

HEALTHY SNACK GUIDELINES



The United States Department of Agriculture (USDA) recently published practical nutrition standards called the **Smart Snacks in School** for all snack foods and beverages sold to children on school campuses 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.

Lakeport Unified School District (LUSD) is dedicated to improving the health and wellness environment of schools for the betterment of our students through sound, evidence-based nutrition education and policy.

Why Are Smart Snacks Important?

- More than a quarter of kids' daily calories may come from snacks
- Kids consume more healthy foods and beverages during the school day
- Kids who have healthy eating patterns are more likely to perform better academically, physically, and emotionally
- Smart Snacks Standards are a Federal requirement for all food and beverages sold outside of school meal programs, such as the National School Lunch Program and School Breakfast Program

What Foods and Beverages Must Meet the Standards?

Any food and beverage sold to students at school during the school day*, other than those foods provided as part of the school meal program (National School Lunch Program, School Breakfast Program)

- Applies to à la carte items (single items not as part of a set meal) sold in the cafeteria and food items sold in school stores, vending machines, and snack or concession stands
- Applies to foods and beverages sold during fundraisers, unless those items are not intended for consumption at school or are otherwise exempt by the state of California
- The standards apply only to locations on the school campus that are accessible to students
- Foods brought from home for personal consumption, such as home-packed lunches, do not apply

**The school day is defined as the midnight before to 30 minutes after the end of the school day*

Who Do These Standards Apply to?

Faculty/staff, students, parents, families, and all other outside groups selling food within the school (vendors, fundraisers, etc.)

Nutrition Standards for Snacks

Any snack sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight*; **or**
- Have as the first ingredient a major food group item: fruit, vegetable, dairy, protein; **or**
- Be a combination food that contains at least a quarter cup of fruit and/or vegetable

Snacks must also meet the following nutrient standards per portion size:

- No more than 200 calories
- No more than 200 mg sodium
- No more than 35% of calories from total fat
- No more than 10% of calories from saturated fat
- No more than 35% by weight of sugar
- No trans fats

**Whole grain products contain at least 50% or more whole grains by weight or have whole grains listed as the first ingredient; whole grains consist of the entire grain seed (or kernel) and can usually be identified by the term "whole", ex. whole wheat, whole grains, brown rice, whole wheat tortilla, buckwheat, whole corn, whole oats, popcorn, rolled oats, quinoa, wild rice, oatmeal.*

Nutrition Standards for Beverages

Schools may sell the following beverages:

- Plain water, any size (with or w/o carbonation)
- Unflavored low fat (2%) milk
- Unflavored/flavored fat free milk and milk alternatives
- 100% fruit/vegetable juice, and 100% fruit/vegetable juice diluted with water (with or w/o carbonation)

Beverages must also meet the following requirements:

- Elementary may sell up to 8 fl. oz portions of milk and juice
- Middle and high schools may sell up to 12 fl. oz portions of milk and juice
- Additional requirements for high schools can be found in the full school wellness policy at <https://goo.gl/62XzFS>

Examples of Healthy Snacks and Beverages

Fruits and Vegetables

- Fresh and frozen fruits/vegetables with no added sweeteners
- Canned fruits packed in 100% fruit juice or water with no added sweeteners
- Canned vegetables with no salt added/low sodium
- Dried fruit with no added sweetener
- Fruit snacks made from real fruit with no added sweeteners
- Fruit cups in water or 100% fruit juice with no added sweeteners
- Applesauce or fruit mashes with no added sweetener
- Fruit and/or vegetable chips or crisps with no added sweeteners
- Fruit snacks made with 100% fruit and/or vegetables with no added sweeteners
- Frozen popsicles made from 100% fruit and/or vegetables with no added sweeteners
- Fruit bars made with 100% fruits and/or vegetables with no added sweeteners

Proteins

- Low salt, low sugar nuts/seeds (ex. peanuts, sunflower seeds, almonds, cashews, pumpkin seeds)
- Low salt, low sugar nut/seed trail mixes
- Nut butters and nut alternatives (ex. sunflower, coconut, soy butters)
- Low salt jerky
- Seafood with no added fat (ex. tuna snack packs)
- Nut and/or seed bars with no added sweeteners
- Dried soybean snacks (ex. dry and roasted edamame)
- Low fat/sugar dairy foods

Whole Grains

- Whole grain bread, tortillas, rolls
- Whole grain pretzels, crackers, chips
- Whole grain pretzels
- Whole grain muffins and cookies
- Whole grain bars (ex. granola/cereal/breakfast bars)
- Whole grain, low sugar cereals (ex. Cheerios, Wheat Chex, Mini-Wheats, Rice Krispies made w/ Brown Rice)
- Plain or low sugar oatmeal
- Plain or low salt popcorn

Dairy

- Low fat cheese sticks, string cheese, cheese snacks
- Low fat, low sugar dairy alternatives (ex. soy, rice, almond, cashew, coconut)
- Low fat, low sugar frozen yogurt desserts
- Low fat, low sugar yogurt
- Low fat, low sugar pudding

Beverages

- Plain water
- Sparkling/seltzer water
- Flavored water, with or w/o carbonation with no added sweetener
- 100% fruit/vegetable juice diluted with water
- 100% fruit/vegetable juice with or w/o carbonation
- Low fat or fat free milk or milk alternative (ex. soy, almond, rice, cashew, etc.)

Where Can I Find More Snacks and Beverages That Meet the Nutrition Standards?

Below are comprehensive lists of Smart Snacks which can be purchased from most grocery stores

Resource

Website

Alliance for a Healthier Generation Smart Food Planner

<https://goo.gl/etw6Oc>

Connecticut State Department of Education, List of Acceptable Foods & Beverages

<https://goo.gl/4aOSxY>

Kansas State Smart Snacks Compliant Healthy Dessert Recipes

<https://goo.gl/agYx5f>