

# Smart Snacks with MyPlate

**Healthy students learn and behave better.** Students who eat well fuel their brains for success in the classroom. New brain research shows that both nutrition and physical activity positively affect academic achievement. Schools can help students be ready to learn by offering snacks from MyPlate—including whole grains, low-fat dairy, fruits, vegetables and lean proteins.

The Smart Snacks in School rule (starts July 1, 2014) will establish nutrition standards for all foods and beverages sold on school grounds during the school day. The rule allows schools to gradually phase in the changes over the first year.

## What areas will the rule affect?

The rule will affect all foods and beverages sold outside of the school lunch and breakfast program, during the school day. A school day is defined as midnight to 30 minutes after the school day ends.

- ⇒ Foods sold a la carte within the food service
- ⇒ School stores
- ⇒ Vending machines
- ⇒ Snack bars
- ⇒ Food-based fundraisers that take place during the school day

## What areas will the rule not affect?

The rule will not affect food sold after school, on the weekend, and off campus. Examples include:

- ⇒ Concessions
- ⇒ Food and snacks that students bring from home
- ⇒ Classroom events (birthdays, holiday parties, etc)  
*Although schools may consider this area as an opportunity for positive change.*
- ⇒ Teachers' lounges



Use the USDA's Choose My Plate icon as your guide for selling snacks that meet the new Smart Snack rule in schools. Use this handout as a starting point to find a variety of brain boosting snack and beverage choices for your school.

# Schools are Stepping up to the Plate: Fueling Students with Smart Snacks

Research shows, students who eat well learn and behave better at school helping them succeed. Often, schools provide healthy snacks for standardized testing days. Now, healthy snacks will be available throughout the school day. Children consume almost half of their daily food intake at school, which is why it's important that foods and drinks offered at school help fuel student learning. Schools can help students succeed by offering snacks from USDA's MyPlate.

## Ideas for Brain-Boosting Snacks:

### Dried Fruit

raisins, mango, cranberries, bananas

### Fruit Cups (fresh or canned)

berries, applesauce, peach, orange, pineapple

### Fresh Fruit

apple, pear, banana, kiwi, peach, orange, pineapple

### Fresh Fruit with Peanut Butter or Yogurt

### Choose Whole Grain:

Baked Chips and Tortilla Chips

Baked Crackers

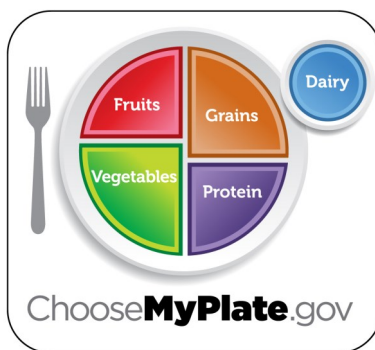
Granola Bars and Cereal Bars

Sandwiches

Wraps

Bagels

Popcorn



### Vegetable Wraps

### Fresh Vegetables with Dip

hummus, low fat dressing, peanut butter

### Raw Vegetables

celery, carrots, broccoli, cherry tomatoes, snap peas, cucumber, peppers

### Grab and Go Salad

Beef Jerky

Peanut Butter

Hard Boiled Eggs

Nuts and Seeds

Trail Mix

String cheese  
Yogurt  
Milk

A Healthy Snack Portion Size is one that has <200 calories per serving

Remember to choose lean and low fat protein and dairy

# Smart Beverages for Fueling Smart Kids

Use this chart to find beverages that meet the nutrition standards for the Smart Snack rule and help kids stay hydrated and ready to learn.

