

# Smart Snacks in Schools Compliance



Summer  
2017

(As prepared by Missoula County Public Schools Volunteer Nutrition Workgroup)

\*note: "Guiding Document", no legal claims for completeness or accuracy. Obvious non-compliant snacks such as candies, cookies and pastries were not included in this analysis. Only individually packaged, single serving products, commonly sold in school stores & vending machines are included.

*Resource: Alliance for a Healthier Generation Smart Snack Calculator*

Smart Snack Assessment Costco Beverage List High School

Beverage	Serving Size	Compliant	Notes (such as plan to replace non-compliant products)
G2 Low- Calorie	12 oz.	✓ Yes	Low calorie, no calorie beverages allowed in High School if 12 Oz or less. Not compliant in 16.9 oz size
Sparkling Ice	17 oz.	✓ Yes	Low calorie, no calorie beverages, allowed in High School
Apple & Eve Organic Variety	6.75 oz.	✓ Yes	100% juice, no added sugar
Kirkland Hansen's Natural 100% Juice	6.75 FL. OZ.	✓ Yes	100% Juice
Izze Canned	8.4 oz.	✓ Yes	Sparkling water and fruit juice
Tree Top Smoothie	4.54 oz	✓ Yes	Small size, fits calorie and other nutrition requirements
Tropicana Orange Juice	10 oz.	✓ Yes	100% juice
Kirkland Sparkling Water	17 FL. OZ.	✓ Yes	Low calorie, no calorie beverages allowed in High School
SoBe Life Water	20 oz.	✓ Yes	Low calorie, no calorie beverages allowed in High School

Beverage	Serving Size	Compliant	Notes (such as plan to replace non-compliant products)
Vitamin Water Zero	20 oz.	✓ Yes	Low calorie, no calorie beverages allowed in High School
Propel	16.9 oz.	✓ Yes	Low calorie, no calorie beverages allowed in High School
Honest Kids Organic Juice Drink	6 oz	✓ Yes	
All Diet Sodas and Diet Flavored and Unflavored Teas	All sizes up to 20 oz	✓ Yes	Low calorie, no calorie beverages allowed in High School
G2 Low- Calorie	16.9 oz	✓ No	Low calorie, no calorie beverages allowed in High School if 12 Oz or less. Not compliant in 16.9 oz size
All Varieties Sugared Sodas	All sizes	✓ No	Too high in sugar
All Varieties Sugared Sports Drinks	All sizes	✓ No	Too high in sugar
Vitamin Water	20 oz.	✓ No	Too high in sugar
Capri Sun 100% Juice Variety Pack	6.0 oz.	✓ No	Too high in sugar
Kerns Nectar	11.5 oz.	✓ No	Too high in sugar
Starbucks Refreshers	12 Fl. Oz.	✓ No	Too high in sugar
All Varieties of Sugared Energy Drinks	All sizes	✓ No	Smart Snack ruling
Bai Antioxidant Infusion	8 oz	✓ No	Exceeds 12 fl oz serving size
Kirkland Chocolate Reduced Fat Milk	8.25	✓ No	2% milk fat

**Smart Snack Assessment Costco Beverage List Middle School 4/2015**

<b>Beverage</b>	<b>Serving Size</b>	<b>Compliant</b>	<b>Notes (such as plan to replacenon-compliant products)</b>
Apple & Eve Organic Variety	6.75 oz.	✓ Yes	100% juice, no added sugar
Kirkland Hansen's Natural 100% Juice	6.75 Fl. OZ.	✓ Yes	100% Juice
Izze Canned	8.4 oz.	✓ Yes	Sparkling water and fruit juice
Tropicana Orange Juice	10 oz.	✓ Yes	100% juice, size compliant for middle school
V 8 Fusion Juices	10 oz.	✓ Yes	100% juice, serving size allowable



