Fundraiser and Wellness Policy Resources

USDA Smart Snacks in Schools

Learn about the Final Rule set by the Institute of Medicine, the Dietary Guidelines for Americans, and the USDA for Smart Snacks in Schools.
https://www.fns.usda.gov/cn/smart-snacks-school

Alliance for a Healthier Generation

These tools ensure that all foods and beverages consumed at fundraisers or in classroom celebrations support the development of healthy eating habits.
https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks

Fundraiser Compliance Calculator

Find out if your products are compliant with Smart Snacks in School guidelines with this interactive tool:
https://www.fns.usda.gov/cn/smart-snacks-school

This Institution is an equal opportunity provider.

Smart Snacks Foods List

USDA's Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2014.

This list is not all inclusive. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. To find out if a food or beverage not on the list meets the standards, visit http://tools.healthiergeneration.org/calc/calculator/ for an online calculator. If you wish to bring in an item not on the list, please input the nutritional information into the calculator at the above link and print the sheet showing its approval. The item will then be added to the approved snack list.

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
	Applesauce/Fruit Cups/Fruit Snacks				
All Brands	Individual Fruit Cups in Water or Natural Juices	1/2 cup	X	X	X
All Brands	Dried Fruit with No Added Sugar	1/4 cup	X	X	X
All Brands	Fresh Fruit & Vegetables – Individual Bags or Platters	1/2 cup	X	X	X
Brother's	All Natural Fruit Crisps	1 bag			X
Buddy Fruits	100% Fruit Snack Squeeze Pouch-All Flavors	1pouch (90g)	X		
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2 oz)	X		
Chiquita	Fruit Chips 100% Fruit Freeze Dried – All flavors	1 pouch (30g)	X		
Cliff	Organic Twisted Fruit – All Flavors	1 twist (20g)	X		
Crunchies	Freeze Dried Fruit – All Flavors	1/4 cup	X		
Crunch Pak	Dipper Fruit Packs - All Flavors	1 container (2.75 oz)	X		
Del Monte	Fruit Cups No Sugar Added – All Flavors	1 cup (106g)	X		
Del Monte	Fruit Naturals No Sugar Added	1 container	X		
Del Monte	Fruit Burst pouch-all flavors	I pouch (90g)			
Disney	Fruit Crisps Freeze Dried Fruit Slices – All Flavors	1 bag (7g)	X		

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Dole	Fruit Cups in 100% Juice-All Flavors	1 container (113g)	X		
Dole	Fruit Squish'ems	1 pouch	X		
Earth's Best	Organic Applesauce-Cinnamon	1 cup (113g)	X		
Earth's Best	Organic Applesauce-Original	1 cup (113g)	X		
Earthbound Farm	Organic Raisins	1 box (43g)			
Great Value	All Natural No Sugar Added Applesauce – Individual Cups	4 oz unit (113g)	X		
Great Value	Unsweetened Applesauce	1/2 cup	X		
Great Value	Dried Apricots	7 pieces	X		
Great Value	No Sugar Added Fruit Cups – Peaches	1 bowl (108g)	X		
Happy Squeeze	Fruit & Veggie TWIST Pouch – All Flavors	1 pouch (99g)	X		
Kirkland	Sunsweet Dried Apricots	about 6			X
Kirkland	Sunsweet Dried Plums	about 6			X
Kirkland	Real Sliced Fruit – Freeze Dried-Individual Bags	1 bag			X
Kroger	Applesauce- No Sugar Added	1 container (4 oz)			
Kroger	Seedless Raisins	1 box (1oz)			
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)			X
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)			
Motts	Healthy Harvest No Added Sugar – Country Berry, Peach Medley and Summer Strawberry	1 cup (113g)	X		
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)			
Motts	Natural Apple Sauce	1 cup (111g)	X		
Musselman's	Natural Unsweetened Applesauce	1 cup (113g)	X		
Musselman's	Healthy Picks – All Flavors	1 cup (113g)	X		
Peter Rabbit Organics	100% Pure Fruit Snacks Pouch – All flavors	1 pouch (4oz)	X		
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch (4.4 oz)	X		
Sunmaid	Raisins	1 box (42.5g)	X		X