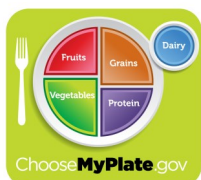
## Find a Brain-Boosting Beverage:

	Elementary	Middle	High
<b>Milk</b>			
Low Fat (1%) Unflavored Milk	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Skim Flavored or Unflavored Milk	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Nutritionally Equivalent Milk Alternatives	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>Fruit and/or Vegetable Juice</b>			
100% Juice	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% juice diluted with water and no added sweeteners (with or without carbonation)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>Flavored and/or Carbonated Beverages</b>			
≤ 40 calories per 8 fl oz	NO	NO	YES
≤ 60 calories per 12 fl oz	NO	NO	YES
≤ 10 calories per 20 fl oz	NO	NO	YES
<b>Beverages with Caffeine</b>	NO unless naturally occurring trace amounts	NO unless naturally occurring trace amounts	YES high school beverages may contain caffeine
<b>Plain Water or Plain Carbonated Water</b>	No size limit	No size limit	No size limit

*Brain-boosting beverage chart developed by Utah State Office of Education Child Nutrition Programs.*

## Smart Beverage Ideas

Low fat (1%) White Milk	Sparkling 100% Juice
Fat-free (skim) Flavored Milk	Water
100% Juice	Sparkling Water



For more snack and beverage ideas check out the MyPlate website:

[www.MyPlate.gov](http://www.MyPlate.gov)

## **Find Products That Meet the Standards:**

Wondering if a specific snack food or beverage meets the nutrition standards of the Smart Snack Rule? Use this easy calculator with the information from the product's Nutrition Facts label and Ingredient list to find out if it meets the standards.

### **Alliance for a Healthier Generation: Calculator**

[https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/smart\\_snacks/product\\_calculator/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/)

### **Alliance for a Healthier Generation Product Navigator**

Use this navigator to identify products that may meet the nutrient standards of the interim final rule.

[https://schools.healthiergeneration.org/resources\\_tools/school\\_meals/product\\_navigator/](https://schools.healthiergeneration.org/resources_tools/school_meals/product_navigator/)

### **School Nutrition Association: Smart Snack Resources**

<http://www.schoolnutrition.org/Content.aspx?id=20019>

As more resources are submitted to our office we will make them available.

## **Product lists submitted to Child Nutrition Programs, USOE:**

Child Nutrition Programs are making these resources available to assist in the implementation of the Smart Snacks in School interim final rule, as more resources are provided to our office we will make them available. These products may meet the nutrient standards of the interim final rule, it is encouraged to check against the interim final rule requirements.

- A-List - Acceptable competitive foods and beverages in Massachusetts schools  
<http://www.johnstalkerinstitute.org/alist/alist.pdf>  
John C. Stalker Institute of Food and Nutrition has published this list of products.
- [General Mills Smart Snacks Tool](#)
- [Kellogg's Nutrition Search Tool](#)  
This tool allows searches by selected nutrition criteria. Be sure to double check the first ingredient.

## **Additional Resources:**

- ⇒ **USOE Child Nutrition Programs: Smart Snacks in School Rule Webinar (about 15 min.)**

This webinar will be updated to include these resources and more comprehensive information in the near future.

<http://schools.utah.gov/cnp/CNP-U/SmartSnacks.aspx>

- ⇒ **Smart Snacks in School Rule:**

<http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

- ⇒ **Implementing Strong Nutrition Standards in Schools:**

[http://www.cdc.gov/healthyyouth/nutrition/pdf/financial\\_implications.pdf](http://www.cdc.gov/healthyyouth/nutrition/pdf/financial_implications.pdf)

- ⇒ **Controlling Junk Food and the Bottom Line- School Case Studies:**

[http://iphionline.org/pdf/IPHI\\_Controlling\\_Junk\\_Food\\_Report\\_32113.pdf](http://iphionline.org/pdf/IPHI_Controlling_Junk_Food_Report_32113.pdf)

## **Need Help? Just Ask!**

If you have questions or need help with training and implementation of the USDA's Smart Snacks in Schools

Rule, please contact:

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*Developed by Montana Team Nutrition Program, edited 3/21/2014 by Utah State Office of Education, Child Nutrition Programs.*