



## Smart Snacks Newsletter

### Smart Snacks in School are Here!

#### *What are Smart Snacks?*

The USDA has finalized the Smart Snacks in School nutrition standards rule. These are practical, science-based nutrition standards for all foods and beverages sold to students during the school day (outside of the school meal programs). Smart Snacks puts all foods and beverages sold to students across campus on a level playing field. The standards encourage healthier foods and beverages by limiting junk food.

#### *Why are Smart Snacks important?*

Healthy, well-nourished students are better learners! Students who consume healthier foods and beverages are more likely to get the nutrients they need to learn, play and grow. Having healthier foods and beverages available contributes to the overall health and well-being of youth. In addition, students around the country are seeing a difference in their school meals, including more fruits, vegetables, and whole grains. By providing healthier foods and beverages outside of the cafeteria, we can build on the great strides being made in the cafeteria!

#### *What do I need to know?*

- Smart Snacks applies to all foods and beverages **sold** to students outside of the school meals programs- including vending machines, a la carte, school stores, snack carts and in-school fundraising.
- Smart Snacks is in effect all day (midnight before to 30 minutes after the end of the school day) across the whole school campus.
- Foods and beverages sold to students **as fundraisers during the school day** have to meet Smart Snacks guidelines. Our state does not allow fundraisers to be exempt.
  - Non-food fundraisers or fundraisers that include only foods and beverages that meet the standards are **not** limited in any way!
- Smart Snacks does **not** apply to foods served, such as classroom celebrations and during evening, weekend or community events.
- Smart Snacks became a federal law **July 1, 2014!**

#### *What do the changes look like?*

Successfully embracing and making change starts with all of us! Cookies, candy, chips, donuts and soda have been replaced with items like nuts or seeds, popcorn, baked chips, fruit cups and plain water. We want you to be part of the change process! We know that listening to what our students think and bringing in healthier foods and beverages that our students prefer will help make our efforts successful. We would love to hear your opinions. If you are interested in providing feedback, please contact Sarah Doherty, (831)632-0290.