

## SETTING UP YOUR SCHOOL CANTEEN OR VENDING SERVICE

1. Review Smart Snacks standards (*see back page for Resources, "Guide to Smart Snacks"*)
2. Consult your Local Wellness Policy for specific criteria
3. Survey teachers and students to learn about what healthy snacks they would like to be sold
4. Establish a location on campus and designate weekly store hours of operation (*consider closing during breakfast and lunch to encourage students to participate in SBP and NSLP*)
5. Identify food and non-food items to be sold. The Smart Snacks calculator should be used for all food items to ensure compliance (*see Resources*)

## MARKETING & SALES POLICY

**All food and beverage sold** to students at schools during the school day (midnight before to 30 minutes after the end of school days) must meet Smart Snacks Standards

**Fundraising:** Sales may occur at school as long as:

- Students receive permission from the school for an exempt fundraiser (only 30 exempt fundraisers may occur yearly, with no more than 1 day for each)
- Meet the Smart Snacks Standards
- Items that do not meet Smart Snacks approval may be sold but not be consumed on campus during school day

## SMART SNACKS NUTRITIONAL STANDARDS

### SNACKS:

**Calories:** 200 or less

**Sodium:** 200mg or less

**Total Fat:** 35% of calories or less

**Saturated Fat:** Less than 10% of calories

**Trans Fat:** 0g

**Sugar:** 35% of weight or less

### ENTREE:

**Calories:** 350 or less

**Sodium:** 480mg or less

**Total Fat:** 35% of calories or less

**Saturated Fat:** Less than 10% of calories

**Trans Fat:** 0 g

**Sugar:** 35% of weight or less

### BEVERAGES:

**Plain & Carbonated Water:** Any size K-12

**Low Fat/Fat free (unflavored) and Fat Free (flavored) milk:**  
8oz. or less, (K-5), 12 oz. or less (6-12)

**100% fruit/vegetable juice:**  
8 oz. or less (K-5), 12 oz. or less (6-12)

**Other flavored carbonated beverages:**  
Not allowed (K-8), high school only- must be 5 calories or less for 8oz., 10 calories or less for 20 oz.

**Other beverages:**  
Not allowed (K-8), high school only - No more than 12 oz. portions of beverages with less than or equal to 40 calories for 8 oz., 60 calories for 12 oz.



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## DID YOU KNOW?

Kids who have healthy eating patterns are more likely to perform better academically?

More than 25% of kid's daily calories may come from snacks?

## RESOURCES:

### **Team Nutrition: Guide to Smart Snacks**

<http://teamnutrition.usda.gov>

### **Tools for Schools**

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

### **Healthy Meals Resource System:**

#### **Healthy Fundraising**

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>

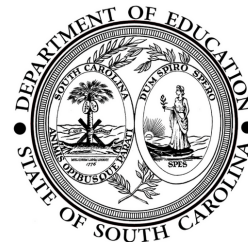
### **Snack Product Lists**

<https://foodplanner.healthiergeneration.org/products>

### **Smart Snack Product Calculator**

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

S.C. Department of Education  
Office of Health & Nutrition



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## SMART SNACKS IN SOUTH CAROLINA SCHOOLS

The School Day Just Got  
Healthier!

