

# Smart Snacks Standards

## Overview

Does your school participate in the National School Breakfast or School Lunch Program? If so, all foods and beverages sold at school during the school day are required to meet nutrition standards, including those sold outside of school meals. Starting in 2014-2015, schools were required to ensure that foods and beverages sold a la carte, in the school store, vending machines, in-school fundraisers, and any other venues where food is sold to children met “[Smart Snacks Standards](#).” Is your school smart snack savvy? Read on to find out!



## Take Action

### At School

Try one or more of these actions to help your school be smart snack savvy:

- [Become familiar](#) with the Smart Snacks Standards and their nutritional requirements.
- Complete an inventory of foods and beverages sold on the school campus, even fundraisers, during the school day to determine what your school sells to children.

- Eliminate foods and beverages that do not meet Smart Snacks Standards. Use [this calculator](#) to determine if products meet these standards.
- Consider adding additional options that meet Smart Snacks Standards, particularly if you have to eliminate existing options. Survey teachers and students to learn about the kinds of healthy snacks they would like to see sold at school.
- Negotiate with fundraising, snack and vending companies to increase the number and variety of food and beverage choices available that meet Smart Snacks Standards.
- Educate school staff and students about healthy choices through posters, school news articles and the school announcements.
- [Host a taste test](#) to sample new snack options, or options that children purchase less frequently.

## At Home

- Meet the smart snacks standards at home! Use these guideline to ensure a nutritiously healthy home.
- Implement smart snacks standards when grocery shopping.
- Teach children how to read label and categorize foods that meet the smart snack standards
- Create a matching game with foods that meet the smart snack standards for students to learn healthy eating options
- Sample a variety of foods that meet the smart snacks standards to get an understanding of what children like
- Get creative... create your own smart snacks from scratch.
- Create signs to post around the house

## Tips



The school day refers to midnight through 30 minutes after the last bell. Foods that are sold outside of this time frame do not have to



Remember that beverages are also part of the smart snacks rules

at this time name do not have to

meet the guidelines (though we think they should anyway!).



Engage volunteers by recruiting a parent volunteer to complete an inventory of foods sold on the school campus to determine what healthy items are available or to organize a taste test to sample new snack options.



and serving sizes vary by student ages.

Ask a registered dietitian to volunteer to give an educational presentation on healthy snack choices.

## Additional Resources

[Smart Snacks Tools \(USDA\)](#)

[Smart Snack Calculator \(Alliance for a Healthier Generation\)](#)

[Approved Smart Snacks \(Alliance for a Healthier Generation\)](#)

[Food Sales Tip Sheet \(ENGLISH\) \(Action for Healthy Kids\)](#)

[Food Sales Tip Sheet \(SPANISH\) \(Action for Healthy Kids\)](#)

[Fundraisers Tip Sheet \(ENGLISH\) \(Action for Healthy Kids\)](#)

[Fundraisers Tip Sheet \(SPANISH\) \(Action for Healthy Kids\)](#)

[Healthy Food Ideas Tip Sheet \(Action for Healthy Kids\)](#)

[Healthy School Snacks Tip Sheet \(Action for Healthy Kids\)](#)

## Related Activities

### Healthy & Active Parties

Celebrations are a great way for children to feel part of the school community, where the learning environment is made festive and where everyone can come together to enjoy a break from the routine.

### Offer Healthy Snacks

In addition to nourishing bodies, snacks provide an opportunity to practice healthy eating habits.

### Rethink Your Drink

A Rethink Your Drink campaign is a great way to teach kids about the amount of sugar that can be found in commonly consumed beverages.

### Smarter Lunchrooms

Is your school lunchroom lively and colorful? If not, it's time to make your lunchroom smarter by making small changes like hanging student artwork or rearranging food in your cafeteria to encourage students to eat more of the foods we want them to eat.