



EAT SMART-BE SMART SMART SNACKS

WHAT ARE SMART SNACKS?

Smart snacks are healthier options at meal time for kids that are familiar, nutrient-dense, and meet the nutritional standards set by USDA

IS MY SNACK SMART?

- The fruits and veggies served at lunch are always smart snacks
- Smart snacks are low in fat, sugar, sodium, and calories, AND
- Contain whole grain-rich grain ingredients, OR
- A fruit, vegetable, dairy product, or protein food listed as the first ingredient, OR
- Contains 10 percent of the daily value of one of the nutrients: calcium, Potassium, Vitamin D, or dietary fiber)



WHY ARE SMART SNACKS IMPORTANT?

- Almost a quarter of kids' daily calories are consumed from snack foods
- Access to a variety of healthy options ensures smarter snack choices
- Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program

SNACK FACT

In the late 1970s, American children consumed an average of only one snack a day. Today, they consume snacks about three times a day



SCHOOL SNACK POLICY BEFORE

				
286 TOTAL CALORIES	249 TOTAL CALORIES	242 TOTAL CALORIES	235 TOTAL CALORIES	136 TOTAL CALORIES
Chocolate Sandwich Cookies (6 medium)	Fruit Flavored Candies (2.2 oz. pkg.)	Donut (1 large)	Chocolate Bar (1 bar-1.6 oz.)	Regular Cola (12 fl. oz.)
182 Empty Calories	177 Empty Calories	147 Empty Calories	112 Empty Calories	126 Empty Calories

SCHOOL SMART SNACK POLICY TODAY

					
170 TOTAL CALORIES	161 TOTAL CALORIES	118 TOTAL CALORIES	95 TOTAL CALORIES	68 TOTAL CALORIES	0 TOTAL CALORIES
Peanuts (1 oz.)	Light Popcorn (Snack bag)	Low-Fat Tortilla Chips (1 oz.)	Granola Bar (oats, fruit, nuts) (1 bar-8 oz.)	Fruit Cup (w/100% Juice) (Snack cup 4 oz.)	No-Calorie flavored Water (12 fl. oz.)
0 Empty Calories	17 Empty Calories	0 Empty Calories	32 Empty Calories	0 Empty Calories	0 Empty Calories