

Cafeteria Connection

Connecting you to your child's school lunchroom



Smart Snacking FOR KIDS

Snacks are important for kids – they add nutrients between meals, satisfy hunger, and aid in concentration by keeping energy levels high. More than 25% of a kid's daily calories may come from snacks and most children consume more than half their daily calories at school, so it is important that schools like ours offer healthy choices. Smart Snacks in School helps us achieve that goal.

What are Smart Snacks in School?

They're a set of USDA nutrition standards to ensure students are offered the healthiest snack options in schools by eliminating junk food sales during the school day. Gone are the days of junk food and sugary drinks in school vending machines and cafeteria a la carte sales.

The good news is that our school nutrition team works hard to find and select options that are both healthy and tasty. Students will find many great tasting snacks that are lower in fat, sugar, and sodium and that provide important nutrients kids need to grow strong and healthy.



SNACK Strategies for Parents



When you're at home and the kids are hungry for a snack, what makes a great snack? Ones that are low in calories and nutrient-rich. When shopping for snacks, look for options from each food group. Use these tips to help select good options:

Fruits	<i>Choose fruits that are fresh, frozen, canned in 100% juice, or 100% fruit juice.</i>
Veggies	<i>Aim for a rainbow of colorful vegetables.</i>
Grains	<i>Consider whole grains for long-lasting energy. Look for the words "whole grain" when reading the ingredient list.</i>
Protein	<i>Select protein foods that are low-fat and keep portions small.</i>
Dairy	<i>Pick low-fat or fat-free (skim) dairy foods like cheese and yogurt.</i>