

# Smart Snacks in School

All foods and beverages sold or provided to students during the school day must follow federal regulations. This includes:

- ✓ A la carte items
- ✓ Vending machines
- ✓ Snack bars
- ✓ In-school stores
- ✓ Fundraisers
- ✓ Any other food sold on campus from midnight until 30 min after the school bell

Use the simple online calculator to find out if your item is a Smart Snack:

<https://foodplanner.healthiergeneration.org/calculator/>



## To qualify as a SMART SNACK or ENTRÉE\*:

- Snack must be a grain product that contains *whole grains* as the 1st ingredient; or
- Have a FRUIT, VEGGIE, DAIRY PRODUCT, or PROTEIN FOOD as the 1st ingredient; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; and
- Must meet the nutrient standards for calories, sodium, sugar, and fats.

\*Applicable for High School grade levels only.

	Snack	Entrée
Calories	200 cal	350 cal
Sodium	200 mg	480 mg
Total Fat	35% of calories	35% of calories
Sat. Fat	<10% of calories	<10% of calories
Trans Fat	0g	0g
Sugar	35% by weight	35% by weight