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X		
	Chips/Pretzels/Popcorn/Corn Nuts				
Act II	Bags 94% fat free butter popcorn	6.5 Cups popped	X		
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 Cup)	X	X	
Corn Nuts	Variety Pack	1 package (1/3 Cup)			X
Corn Nuts	Original, Ranch, BBQ & Chile Picante	1/3 cup	X		
General Mills	Chex Mix Snack Mix Traditional, Sweet n Salty, Trail Mix (Individual Snack Bags)	1 pouch (.82 oz)		X	
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Carmel Crunch	1/2 cup	X	X	
Jolly Time	Healthy Pop Butter 94% Fat Free – 100 Calorie Pack	1 package			
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 Cups popped			
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)	X		
Lays	Baked Ruffles Potato Chips	9 crisps (1oz)	X		
Lays	Baked Potato Chips – BBQ, Cheddar & Sour Cream, Original, and Onion	1 oz			
Quaker	Popped Rice Snacks – only Apple and Chocolate	1 oz	X		
Quaker	Rice Cakes-All Flavors	1 Cake	X		
Tostitos	Baked Scoops- Light Tortilla Chips	16 chips (28g)	X	X	
	Nuts/Seeds				
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 bag (1oz)	X		
David	Original Sunflower Seeds	1 bag (1.75 oz)	X	X	X
David	Pumpkin Seeds	1/3 cup	X		
Diamond	Shelled Walnuts	1/4 cup (1oz)		X	
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)	X		
Fry's	Private Selection Shelled Pistachios	1/4 cup			
Hoody's	Dry Roasted Peanuts	40 pieces			X
Kirkland	Dry Roasted Almonds	1/4 cup			X

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Kirkland	Pistachios	1/2 cup with shells			X
Kroger	Almonds Natural	1/4 cup			
Mauna Loa	Dry Roasted Macadamias	1/4 cup			
Orchard Fresh	Walnuts Halves & Pieces	1 oz	X		
Orchard Fresh	Pecan Halves	1 oz	X		
Orchard Fresh	Whole Natural Almonds	1 oz	X		
Planters	1oz Single Serve Salted Cashews	1 bag (1oz)		X	X
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)		X	X
Planters	Cashew Halves & Pieces	50 pieces	X	X	
Planters	Dry Roasted Peanuts	39 pieces (28g)	X	X	X
Wonderful	Pistachios	1 bag (1.5oz)	X	X	X
Wonderful	Pistachios- Roasted, Salted, Shelled	1/4 cup		X	X
Wonderful	Pistachios – Whole With Shell	1/2 cup		X	X
	Cakes, Cookies, and Crackers				
Ak-Mak	Sesame Cracker	5 crackers			
Annie's	Homegrown Bunny Grahams – Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X		
Crunchmaster	Original Multi-seed	15 crackers		X	
Crunchmaster	Multi-seed – Five Seed	14 crackers			X
Crunchmaster	Multi-seed Crackers – Roasted Garlic	14 crackers			
Crunchmaster	Grammy Crisps – Cinnamon Sugar	25 crackers	X		
Homekist	Honey Graham Crackers	2 full sheets	X		
Kashi	Soft Baked Cookies- All flavors	1 cookie (30g)			
Kellogg's	Special K Cracker Chips – Individual Bags	1 package	X	X	
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 Chips (30g)	X		
Kroger	Wheat Crisps – Baked – All Flavors	17 crackers			
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)	X		
Nabisco	100 Calorie Packs – Sweet and Salty	1 package (22g)	X		
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)	X		
Nabisco	BelVita soft baked cookie-Chocolate, Banana, Berry	1 cookie			

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X		X
Nabisco	Honey Maid Grahamfuls –All flavors	1 pack (25g)	X		
Nabisco	Honey Maid Lil' Squares – Cinnamon	29 pieces	X		
Nabisco	Honey Maid Honey Grahams	1 bag (28g)			
Nabisco	Teddy Grahams 150 Calorie Pouches, Chocolate, Cinnamon, and Honey Cinnamon	1 pouch (35g)	X		
Nabisco	Teddy Grahams – Honey, Cinnamon, Chocolate, and Chocolate Chip	24 pieces	X		
Nabisco	Triscuit – All Flavors	Approx. 6 crackers	X		
Nabisco	Triscuit Thin Crisps – All Flavors	Approx. 15 crackers	X		
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, and Toasted Chips	About 14 pieces (1oz)	X		
Nabisco	Wheat Thins Toasted Chips – Garden Valley, Vegetable, and Great Plains Multigrain	13 chips (28g)	X		
Pepperidge Farm	Baked Naturals Cracker Chips – Multigrain (only)	27 pieces (30g)	X		
	Pastries/Bagels				
Kellogg's	Pop Tarts Low Fat – Brown sugar and strawberry	1 pastry (50g)			
Kellogg's	Pop Tarts Oatmeal Delights – All Flavors	1 pastry (50g)	X		
Sara Lee's	Soft & Smooth mini bagels – Whole Grain, Cinnamon	1 bagel (37g)	X		
Thomas	Bagel Thins – 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X		
	Drinks				
Adam & Eve	100% Juice – Apple Juice, Very Berry, Fruit Punch	6.75 fl. oz.		X	
Apple & Eve	100% Juice	4.23 oz			
Apple & Eve	Fruitables	6.75 oz	X		X
Campbell's	V-8 – Spicy Hot, Low Sodium or Regular	8 fl oz. or less	X		X
Campbell's	V-8 Fusion – Strawberry Banana, Peach Mango, Pomegranate Blueberry, and Tropical Orange	8 fl oz. or less	X	X	X

