

Smart Snacks in Schools

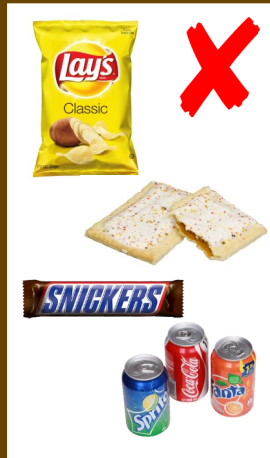
All schools are required to follow Smart Snacks Guidelines. These guidelines support student health by reducing empty calories and increasing nutritious foods consumed throughout the day.

Smart Snack Guidelines & Tools

Eat This!



Not That!



Caregivers and families can:

- Get involved with fundraisers and other functions to advocate for healthier options
- Educate students on healthy eating and Smart Snack choices

A snack sold in school should be less than...

- ...200 calories
- ...200 mg sodium
- ...35% cal. from fat
- ...0 g trans fat, AND
- ...35% or less sugar by weight



Check the Nutrition Label!

Visit the Smart Snacks Website:
www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks

Smart Snacks

Help students...

- Maintain a health weight
- Perform better in schools

Help schools...

- Meet Federal requirements and avoid penalties for foods sold or incentivized outside the National School Lunch and School Breakfast Programs
- Comply with SD2 Procedure requiring 50% of concession items to meet Smart Snack Guidelines

Apply to...

Food sold or incentivized during school hours outside of the school breakfast and lunch program, including:

- Snack bars
- Vending machines
- School stores
- Onsite Fundraisers
- A la carte food in cafeteria
- Teacher's use of food incentives

A Collaboration Between Billings Action for Healthy Kids (BAFHK) and Healthy By Design

