Smart Snacks in School nutrition standards are now required by all schools that participate in the federally funded National School Breakfast and Lunch program. This Web site contains valuable information about Smart Snacks.

Exactly what are Smart Snacks?

On July 1, 2014, USDA implemented practical, science-based nutrition standards for all foods and beverages sold to students during the school day from 12:00 midnight throughout the day until 30 minutes after the close of the school day. These nutrition standards are called Smart Snacks. These standards will make healthier food and beverages available to students during the school day.

Why are Smart Snacks important?

Research has shown 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, which contributes to their overall better health and well-being.

What do parents, students and staff need to know?

1. Smart Snacks will be in effect all school day on the entire school campus – including before school and 30 minutes after the end of the official school day.

2. Smart Snacks apply to all food and beverages sold to students outside of the meal programs, including a la carte, school stores, snack carts, vending machines, and in-school fundraising.

3. Smart Snacks will not apply to foods being sent from home, such as a bagged lunch.

4. For information on Smart Snacks and classroom parties and celebrations, please reference the MASD Wellness Policy.

5. Smart Snacks do not apply to evening, weekend, or community events.

What are the Smart Snacks Standards for food?

Students will be able to purchase snacks that meet the standards for fat, saturated fat, sugar, and sodium while promoting products that have the whole grains, low fat dairy, fruits, vegetables, or protein foods as their main ingredients. The standards are as follows:

1. Be a whole grain rich product; or

2. Have as the first ingredient a fruit, vegetable, dairy product or protein food; or

3. Be a "combination food" with at least ¼ cup of fruit or vegetable; or

4. Contain 10% of the Daily Value of one nutrient of public health concern (calcium, potassium, vitamin D, dietary fiber.)

What are the Smart Snacks standards for beverages?

Plain water, milk, 100% juice may be sold, in varying sizes, at all grade levels. Additional no-calorie and low-calorie beverage choices may be sold to students in the high school.