Beverage	Serving Size	Compliant	Notes (such as plan to replace non-compliant products)
Vitamin Water Zero	20 oz.	✓ No	Low calorie, no calorie beverages, other than plain water not allowed in Middle School, OK High School
Propel	16.9 oz.	✓ No	Low calorie, no calorie beverages, other than plain water not allowed in Middle School, OK High School
G2 Low- Calorie	16.9 oz.	✓ No	Low calorie, no calorie beverages, other than plain water not allowed in Middle School. No larger than 16 ounce size allowed in High School.
Capri Sun Juice Variety Pack	6.0 oz.	✓ No	Too high in sugar
All Varieties Sugared Sodas	All sizes	✓ No	Too high in sugar
All Varieties Sugared Sports Drinks	All sizes	✓ No	Too high in sugar
Vitamin Water	20 oz.	✓ No	Too high in sugar
Capri Sun 100% Juice Variety Pack	6.0 oz.	✓ No	Too high in sugar
Kerns Nectar	11.5 oz.	✓ No	Too high in sugar
Starbucks Refreshers	12 Fl. Oz.	✓ No	Too high in sugar
All Varieties of Energy Drinks	All sizes	✓ No	Smart Snack ruling

## General Beverage Guidelines

Beverage		Notes (such as plan to replace non-compliant products)
Regular Soda	Not Compliant at Any Grade Level	
Juice Drinks (not 100% juice or juice with sweeteners)	Not Compliant at Any Grade Level	
Sports Drinks (full calorie)	Not Compliant at Any Grade Level	
Sweetened Tea	Not Compliant at Any Grade Level	
Energy Drinks	Not Compliant at Any Grade Level	
Other Sugar-Sweetened Beverages	Not Compliant at Any Grade Level	
Plain Water	Compliant at All Grade Levels!	
Plain Carbonated Water	Compliant at All Grade Levels!	

*Use chart on next page to assess your other beverages.*



Smart Snack Assessment Costco Food List Middle School and High School 4/2015 Non-Refrigerated Dry Goods Only			
Food	Serving Size	Compliant	Notes (such as plan to replace non-compliant products)
Organic Harvest Bars	1.2 OZ.	+ Yes	
NuGo Nutrition Bars	1.6 OZ.	+Yes	
Nature Valley Protein Bars	1.4 OZ.	+ Yes	
Kirkland Trail Mix Snack Packs	1.05 OZ.	+ Yes	
Kirkland Real Sliced Fruit	.35 OZ.	+ Yes	
Kirkland Organic Applesauce	3.17 OZ.	+ Yes	
Tree Top Organic Applesauce	4 OZ.	+ Yes	
Happy Squeeze Fruit and Veggie Twist	3.5 OZ.	+ Yes	
Stretch Island Fruit Company Fruit Strips	0.5 OZ	+ Yes	





Food	Serving Size	Compliant	Notes (such as plan to replace non-compliant products)
Cliff Kid Z Bar (some varieties are compliant)	1.27 OZ.	+ Yes	<b>Though some varieties are non-compliant these are compliant:</b> Iced Oatmeal, Iced Lemon, Honey Graham are compliant. Note: <b>Chocolate Brownie, Chocolate Chip, Smores varieties are non-compliant</b>
Kirkland Mandarin Oranges	4 OZ.	+ Yes	
Golden Star Mandarin Oranges	4 OZ.	+ Yes	
Kirkland Peaches	4 OZ.	+ Yes	
Kirkland Organic Applesauce	3.17 OZ.	+ Yes	
Tree Top Organic Applesauce	4 OZ.	+ Yes	
Happy Squeeze Fruit and Veggie Twist	3.5 OZ.	+ Yes	
Kirkland Mandarin Oranges	4 OZ.	+ Yes	
Golden Star Mandarin Oranges	4 OZ.	+ Yes	







