



After-school Club Snacks

After-school snacks are important for fueling continued activity in school clubs, practices, and rehearsals. Considering that most students do not eat recommended amounts of fruits, vegetables, and whole grains, offering snacks that include these food groups helps students obtain health-promoting nutrients they may otherwise miss.

Per the BSD Local Wellness Policy, all food items offered on the school campus during the school day should meet the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. The school day is defined as "the period from the midnight before, to 30 minutes after the end of the official school day, i.e., at the conclusion of afternoon student activities, such as athletic, music or drama practices, clubs, academic support and enrichment activities." This means that foods offered to students during afterschool clubs should meet Smart Snacks standards.

Smart Snack Compliant Snack Foods

- Fruits and vegetables (fresh, dried, freeze dried, canned, frozen)
- Applesauce cups or pouches
- Fruit and nut bars
- Granola bars or other whole grain bars
- Whole grain pretzels or crackers
- Whole grain graham crackers
- Trail mix made with dried fruit and nuts or seeds
- Dry roasted nuts or seeds
- Air popped popcorn
- Cheese
- Low-fat or non-fat yogurt
- Hummus
- Roasted edamame, beans, or lentils

Find product ideas and store-specific lists on the [Smart Snacks Resources](#) webpage. **For meal and treat ideas, see page 2.**

After-School Meals

Do you need to offer something more substantial than a snack? The following options help provide important nutrients and pair a variety of food groups for long-lasting fuel. Offering meals that mirror what students are taught in school lessons contributes to an improved food environment and helps make the healthy choice, the easy choice.

- Peanut butter and banana sandwiches on whole wheat bread
- Yogurt parfaits with whole grain cereal or granola, and frozen blueberries
- Pizza and salad
- Bean and cheese burritos with mini bell peppers
- Whole grain bagel or english muffin with hummus, cheese, and cucumber
- Nachos made with whole grain tortilla chips, beans, and veggie toppings

After-School Treats

Hoping to celebrate with a treat? The items listed below will generally meet Smart Snacks Guidelines and can be served for special occasions.

- Frozen yogurt
- Chocolate banana smoothie - milk, cocoa powder, banana, and ice
- Fruit smoothie - yogurt, banana, and frozen berries
- Whole grain muffins or cookies
- Whole grain crispy rice treats and fruit
- Low fat ice cream sandwiches
- Kona Ice with Fruit First syrups

Please note that using food to incentivize or reward students is discouraged. Having food present as one part of a celebration is allowable, but incentivizing student behavior or attendance with a promise of treats is not best practice and can contribute to disordered eating behaviors. Look for ways to reward or encourage students that are not food. Thank you for helping to build a culture of wellness by minimizing the use of food rewards!

The information in this handout is intended to address foods given to students free of charge. If food is to be sold during the school day (as defined on page 1), it is required by ODE that Smart Snacks Standards are met.