

Did you know? Vestal takes part in the USDA's Smart Snacks in School program, adhering to specific nutrition standards for all foods and beverages sold to students during the school day.



It is important to focus on healthy snacking because:

1. More than a quarter of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume healthier foods and beverages during the school day.

What are smart snacks?

Smart snacks must adhere to specific nutrient and ingredient requirements. For example: 200 calories or less per serving, 200 milligrams of sodium, 35% or less calories from total fat, and 10% or less calories from saturated fat. For more specifics on the smart snacks criteria, see the reference link listed below.

Examples of smart snacks include:

- Fresh and frozen fruits and vegetables
- Canned fruit packed in 100% juice or light syrup
- Reduced-fat cheese (including part-skim mozzarella)
- Nuts, seeds, or nut/seed butters
- Celery with peanut butter and unsweetened raisins
- Dried fruits with no added sugars
- Dried cranberries, tart cherries, or blueberries
- Trail mix of only dried fruits and nuts and/or seeds



Tips for snacking smarter:

When sending in snacks for children, most often, focus on snacks that meet the smarter snacks criteria or examples listed above.

Planning a classroom party? Have a balance of smarter snacks included in the party like apple slices, fruit cups, baby carrots, cheese sticks, etc.

Reference:

https://fns-prod.azureedge.net/sites/default/files/tn/508_USDASmartSnacks_508_82218.pdf