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; unless they are sold as part of the lunch or breakfast program. These foods are exempt on the day and day after service in the programs.

⇒ School stores

⇒ Vending machines

⇒ Snack bars

⇒ Food-based fundraisers that take place during the school day

What areas will the rule <u>not</u> 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
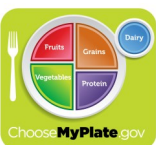
Use the USDA's Choose MyPlate icon (www.choosemyplate.gov) as your guide for selling snacks and beverages. To check if an item meets the guidelines, use the Smart Snack Product Calculator found on page 4.

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

Children consume almost half of their daily food intake at school. Research shows students who eat well learn and behave better throughout the school day. Schools already know that healthy snacks boost performance during standardized testing days. The Smart Snacks in Schools Rule applies this knowledge to all snacks sold during the school day. The rule ensures all snacks available through vending machines, student stores, snack bars, and a la carte lines are healthy options. 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
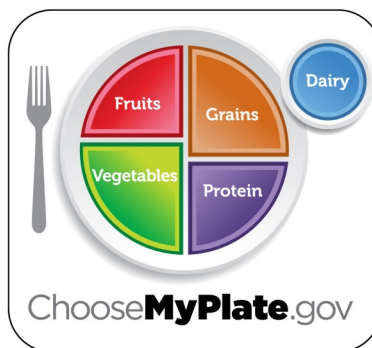
Choose Whole Grain:

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

Peanut Butter

Hard Boiled Eggs

Nuts and Seeds

Trail Mix

String cheese

Yogurt

Milk

Remember to choose lean and low-fat protein and dairy!

Use the Smart Snacks Product Calculator (see page 4) to determine if a snack or beverage meets the guidelines.

*Popcorn is a nutritious Smart Snack compliant snack. However, when offered during meal service or in the Afterschool Snack Program, popcorn is considered an extra item that cannot be counted towards the grain component.

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
Milk			
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
Fruit and/or Vegetable Juice			
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
Flavored and/or Carbonated Beverages			
≤ 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
Beverages with Caffeine	NO unless naturally occurring trace amounts	NO unless naturally occurring trace amounts	YES high school beverages may contain caffeine
Plain Water or Plain Carbonated Water	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

Use the Smart Snack Product Calculator found on page 4 to determine if a snack or beverage meets the nutrition guidelines.

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 Smart Snack Calculator with the information from the product's Nutrition Facts label to find out if it meets the standards.

⇒ **Alliance for a Healthier Generation Smart Snacks Product Calculator**

Helpful Assistance from Montana Schools:

Many Montana schools have already adopted healthy snack, vending, fundraising, and a la carte programs.

⇒ **Great Falls Public Schools (K-12)**

    Website   http://studentwellnessgfps.weebly.com/

⇒ **Hinsdale School (K-12)**

    Contact   Patti Armbrister, Agriculture Education Teacher

    Phone   406-648-7400

    Email   parmbrister@gaggle.net

Resources

⇒ **Smart Snacks in School Rule**

⇒ **OPI School Nutrition Programs**

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 School Nutrition Programs or Montana Team Nutrition.
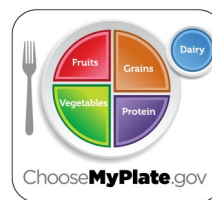
Montana Team Nutrition Program

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