

LOUISIANA GUIDE TO SMART SNACKS

Snacks	Applies to all foods sold outside the school meal programs, on the school campus of public schools, at any time during the school day. Private and Parochial schools use USDA standards only.		
General Standards	Any food sold in schools must: -Be a whole grain-rich grain product OR -Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain OR -Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; OR -Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber) Expires June 30, 2016.		USDA
Calories	≤150 calories per snack item		LA
Accompaniments	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile.		USDA
Sodium	≤230 mg of sodium snack item. Effective July 1, 2016, items must contain ≤ 200 mg of sodium.		USDA
Total Fat	<35% calories from fat. R.S. 197.1 does not provide for an exemption for reduced fat cheese, seafood with no added fat, or part-skim mozzarella. Exemptions are allowed for unsweetened or uncoated nuts and seeds.		USDA and LA
Saturated Fat	<10% of calories from saturated fat		USDA
Trans Fat	0% trans fat		USDA
Sugars	<30 g of sugar per serving AND the weight of all sugars must be ≤ 35% of the serving size weight. Dried fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seeds are exempt.		USDA and LA
Entrée Exemption	Schools may offer entrée items for sale as a la carte foods on the day they are served as part of the meal and the day after. These entrees are exempt from the nutrition standards on those days.		USDA
Fresh Pastries	Fresh Pastries may not be sold to students at or on the grounds of public elementary and secondary schools during the school day (See the definition of the school day).		LA
DEFINITIONS			
Definition of a school day	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.		USDA
Definition of school campus	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.		USDA
FUNDRAISERS			
Fundraisers	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.		LA
BEVERAGES			
	ELEMENTARY (GRADES K-5) AND MIDDLE SCHOOL (6-8)	HIGH SCHOOL (GRADES 9-12)	USDA
Water	Bottled water, <u>plain</u> -may be sold during the school day. No carbonated or sparkling water. No restriction on portion.	Bottled water, <u>plain</u> -may be sold during the school day. No restriction on portion.	USDA and LA
Milk	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12-fluid oz portion.	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. No more than a 12-fluid oz. portion.	USDA
Juice and Juice with additives	100% fruit or vegetable juices. Must have no added sugar. Grades K-5 cannot exceed an 8-fluid oz portion. Grades 6-8 cannot exceed a 12-fluid oz portion.	100% fruit or vegetable juices. Must have no added sugar. No more than a 12-fluid oz. portion.	USDA
Beverages	1. No other beverages may be sold. 2. If elementary school and middle school are located in the same building and all students have access to the middle school area, the standards for elementary school must be followed for all grades. 3. If elementary, middle, and high school students are located in the same building and all students have access to the high school area, the standards for elementary school must be followed for all grades.	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain ≤10 calories per 8 oz. The other 50% can be <u>no more than</u> : 1. 20-oz of calorie-free, flavored water; and other flavored and/or carbonated beverages that contain <5 calories per 8 fluid oz or ≤10 calories per 20 fluid oz. 2. 12 oz portions of beverages with ≤40 calories per 8 fluid ounces, or ≤60 calories per 12 fluid oz. 3. If middle and high school students are in the same building and all students have access to the high school area, the standards for middle school must be followed.	USDA AND LA
Caffeine	No Caffeine is allowed for Elementary and Middle Schools.	No Caffeine Restriction.	USDA
Pennington Biomedical Research Center	Is authorized to develop and provide to interested persons, schools, or school systems, publications relating to foods which can be sold on public elementary and secondary school grounds in compliance with the provisions of this Section. The Pennington Biomedical Research Center may provide assessments of nutritional value of individual food items contemplated for sale on public school grounds.		LA

NON-FOOD CELEBRATION IDEAS



CHOOSE A PRIZE

Pencils or erasers
Stickers
Books
Enter a drawing or raffle for a bigger prize
Earn tokens or points toward a prize



GET MOVING

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Have a themed parade around your school



SHAKE UP YOUR ROUTINE

Let student choose a special activity or be a teacher's helper
Allow student to select a special book or invite a guest to read aloud
Go on a scavenger hunt
Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

Give a certificate or ribbon
Post a sign in the classroom or on a prominent bulletin board
Give a shout-out in the morning announcements
For birthdays, allow child to wear a crown or special sash

HEALTHY SNACK & BEVERAGES IDEAS*



BEVERAGES

Water
100% fruit juice with no added sugar
Fat-free or low fat milk
Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
100% fruit juice slushes with no added sugar
Silly Water—add fruit and herbs to plain water for fruit-infused blend



FRUITS & VEGGIES

Fresh fruit—trays, salads or kabobs
Fresh vegetables—trays, salads or kabobs
Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)
Dried fruit with no added sugar



WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars
Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter
Low-fat or air-popped popcorn (no added butter or salt)
Graham crackers
Baked whole grain tortilla chips with salsa or bean dip



PROTEINS

Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)
Nut or seed butter (serve with fruit or whole grain crackers)
Nuts or seeds
Trail mix made of nuts or seeds and dried fruit with no added sugar
Low-fat cheese (serve with fruit or whole grain crackers)
Hummus (serve with vegetables or whole grain crackers)

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at stephanie.joyce@healthiergeneration.org

