



Brunswick City Schools

Smart Snacks Options

(This is a suggested list)

All nutrition labels must be reviewed prior to serving.
Product must be free of peanuts, tree nuts, milk, and egg.
Items on this list are not guaranteed to be processed in an allergen-free facility.
Parents are responsible for ensuring their student has a safe alternative snack.

To see if your product meets the USDA's Smart Snacks in Schools nutrition standards visit the website below:

Smart Snacks Product Calculator

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

Fruits/Vegetables

Fresh and canned fruits (any brand)
Fresh and canned vegetables (any brand)
Fruit Icee (Fruit & Ice only)
Motts Healthy Harvest Blueberry Delight Sauce Motts
Healthy Harvest Granny Smith Apple Sauce Motts Healthy
Harvest Mango Peach Sauce Motts Healthy Harvest Mixed
Berry Sauce Ocean Spray Cran Raisins
Sunmaid Original Cranberries
Sunmaid Original Raisins
Zante Currents

Dry Cereal

General Mills Cheerios (Original only)
General Mills Corn Chex Cereal
General Mills Rice Chex Cereal
Kellogg's Fruit Loops
Kellogg's Rice Krispies

Fruit Snack

Florida Naturals Au'Some Fruit Nuggets (all flavors)
Florida Naturals Au'Some Sour Nuggets
Florida Naturals Au'Some Stiks
General Mills Fruit by the Foot Variety Pack
General Mills Fruit Roll Ups Variety Pack
Mott's Fruit Snacks (any flavor)

Candy

Skittles (brand by Wrigley; no chocolate covered)
Smarties (brand only)
Spangler Candy Canes
Spangler Dum Dum Pops
Starbursts (brand only; all flavors)
Starbursts Jelly Beans
Surf Sweet Jelly Beans
Twizzlers (Twists, Filled, Pull n' Peel, Bites, Nibs)
Yummy Earth organic brand—all products

Crackers/Pretzels

Back to Nature Honey Graham Sticks
Frito Lay Rold Gold plain pretzels (rods, sticks, thins, and
tiny twists)
Keebler Club Original Crackers
Keebler Original Townhouse Crackers (plain only)
Keebler Scooby-Doo Graham Cracker Sticks (cinnamon)
Keebler Snack Sticks Original
Keebler Zesta Saltine Crackers
Nabisco Barnum's Animal Crackers (plain only)
Nabisco Honey Maid Grahams (Honey only)
Nabisco Ritz Crackers (plain only)
Shearer's Pretzel Rods (plain only)
Triscuit Original Crackers

Frozen Desserts

Fla-Vor-Ice brand Pops (all flavors)
GFS Brand Sno Cone Syrup (over chipped ice)
Rival Brand Sno Cone Syrup (over chipped ice)
The Original Brand Popsicles (Cherry/Grape/Orange)
Kona Ice Fruit First

Dips

Tostitos Brand All Natural Chunky Style Salsa
Wise Medium Salsa
Wise Mild Salsa

Chips/Popcorn

Frito's Original Corn Chips (Plain)
Lays Classic Potato Chips (Plain)
Moore's BBQ Flavored Potato Chips
Pringles Original Chips (Plain only any size can)
Sun Chips Original (no flavored; original only)
Shearer's classic Potato Chip (Plain only)
SkinnyPop Popcorn
Tostitos (Plain and Bite Size Rounds only)
Wise Barbequed Flavored Potato Chips

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA has established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

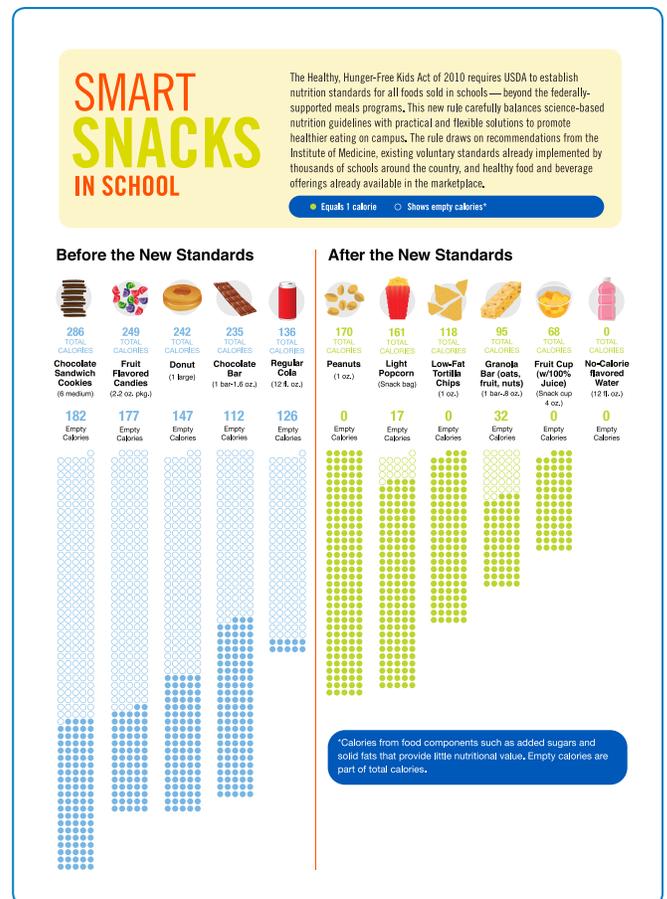
Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

- **Foods must also meet several nutrient requirements:**

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods



Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
 - No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

