

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.



SCDE does not endorse any product manufacturer

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://teamnnutrition.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>

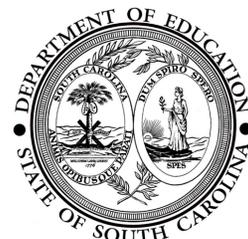
Snack Product Lists

<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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September 2017



SMART SNACKS IN SOUTH CAROLINA SCHOOLS

The School Day Just Got
Healthier!

