

Smart

Snacks

FOR STUDENTS

Hampton City Schools Food and Nutrition Services (FNS) recognizes the importance of having nutritious food and beverage options available both inside and out of the cafeteria. Our cafeterias provide Smart Snacks for purchase that align with at least one of the following nutrition standards

✓ 1st ingredient **MUST** be a fruit, veggie, dairy or protein (meat, beans, poultry)

✓ Food is a combination of **AT LEAST** 1/4c fruit and/or veggie

✓ Whole grain rich (>50% whole grain)

✓ Food must meet the nutrient standards:

- Calories: 200 or less
- Sodium: 200mg or less
- Sugars: 35% by weight or less
- Fat : <35% of calories total, <10% saturated, NO trans fat

CELEBRATION FOODS

Parents and caregivers must follow these nutrition standards when contributing classroom snacks and celebration food. Doing so supports the health and well-being on our students and helps promote their academic success. **Here's a list of Smart Snack ideas available at most major retailers:**

- Yogurt smoothies
- Frozen yogurt tubes
- Popcorn
- Goldfish (whole grain)
- Fruit and nut bars
- SunChips
- Applesauce
- Tortilla chips & salsa
- 100% juice beverages
- Baby carrots & low-fat ranch
- Sliced apples & caramel
- Fruit cups in 100% juice
- Honey Grahams
- Rice Krispies (whole grain)
- Fresh fruit
- String cheese
- Cereal bars
- Fruit Muffins

NON-FOOD IDEAS

- Bubbles
- Stickers
- Temporary tattoos
- Silly straws
- Play-Doh
- Smelly pencils
- Squishy toys

IS YOUR SNACK A
"SMART SNACK"?
[CLICK HERE TO CHECK](#)
USING THE SMART
SNACK CALCULATOR



For any other questions or concerns, please contact
Food & Nutrition Services
Phone: 757-727-2350
Website: Hampton.k12.va.us