

School Snacks: A Guide for School Staff

Foods Sold to Students on School Grounds During the School Day



The face of school snacks is changing. Within the new USDA regulations, healthful foods are replacing cookies and candy as the snacks available to kids. But how will this impact your school event? Let's take a look....

The Guidelines:

School snacks must conform to the USDA guidelines, which include calories limits, sugar caps, and nutrient requirements.

- **Calorie limits:** All snacks, including accompaniments like butter and cream cheese, must have no more than 200 calories per serving.
- **Fat Ceilings:** Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0. Shoot for less than 35 calories of fat per 100 calories of food.
- **Sugar Caps:** Only 35% (or less) of the weight in any snack food may come from sugar.
- **Nutrient Requirements:** In order to meet the USDA's guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

The Guidelines for YOU:

These guidelines are only required for food items sold at school. They DO NOT apply to off-site fundraisers or events that take place during non-school hours. However, everyone is encouraged to follow the guidelines. Looking for great ideas that meet the new requirements? Try some of these ideas:

- **Grapes, apples, pears, bananas** are the perfect portable fruit treat.
- **Popcorn and trail mix:** 5 cups lowfat popcorn, ¼ cup peanuts, 1 cup raisins—put in 6 bags.
- **Strawberry crunchies** are always a hit. Have kids dip whole strawberries into yogurt, then roll the dipped berries in whole grain cereal.
- **Lite yogurt is low in sugar.** Or top plain yogurt with fresh fruit.
- **Assortment of vegetables or cheese.**

For more information: visit

<http://foodandhealth.com/usda-snack-foods-schools/>.

[Smart Snacks in Schools](#)