BACK TO SCHOOL - CLASSROOM & CELEBRATION FOODS

Did you know? District 60 has a Wellness policy that states all food brought into schools for classes and celebrations has to meet nutritional requirements, known as "Smart Snacks"

Smart Snacks are easy to find and a great choice to use when planning your snack day or student celebration

HERE ARE SOME GREAT IDEAS:

These snacks are all SNAP and EBT eligible, they can be found at most grocery stores and on Amazon (search Smart Snacks for Schools)

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Total Sugars	35% by weight or less

WHAT MAKES A SNACK A SMART SNACK?

☺ **If it is a grain, it must have a whole grain listed as the first ingredient**

OR

☺ **If it is not a grain, the first ingredient must be a fruit, vegetable, a dairy food, or a protein food**

OR

☺ **Be a combination food that contains at least ¼ cup of fruit/vegetable**

AND

☺ **The food must meet the nutrient standards for calories, sodium, fats, and total sugars**

BEVERAGES:

Water is approved for all grade levels, types of milk, juices and no calorie beverages change by grade level. Ask your District Wellness Coordinator for clarification if choosing a non-water drink.

District Wellness
Stephanie Swithers
nutrition@pueblo60.org