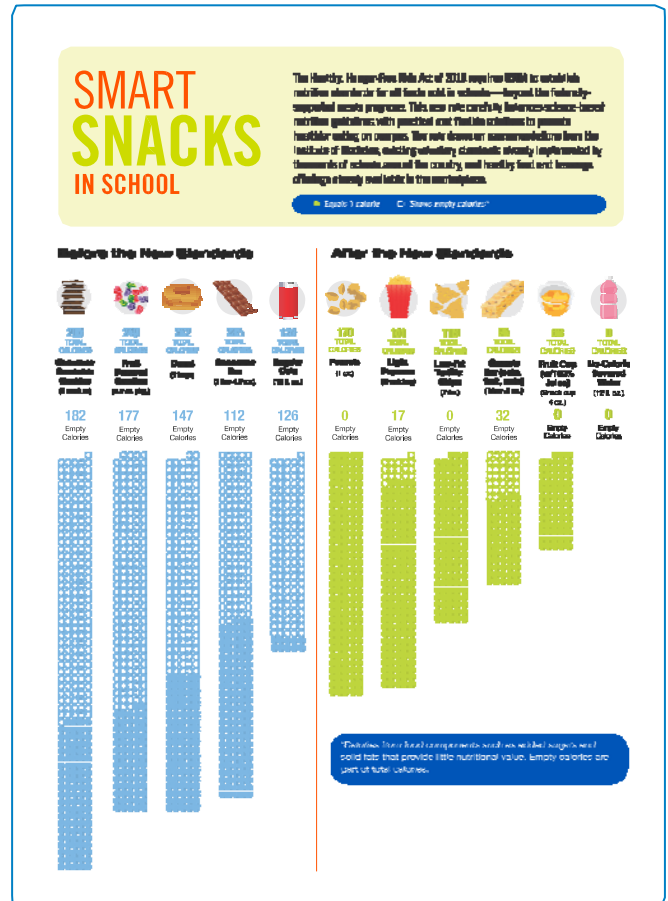
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

- Any food sold in schools must:
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Foods must also meet several nutrient requirements:
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - Sodium limits:
    - Snack items: ≤ 200 mg
    - Entrée items: ≤ 480 mg
  - Fat limits:
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans-fat: zero grams
  - Sugar limit:
    - ≤ 35% of weight from total sugars in foods
- Fundraisers
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.



**XXXXXX Public Schools** is committed to providing staff, families and school-related organizations with information that will help everyone support the district's Wellness Policy. This information about Smart Snacks in School is meant to help those who may provide "community" snacks in the classroom or in school during the school day. This information should not be seen as an endorsement of any commercial product but as examples of items that may be found for retail sale in a variety of marketplaces.

***Increasing the availability of fruits and vegetables will help children increase dietary fiber and Nutrients.***

Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups Dark green, orange, legumes, starchy vegetables, and other vegetables several times a week.

***Examples of Dark Green/Orange Vegetable and Fruits:***

Broccoli, Butternut Squash, Carrots, Kale, Spinach, Sweet Potatoes  
 Apricots, Cantaloupe, Guava, Mandarin Oranges, Mango, Nectarines,  
 Oranges, Papaya, Peaches, Tangerines

***Examples of legumes (dried peas or beans):***

Pinto beans, Great Northern or Navy beans, Kidney or red beans, Black beans  
 Lentils, Garbanzo beans (hummus), Cowpeas, Split peas, Lima beans, Black-eyed peas

Including whole grains rich in fiber and magnesium also students get fiber and magnesium  
 Fiber and magnesium are listed as nutrients of concern for children and adolescents in the Dietary Guidelines

<b>Examples of Smart Snack chips, crackers &amp; pretzels</b>		<b>Nutrient Standards</b>				
		<b>≤200 calories</b>		<b>≤35% of total calories</b>		<b>&lt;10% of Total Cal.</b>
<b>Manufacturer</b>	<b>Food Item</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>% Calories from Fat</b>	<b>Saturated Fat (g)</b>	<b>% Cal. Sat.Fat</b>
Frito Lay	Baked Lays Original Potato Crisps, 7/8 oz	100	1.5	13.5%	0.0	0.0%
Frito Lay	Baked Tostitos Scoops, Tortilla Chips, 7/8 oz	110	2.5	20.5%	0.0	0.0%
Frito Lay	Smartfood Delight White Cheddar Popcorn, 0.5 oz	70	2.5	32.1%	0.0	0.0%
Frito Lay	Tostitos Crispy Rounds Tortilla Chips, Reduced Fat, 1.45 oz	200	4.5	20.3%	7.0	31.5%
Frito Lay	Tostitos Tortilla Chips, Reduced Fat, 0.875 oz	120	4.5	33.8%	0.5	3.8%
Kellogg's	Eagle Popped Crisps, Sea Salt, 0.71 oz	90	2.5	25.0%	0.0	0.0%
Kettle Brand	Baked Potato Chips, Sea Salt, 0.8 oz	100	2.5	22.5%	0.0	0.0%
Campbell's	Pepperidge Farm 100 Calorie Cheddar Goldfish, Made with Whole Grain, 0.75 oz	100	3.5	31.5%	1.0	9.0%
Campbell's	Pepperidge Farm Goldfish Snack Crackers, Cheddar, Made with Whole Grain, 0.75 oz	100	3.5	31.5%	1.0	9.0%
Frito Lay	Rold Gold Heartzels Pretzels, .7 oz	80	1.5	16.9%	0.0	0.0%
Frito Lay	Sunchips Garden Salsa Snack Mix, 0.875 oz	110	4.0	32.7%	0.0	0.0%
Frito Lay	Sunchips Harvest Cheddar Snack Mix, 0.875 oz	110	4.0	32.7%	0.0	0.0%
General Mills	Simply Chex Cheddar, 0.92 oz	110	2.5	20.5%	0.5	4.1%
Kellogg's	Sunshine Cheez-Its made with Whole Grain, 0.75 oz	100	3.5	31.5%	1.0	9.0%

***Thank you for helping ensure a safe and healthy school environment for all students.***

***Questions or comments?***

***Please contact: XXXXXXXXXXXX – Food Service Director – XXXXXX Public Schools email***