



# Let's Celebrate!

Middle and High Schools

## Smart Snacks for Healthy Kids

**Foods for celebrations in grades K-12 in Arizona need to meet the Federal Smart Snack standards.** Below are EXAMPLES of foods that generally meet Smart Snack standards. All snacks must be store-bought for food safety reasons.

### Fruit and Vegetables

Fresh fruit that students can peel, store-bought cut fruit or veggies, baby carrots, snow peas, unsweetened applesauce cups, fruits cups packed in their own juice, dried fruit or veggies without added sugar or oil, fruits crisps and fruit squeezes/pouches without added sugar, 100% frozen fruit bars/popsicles.

### Nuts / Seeds

Almonds, cashews, sunflower seeds, trail mix with no candy.

### Dairy Products

Low-fat yogurt cups/tubes, string cheese, milk— 1% or fat free.

### Chips / Crackers / Baked Goods (WG means whole grain)

Baked potato or tortilla chips, baked vegetable chips, corn nuts, WG rice crisps/cakes, 94% fat free popcorn, WG mini-bagels, WG crackers, low-fat WG graham crackers, bagel thins, certain breakfast/ granola bars and Chex mixes.

**Beverages:** 100% fruit or vegetable juice, water, flavored water with no artificial sweeteners or caffeine.

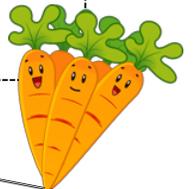
Not sure? Find out! Put information from the label into the Smart Snacks Product Calculator:

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



Start new traditions-- choose fun activities to celebrate! Instead of food, celebrations can include special privileges, school supplies, games and/or physical activities.

- Play a game-trivia related to topic of study.
- Bring in supplies for the class to do a special project.
- Have music in class.
- Take a walk around the school.
- Listen to stories, play games, special speaker related to study.
- No homework passes.
- Check out board games from the library or from home for class time-checkers/chess, trivia.
- Celebrate specific students by posting birthdays or accomplishments.



Parents: Please ALWAYS check with each teacher to avoid tests or activities that can't be interrupted. **Ask whether any students have a food allergy or other issue that may need to be considered.** Tell teachers what you plan to bring so it can be verified that the snack meets Smart Snack Standards. This avoids bringing a snack that can't be served.

**Federal standards for Smart Snacks:** The first ingredient on the label must be either a whole grain, a fruit, a vegetable, a dairy product (e.g. milk, yogurt, cheese) or a protein food (e.g. meats, beans, nuts, or eggs). In addition, Smart Snacks have: 200 calories or less per serving. Less than 200 mg of sodium. Less than 35% of calories from fat. 0 grams trans fat. Less than 10% of calories from saturated fat. Less than 35% sugar by weight (low sugar).

