

# FitFUTURE

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## SMART SNACKS IN SCHOOL

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**T**his year school foodservice will implement changes to foods and beverages sold outside of school meals. This includes foods offered a la carte, in school stores, snack bars, vending machines and other venues. Here are some of the highlights of this new nutrition standard established by USDA that applies to all grade levels:

- Like the new school meals, snacks offered will include more whole grains, low fat dairy, fruits, vegetables and leaner protein. Snack items will be lower in fat, sugar, and sodium and provide more of the nutrients kids need.
- The standards only affect foods that are sold on school campus during the school day. Foods sold at afterschool sporting events or other activities will not be subject to these requirements.

Some examples of lower calorie nutrient dense snacks may include peanuts, light popcorn, low fat tortilla chips, granola bars (oats, fruit, nuts), and fruit cup (with 100% juice).

### LEARN MORE

USDA Food and Nutrition Service  
[www.fns.usda.gov/cnd/governance/legislation/allfoods.htm](http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm)



In addition to healthy snacks, sold beverages will also follow new nutrition standards. Highlights of this standard include:

### All schools are allowed to sell:

- Plain water (carbonated or uncarbonated);
- Unflavored low-fat milk (skim and 1%);
- Flavored or unflavored non-fat milk (and milk alternatives)
- 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.

### Portion sizes of beverages are based on age:

- Elementary schools may sell up to 8-ounce portions of allowable milk and juice beverages. Middle and high schools may sell up to 12-ounce portions.
- In high schools, the standards limit the maximum container size to 12-ounces with up to 60 calories and 8 ounces with up to 40 calories.

### Additional options for older students:

- Caffeinated beverages

**The “Smart Snacks in School” standards are minimum standards. State and school agencies may establish additional standards as long as they are consistent with federal guidelines.**

Parents can reinforce good nutrition at home by offering healthy meals, snacks and beverages. Visit the website [www.choosemyplate.gov](http://www.choosemyplate.gov) for ideas on healthy meals and snacks!

