

Food & Nutrition Services

SMART SNACKING FOR STUDENTS

A Guide to Healthier Options for School Snacks & Celebrations

Hampton City Schools Food & Nutrition Services (FNS) understands the importance of having nutritious food and beverage options available both inside and outside the cafeteria. For your convenience, each of our cafeterias provide Smart Snacks that have been pre-approved for purchase.

[PLEASE USE THIS LINK TO ACCESS THE SMART SNACK CALCULATOR FOR SNACKS NOT LISTED ON FORM.](#)

(Site listed on page 2)

Smart Snacks Offered by FNS:

- Doritos[®] Reduced Fat Whole Grain Rich, 1 oz.
 - 100% Juice, 6 oz.
- Switch[®] 100% Sparking Juice Beverage, 8 oz.
- Rice Krispies[®] Treats made with Whole Grain, 1.41 oz.
 - Quaker[®] Kid Snack Mix

Contact your school cafeteria manager for help with Smart Snacks for your child's classroom.

Nutrition Standards

All Smart Snacks must meet one of the following criteria:

- Whole grain rich
- First ingredient must be a fruit, vegetable, dairy, or protein (meat, beans, poultry)
- Food is a combination of at least 1/4 cup fruit and/or vegetable
- Food must meet the nutrient standards for calories, sodium, sugar and fats.

Additional Criteria for Smart Snacks:

- Calories: 200 or less
- Sodium: 200 mg
- Total Fat: 35% of calories or less
- Saturated Fat: Less than 10 % of calories
- No Trans fat
- Sugars: 35% by weight or less



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Commercial List of Approved Snack & Celebrations Items

Products conveniently found at local retail stores.

DAIRY/YOGURT

- Danimals[®] Yogurt Smoothies
- Dannon[®] Fruit on the bottom, 6 oz
- Dannon[®] Light & Fit Yogurt, 5.3 oz
- Oikos[®] Greek Non-fat Yogurt, 4 oz
- Oikos[®] Triple Zero, 5.3 oz



CRUNCHY SNACKS

- FIT[®] Real Butter Popcorn, 0.3 oz
- Pepperidge Farm[®] Whole Grain Goldfish
- Keebler[®] Honey Grahams
- Cheez-It[®] made with Whole Grain, 0.75 oz
- Rice Krispies[®] Treats made with Whole Grain, 1.41 oz
- Kashi[®] Chew Granola Bars
- KIND[®] Fruit + Nut Bars
- SunChips Multigrain Snacks



FRUITS AND VEGETABLES

Fresh fruits and vegetables are always encouraged and approved Smart Snacks

- Mott's[®] Healthy Harvest Applesauce, 3.9 oz serving
- Dole[®] Fruit Bowls in 100% Juice, 4 oz
- Del Monte[®] Fruit Naturals
- Welch's[®] Fruit Snacks, 2.25 oz
- Dole[®] Squeezable Fruit Pouch
- Sliced Apples & Carmel
- Baby Carrots & Hummus



BEVERAGES

All juice must be 6 oz. or less

- Apple & Eve[®] 100% Fruit Juice
- Dole[®] Plus Juice
- Mott's[®] Apple Juice
- Minute Maid[®] 100% Juice



For more information and to see if your snacks meets the new USDA guidelines by using the Smart Snacks calculator visit:

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

For any other questions or concerns:

Food & Nutrition Services

Phone: 757-727-2350

Website: Hampton.k12.va.us