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Campbell's	V-8 Fusion – Strawberry Banana, Peach Mango, Pomegranate Blueberry, and Tropical Orange	8 fl oz. or less	X	X	X
Campbell's	V-8 Fusion Refreshers	8 fl oz. or less	X		
Campbell's	V-8 Fusion – Individual pouches- All flavors	1 pouch			
Capri Sun	100% Juice Pouches – All Flavors	1 pouch	X		
Capri Sun	Fruit Waves – 100% Juice – All Flavors	1 pouch (6.75 fl oz)			
Capri Sun	Fruit Waves – 100% Juice – Variety Pack	1 pouch (6.75 fl oz)			X
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch			
Dole	100% Pineapple Juice	8 fl oz. or less	X		
Great Value	100% Apple Juice, Cranberry, Grape	8 fl oz. or less	X		
Great Value	Vegetable Juice from Concentrate 100% Juice	8 fl oz. or less	X		
Horizon	Organic Milk – Reduced Fat Milk– All Flavors	8 fl oz	X	X	
Horizon	Organic Milk – Lowfat – All Flavors	8 fl oz	X		
Juicy Juice	100% Juice – Berry, Grape, Punch, Strawberry, Banana, and White Grape	8 fl oz. or less	X		
Juicy Juice	Fruitifuls – All Flavors	6.75 fl oz			
Kirkland	100% Juice – Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	8 fl oz. or less			X
Kirkland	Hansen 100% Juice Variety	6.75 fl oz			X
Kroger	100% Extreme 100% Juice – Apple, Fruit Punch, and Grape	1 pouch (6.75 fl oz)			
Langers	100% Juice- Mango, Apple, Prune	8 fl oz. or less			
Martinellis	100% Pure Apple Juice	8 fl oz. or less			X
Members Mark	100% Apple Juice	8 fl oz. or less		X	
Minute Maid	100% Juice – Apple, Fruit Punch, Apple White Grape, and Mixed Berry	8 fl oz. or less	X	X	X
Motts	100% Apple Juice	8 fl oz. or less	X	X	

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, and Cranberry & Pomegranate	8 fl oz. or less	X		
Old Ochard	100% Juice-Berry, wild cherry	8 fl oz. or less			
Sam's Choice	100% Juice – Apple Juice Punch Blend, White Grape	8 fl oz. or less	X		
Silk	Pure Almond Milk – All Flavors	8 fl oz or less	X	X	
Seneca	100% Apple Juice	8 fl oz. or less	X		
Sunsweet	100% Prune Juice	8 fl oz. or less	X		
Tummy Tickler	100% Juice – Apple	8 fl oz or less	X		
Treetop	100% Apple Juice	8 fl oz. or less	X		X
Treetop	100% Juice Assorted	8 fl oz or less			X
Treetop	Fresh Pressed Juice	8 fl oz. or less			
Tropicana	100% Juice – Apple Juice, Fruit Punch, Orange Juice	8 fl oz. or less	X	X	X
Welch's	100% Juice – Grape, White Grape, White Grape, Cherry, White Grape Peach, White Grape Blueberry, Kiwi, and Strawberry Kiwi	8 fl oz. or less	X	X	
All Brands	100% Juice (Product must state 100% juice)	8 fl. oz or less	X	X	X
All Brands	Milk – Lowfat 1%, Fat Free	12 fl oz or less	X	X	X
All Brands	Milk Alternative – Reduced Fat Enriched - Rice, Nut,	12 fl oz or less	X	X	X
Water	Pure water, no added artificial sweetener and/or caffeine	Any size	X	X	X
	Yogurt/Cheese/Smoothies				
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)	X	X	X
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)	X		
Chobani	Champions Tube-All Flavors	1 Tube			
Cool Squeeze	Squeezable Yogurt	1 tube (2.25 oz)			
Dannon	Danimals- Yogurt Smoothies	1 bottle (3.1 fl oz)	X	X	
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)	X		

