



## Food & Nutrition Services SMART SNACKING FOR STUDENTS

### *A Guide to Healthier Options for School Snacks & Celebrations*

Hampton City Schools Food & Nutrition Services (FNS) understands the importance of having nutritious food and beverage options available both inside and outside the cafeteria.

For your convenience, each of our cafeterias provide Smart Snacks that have been pre-approved for purchase.

[PLEASE USE THIS LINK TO ACCESS THE SMART SNACK CALCULATOR FOR SNACKS NOT LISTED ON FORM.](#) (Site listed on page 2)

#### **Smart Snacks Offered Daily:**

- Pepperidge Farm® Cinnamon Goldfish
- Doritos® Reduced Fat Whole Grain Rich, 1 oz.
  - Funyuns & Other Assorted Chip Options
- Switch® 100% Sparking Juice Beverage, 8 oz.
- Rice Krispies® Treats made with Whole Grain, 1.41 oz.
  - Quaker® Kid Snack Mix
  - ZeeZees Cocoa Cherry Bars

#### **Your school cafeteria can even help you with your child's classroom celebrations!**

- Happy Birthday Cupcakes
- Hershey's Ice Cream
- Fresh Baked Cookies
- Happy Birthday Applesauce
- Assorted Baked Chips/Snacks



*\*Items listed are available and allowed through your school cafeteria only. \**

#### **Nutrition Standards**

##### ***All Smart Snacks must meet one of the following criteria:***

- Whole grain rich
- First ingredient must be a fruit, vegetable, dairy, or protein (meat, beans, poultry)
- Food is a combination of at least 1/4 cup fruit and/or vegetable
- Food must meet the nutrient standards for calories, sodium, sugar and fats.

##### ***Additional Criteria for Smart Snacks:***

- Calories: 200 or less
- Sodium: 200 mg
- Total Fat: 35% of calories or less
- Saturated Fat: Less than 10 % of calories
- No Trans fat

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## Commercial List of Approved Snack & Celebrations Items

Products conveniently found at local retail stores.

### DAIRY/YOGURT

- Danimals® Yogurt Smoothies
- Dannon® Fruit on the bottom, 6 oz
- Dannon® Light & Fit Yogurt, 5.3 oz
- Oikos® Greek Non-fat Yogurt, 4 oz
- Oikos® Triple Zero, 5.3 oz



### CRUNCHY SNACKS

- FIT® Real Butter Popcorn, 0.3 oz
- Popcorn Indiana Original Kettlecorn, 1 oz
- Pepperidge Farm® Whole Grain Goldfish
- Keebler® Honey Grahams
- Special K® Cracker Chips
- Cheez-It® made with Whole Grain, 0.75 oz
- Rice Krispies® Treats made with Whole Grain, 1.41 oz



### FRUITS AND VEGETABLES

*Fresh fruits and vegetables are always encouraged and approved Smart Snacks*

- Mott's® Healthy Harvest Applesauce, 3.9 oz serving
- Dole® Fruit Bowls in 100% Juice, 4 oz
- Del Monte® Fruit Naturals
- Welch's® Fruit Snacks, 2.25 oz
- Dole® Squeezable Fruit Pouch
- Sliced Apples & Carmel
- Baby Carrots & Hummus



### BEVERAGES

*All juice must be 6 oz. or less*

- Apple & Eve® 100% Fruit Juice
- Dole® Plus Juice
- Mott's® Apple Juice



For more information and to see if your snacks meets the new USDA guidelines by using the Smart Snacks calculator visit:

<http://foodplanner.healthiergeneration.org/calculator>

**For any other questions or concerns:**

**Food & Nutrition Services**

**Phone: 757-727-2350**

**Website: [Hampton.k12.va.us](http://Hampton.k12.va.us)**