

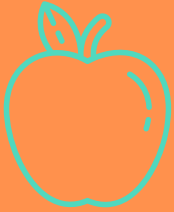


SMARTER SNACKS FOR SCHOOLS

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)

