



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. The standards make healthier foods and beverages available to students while limiting those foods with less nutrition.

Smart Snacks apply to all foods and beverages sold to students outside of the school meals programs - including vending machines, a la carte, school stores, snack carts and in-school fundraising. Smart Snacks will be in effect for the entire school day.

Smart Snacks will not apply to foods served, such as classroom celebrations and during evening, weekend or community events.

The Nutrition Group has worked closely with your district to implement these new nutrition standards. New products have been sampled and made available to all districts.

- Some changes that you can expect to see include whole grain crackers and snack bars, baked chips, low fat, whole grain cookies, popcorn and fruit cups.
- Beverages at the Elementary and Middle schools are limited to plain water, fat free or low fat milk and 100% fruit or vegetable juice.
- High School beverages can include additional “no calorie” or “lower calorie” beverages that have ≤ 40 calories per 8 fluid ounces or that have ≤ 60 calories per 12 fluid ounces.

We recognize that 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.

As we work to change the foods and beverages throughout the district we appreciate your support. Should you have any questions please do not hesitate to contact your Foodservice Director at 412-233-9200 Ext. 1190.