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Dannon	Light & Fit	6 oz (170g)	X		
Frigo	Light String Cheese	1 stick (28g)	X	X	
Great Value	Lowfat Yogurt –All Flavors	6 oz	X		
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz	X		
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, and Pear Mango	1 pouch (4.2 oz)	X		
Kirkland	Lowfat Yogurt – Peach and Blueberry	8 fl oz			X
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack cheese stick	1 stick (28g)	X		
Kraft	Mozzarella Cheese String – 2% Milk	1 stick	X		
Kroger	CowPals Light – All Flavors	1 stick			
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)			
Kroger	The Truly Awesome Lowfat Yogurt Tube	1 tube (64g)			
LaLa	Yogurt Smoothies – Strawberry	1 bottle (7oz)		X	
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz	X		
Precious	Stringsters Reduced Fat String Cheese	1 stick (28g)			
Sargento	String Cheese	1 stick	X		
Sargento	Light String Cheese	1 stick		X	
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	X	
Stoneyfield	YoKids – Lowfat Yogurt – All Flavors	1 container (4 oz)	X		
The Laughing Cow	Babybel Light	1 piece		X	X
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge	X	X	X
Yoplait	Original Yogurt – All Flavors	6oz	X	X	X
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl or less	X	X	X
Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)		X	
Yoplait	GoGurt Protein – Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X		
Yoplait	Simply GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64g)	X		X
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)	X		
Yoplait	Light Yogurt – All Flavors	6 oz	X	X	X

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Yoplait	Greek 100 – All Flavors	5.3oz (150g)			
Yoplait	Pro-Force Protein Yogurt For Kids – All Flavors	1 container (3.5 oz)	X		
Weight Watchers	String Cheese	1 stick	X		
	Cereal/Breakfast Bars				
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X		
Kellogg's	Nutri-Grain Cereal Bars – All Flavors	1 bar (37g)	X	X	X
Kellogg's	Special K Bar – 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	X	
Kellogg's	Special K Cereal Bar – Red Berries, Chocolate Pretzel	1 bar			X
Kroger	Fruit & Grain Cereal Bar	1 bar (36g)			
Quaker	Oatmeal to Go – Banana Bread, Oatmeal Raisin, Brown Sugar & Cinnamon, and Raspberry Streusel	1 bar (60g)	X	X	
Quaker	Soft Baked Bars- Banana Nut Bread, and Cinnamon Pecan Bread	1 bar (42g)	X		X
Quaker	Variety Pack Bars – Strawberry Crisp, Apple Crisp, and Mixed Berry Crisp Bars	1 bar (37g)		X	
Sunbelt	Fruit and Grain Cereal Bar – Blueberry	1 bar (39g)	X		
Sunbelt	Crunchy Oats and Honey Granola Bars	1 bar (29g)	X		
	Granola Bars				
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)	X		
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, and Chocolate Brownie	1 bar (36g)			X
CLIF	LUNA fiber – All Flavors	1 bar (40g)			
Great Value	Crunch Oats & Honey	2 bars (42g)	X		
Great Value	Crunch Oats & Honey	2 bars (42g)	X		
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, and Peanut Butter	1 bar (35g)	X		X
Kroger	Chewy Granola Bars – Oatmeal Cookie, Peanut Butter, and Chocolate Chip	1 bar (35g)			

Manufacturer	Name/Description	Serving	Walmart	Sam's	Costco
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X	X
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, and Cinnamon	2 bars (42g)	X	X	X
Quaker	25% less Sugar Chewy Granola Bar-All Flavors	1 bar (24g)	X		
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)	X		
Quaker	Chewy Granola Bar – All Flavors	1 bar (24g)	X	X	X
	Ice Cream/Frozen Novelties				
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)	X		
Blue Bell	Fruit Bars-All flavors	1 Bar	X		
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry, Kiwi, Mixed Berry, Strawberry, Tangerine, and Raspberry	1 bar (51g)	X		
Dryers	Outshine fruit bars and coconut water	1 bar			
Fruttare	Fruit Bars-All flavors	1 bar			
Fudgsicle	Fat Free-No sugar added	1 bar (65g)	X		
Fudgsicle	100 Calorie Bar	1 bar (65g)	X		
Healthy Choice	Premium Fudge Bars	1 bar (3 oz)			X
Kroger	No Sugar Added Fruit Bars - Variety Pack	1 bar			
Simple Truth	Greek Yogurt Frozen Bars-Al Flavors	1 bar			
Skinny Cow	Ice Cream Sandwiches-all flavors	1 sandwich	X		
Skinny Cow	Cones-All flavors	1 cone	X		
Skinny Cow	Bars-all flavors-carmel, cookies & cream, fudge	1 bar	X		
Swiss Miss	Fudge Bars – 97% Fat Free	1 bar (3 oz)		X	
Great Value	Crunch Oats & Honey	2 bars (42g)	X		
TCBY	Frozen Yogurt On The Go – All Flavors	1 pouch (60g)	X		
Weight Watchers	Fudge bars-Giant latte	1 bar	X		
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X		X