WHAT IS A SMART SNACK?

Healthier options for school kids.
Foods or beverages sold during school, before school and up to 30-minutes after school must be Smart Snacks.

Is my snack smart?
- Fruits, vegetables, and water are always Smart Snacks
- Smart snacks are: low in fat, sugar, salt, calories, AND
  - at least 50% whole grain OR
  - a fruit, vegetable, dairy product, or protein food as the first ingredient

WHY ARE SMART SNACKS IMPORTANT?

It’s the law!* It’s also the right thing to do.

Did you know that:
- More than 25% of kids' daily calories often come from snack foods.
- Healthy eating patterns lead to better academic performance and attention in school.
- When smart snacks are available, the healthy choice is easy!

*For more info visit the USDA Guide to Smart Snacks in Schools

HOW WILL WE RAISE FUNDS?

With foods that meet Smart Snack standards or non-food items.

Smart ideas for fundraisers and incentives:
- reusable water bottles
- walk-a-thon or school Olympics
- flower & plant sales, or school merchandise
- Smart Snacks - ask your food service department for help!

WHERE CAN I GET SMART SNACKS FOR MY NEXT EVENT?

- Contact your school Food Service Department, they are the Smart Snacks experts!
- Check the Smart Foods Planner at the Alliance for a Healthier Generation
- Online retailers that have Smart Snacks stores (Amazon & Costco)