

# 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 not 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](http://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

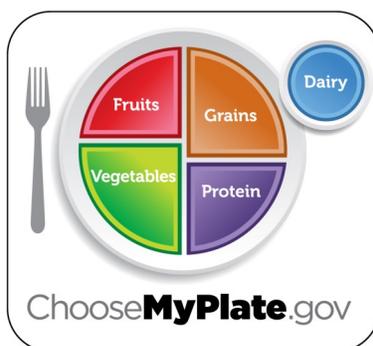
#### Granola Bars and Cereal Bars

#### 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.

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

[https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/smart\\_snacks/product\\_calculator/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/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/>

⇒ **Gallatin Gateway School (K-8)**

Contact Dr. Kim DeBruycker, Superintendent

Phone 406-763-4415

Email [debruycker@gallatingatewayschool.com](mailto:debruycker@gallatingatewayschool.com)

⇒ **Hinsdale School (K-12)**

Contact Patti Armbrister, Agriculture Education Teacher

Phone 406-648-7400

Email [parmbrister@gaggle.net](mailto:parmbrister@gaggle.net)

## Resources

⇒ **Smart Snacks in School Rule**

<http://www.fns.usda.gov/school-meals/smart-snacks-school>

⇒ **OPI School Nutrition Programs**

<http://www.opi.mt.gov/smartsnackinschools>

## 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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### OPI School Nutrition Programs

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