

Smart Snacks in School are Here!

What are Smart Snacks?

Last summer, the USDA published practical, science-based nutrition standards for all foods and beverages sold to students during the school day (outside of the school meals programs). These nutrition standards are called Smart Snacks in School. Smart Snacks will put all foods and beverages sold to students across campus on a level playing field. The standards will make healthier foods and beverages available to students while limiting junk food.

Why are Smart Snacks important?

Healthy, well-nourished students are better learners! Students who consume healthier foods and beverages are more likely to get the nutrients they need to learn, play and grow. Having healthier foods and beverages available contributes to the overall health and well-being of youth. In addition, students around the country are seeing a difference in their school meals, including more fruits, vegetables and whole grains. By providing healthier foods and beverages outside of the cafeteria, we can build on the great strides being made in the cafeteria!

What do I need to know?

- * Smart Snacks will apply to all foods and beverages sold to students outside of the school meals programs - including vending machines, a la carte, and in-school fundraising.
- * Smart Snacks will be in effect all school day (from midnight ,during the week, to 30 minutes after the end of the school day) across the whole school campus.
- * Some fundraising will be affected! Foods and beverages sold to students as fundraisers during the school day will have to meet the Smart Snacks guidelines * Non-food fundraisers or fundraisers that include only foods and beverages that meet the standards are not limited in any way!
 - Smart Snacks will not apply to foods served, during classroom celebrations or during evening, weekend or community events.

What will the changes look like?

Nutrient standards vary by grade level and we have been meeting with vendors to find replacement products. Many favorites such as baked chips, popcorn, cookies , juices, and plain water will still be sold. To find healthier foods and beverages, check out the tools at www.healthiergeneration.org/smartsnacks.