



A HEALTHY BODY LEADS TO A HEALTHY MIND

Smart Snacks lead to both!

As of school year 2014-2015, all snacks sold in schools must follow the **Smart Snacks** standards. All snacks sold to students must be made of 50% or more whole grains or have fruits, vegetables, dairy or protein as the first ingredient. Additionally, all snacks will have to be limited in calories, fat and sodium.

What Teachers Should Know About Smart Snacks

1. The Smart Snacks standards only apply to foods sold to students on the school campus during the school day.
2. Teacher's lounges and other school areas not accessible to students are exempt from the regulations and can continue to carry the same snacks and beverages.
3. Students can still have classroom parties that involve unregulated foods, as long as those foods are brought from home and are provided to students free of charge.
4. Students who bring lunch meals and snacks from home can continue to do so without limitations.
5. Students can purchase snacks at fundraisers that occur 30 minutes after the last meal service if the snacks meet the nutrition standards. Meat and grain entrées such as pizza or hot dogs are not allowed. The school board may grant a special exemption from the nutrition standards and entrée restriction for a fundraiser to occur up to five days per school year in elementary schools, ten days in middle/junior high and combination schools and 15 days in high schools.



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