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Food	Serving Size	Compliant	Notes (such as plan to replace non-compliant products)
Kirkland Peaches	4 OZ.	+ Yes	
Kirkland Trail Mix	1.05 OZ.	+ Yes	
Kashi Chocolate Almond and Sea Salt Chia seed Bar	1.2 OZ.	+ Yes	
Soft and Chewy Kirkland Granola Bar	.85 OZ.	+ Yes	
Quaker Oats- Chewy Granola Bars	.84 OZ.	+ Yes	
Yum Earth Organics Fruit Snack	.70 OZ.	+ Yes	
Nature Valley Crunchy Granola Bar (Oats/Honey)	1.5 OZ.	+ Yes	
Nature Valley Trail Mix (Fruit/Nut)	1.2 OZ.	+ Yes	
Nature Valley Sweet and Salty Nuts	1.2 OZ.	+ Yes	
Kind Bars Variety Pack	1.5 OZ.	+ Yes	
Annie's Bunny Snack Variety Pack- excluding Cheddar	28g	+Yes	(Cheddar variety too high in sodium)



Nature's Bakery Fig Bar-variety pack	28 g	+ Yes	
Cheese Head String Cheese	28g	+Yes	
Oikos Triple Zero Variety Pack	150g	+Yes	
Yoplait Low Fat Yogurt-Variety Pack Cups	170g	+Yes	
Chobani Variety Pack	150g	+Yes	
Yoplait GoGurts (simple)	64g	+Yes	



Food	Serving Size	Compliant	Notes (such as plan to replace non-compliant products)
Kind Bar- Fruit and Nut Delight	1.4 OZ.	- No	Calories exceed 200 per serving
Snacking Nuts	2 OZ.	- No	Too high in calories
Trio Natural Bars	1.7 OZ.	-No	Calories exceed 200.
Caveman Nutrition Bars	1.4 OZ.	- No	Calories exceed 200.
Pure Protein Bars	1.8 OZ.	- No	Calories from saturated fat are not less than 10%
Cliff Mojo Bars	1.6 OZ.	- No	First ingredient non-compliant. High sugar content.
Quaker Chewy Bars (Variety Pack)	.84 OZ.	- No	Calories from total fat exceed 35%. Calories from saturated fat are not less than 10%.
Fiber One Oats and Chocolate	1.4 OZ.	- No	Calories from saturated fat are not less than 10%
Fiber One Oat and Chocolate Bar	1.4 OZ.	- No	Calories from total fat exceed 35%. Calories from saturated fat are not less than 10%.
Cliff Kid Z Bar (some varieties non-compliant)	1.27 OZ	- No	Calories from saturated fat are not less than 10% Chocolate Brownie, Chocolate Chip, Smores Note: Iced Oatmeal, Iced Lemon, Honey Graham are compliant
Quaker Chewy Bars (Variety Pack)	.84 OZ.	- No	Calories from total fat exceed 35%. Calories from saturated fat are not less than 10%.

Kirkland Fruit Snacks	.9 OZ.	- No	Too much sugar by weight
Stretch Island Fruit Strip	.5 OZ.	- No	Too much sugar by weight
Fruit by the Foot	.41 OZ.	- No	Too much sugar by weight
Ritz Handi-Snacks	.95 OZ.	- No	High fat and sodium content. No whole grains.
Lays Chips Variety Pack	1 OZ.	- No	Calories from total fat exceed 35%.
Special K Pastry Crisps	.88 OZ.	- No	No whole grains. Too much sugar by weight.
Pudding Snacks Variety Pack	3.25 OZ	-No	Calories from saturated fat not less than 10%
Kelloggs Fruit Snacks	22g	-No	Not ¼ cup fruit or vegetable
Kirkland Protein Bar	60g	-No	Calories from saturated fat not less than 10%
Zone Perfect Nutrition Bars	50g	-No	Calories exceed 200, and calories from saturated fat not less than 10%
Fiber One-Oats and Chocolate	40g	-No	Calories from saturated fat not less than 10%
Kirkland Nut Bars	40g	-No	Calories exceed 200, Calories from saturated fat not less than 10%
Nature Valley Granola Cups	35g	-No	Calories from total fat exceed 35%, Calories from saturated fat not less than 10%
Annie's Bunny Snack Variety Pack- Cheddar Bunnies	28g	-No	Too high in sodium content
Goldfish	28g	-No	Too high in sodium content
Caveman Nutrition Bars	40g	-No	Exceeds 200 calories, calories from total fat exceed 35%, Calories from saturated fat not less than 10%