

SNACK POLICY

OUR VISION

Our school promotes healthy snacks and beverages to foster a beneficial learning environment. Our goal is to help students develop healthy eating habits by lowering the fat, cholesterol, sugar and sodium content of the snack items we offer.

OUR POLICY


Our school lunch program offers a full, healthy lunch during the school day at no cost. Students who choose to bring their own snacks or beverages must pack single-serve items that are low in sodium, fat and added sugar. All packed snacks and beverages must meet the requirements of our healthy snack policy. See a list of approved snacks and beverages, below.

If a snack or beverage does not meet our policy requirements, our school will do the following:

- _ Provide an alternative snack or beverage
- _ Call home to discuss healthy snack options
- _ Other: _____


PERMITTED SNACKS AND BEVERAGES

These snacks and beverages provide nutrients for the growing bodies and brains of our students:



HEALTHY SNACK OPTIONS

- Fresh fruit
- Granola bars or granola without chocolate
- Pretzels
- Baked potato chips
- Plain graham crackers
- Trail mix without chocolate
- Rice crackers
- Fresh vegetables
- Hummus
- Whole wheat crackers
- Applesauce
- Dried fruit
- Cheese
- Yogurt without fruit toppings



HEALTHY BEVERAGE OPTIONS

- Low-fat or skim (fat-free) milk
- Water (with fruit slices added for flavor)
- Seltzer water
- 100% fruit juice
- Unsweetened almond or soy milk

For more options, view the New York City Department of Education's (NYC DOE) [Competitive Snack and Beverage Standards](#). Note there are some food items on the DOE's list that we do not allow (for example, chips and chocolate).

To learn more about the NYC DOE's SchoolFood program, call 877-363-6325.

For any questions about this snack policy, please contact _____.

SNACK POLICY

PROHIBITED SNACKS AND BEVERAGES

These foods are loaded with added sugar, salt and fat. They do not provide the nutrients or energy that help students perform their best in school.



PROHIBITED SNACK ITEMS

- Items with fructose, maltose, sucrose or sugar listed as one of the first ingredients¹
- Juices with added sugars or high fructose corn syrup
- Fried food (e.g., McDonald's, KFC, etc.)
- Chips (e.g., potato chips)
- Fruit snacks with high fructose corn syrup
- Cookies, cakes, and other pastries
- Items made with chocolate
- Chewing gum



PROHIBITED BEVERAGES

- Gatorade
- Soda (including ginger ale)
- Sweet teas
- Energy drinks
- Hot chocolate
- Water ices

¹ Ingredients on food labels are usually listed in order of quantity.

FOOD AND BEVERAGES SOLD IN SCHOOL

All food and beverage items sold during the school day must meet one of these criteria:

- Be a “whole-grain-rich” product;
- Have a fruit, vegetable, dairy product or protein listed as the first ingredient;
- Be a combination of foods that contains at least 1/4 cup of a fruit or vegetable;
- Or contain at least 10% of the Daily Value (DV) of one of the “nutrients of public health concern” listed in the [2010 Dietary Guidelines for Americans](#), which includes potassium, dietary fiber, vitamin D or calcium²

² Per the U.S. Department of Agriculture (USDA), as of July 1, 2016, foods may not qualify using the 10% DV criteria.

* Per the USDA, as of July 1, 2016, all snack items must contain less than 200 mg of sodium per serving.

Students can sell any “approved” food items (included in the NYC DOE’s list) at any time during the day as long as the sale of the approved items occurs outside of the school cafeteria. Items in school vending machines must follow the NYC DOE’s [Wellness Policy](#). For middle schools, low-calorie drinks that do not exceed 10 calories per every 8 fluid ounces are permitted. No caffeinated beverages are allowed.

Examples of snacks previously allowed in many schools:³



- **Chocolate-covered ice cream bars** (280 calories per serving)
- **Fruit-flavored candies** (250 calories per serving)
- **Cranberry juice cocktail** (205 calories per serving)

Examples of snacks allowed under updated nutrition standards:³



- **Baked potato chips** (113 calories per serving)
- **Low-fat milk** (102 calories per serving)
- **Apples** (77 calories per serving)

³ Information provided by the Pew Charitable Trusts (2016).