

# Smart Foods

Since The Healthy, Hunger-Free Kids Act of 2010, foods served in our food-based SBEs have changed. It's important to stay in compliance so your doors can stay open. We've found students' favorite compliant foods, as well as great tools when checking if item is within guidelines.

Even if you aren't planning to add any new items, it's always good to check periodically that your current items are still in compliance. You never know when a manufacturer may adjust the ingredients.

## Tools

### #1 Smart Snacks Calculator

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

Alliance For A Healthier Generation has created a smart snack calculator, that allows you to answer a few questions using information from your product's nutrition label and find out if it's compliant. Each option also has an information bubble allowing you to get more details on which is the correct fit for your product.

### #2 OSPI Smart Snack Reference Sheet

<https://ospi.k12.wa.us/sites/default/files/public/childnutrition/smartsnacksreferencechart.pdf>

Washington Office of the Superintendent of Public Instruction (OSPI) has a great reference sheet to find the basic requirements of foods sold in schools. The resource features follow-through tables to see if your item does or doesn't meet standards, as well as lists of items that are exempt.

### #3 A Guide to Smart Snacks in Schools (USDA)

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

Published in May 2022, the United States Department of Agriculture has a great resource for your introduction to what smart snacks are and what the basic requirements are when deciding if an item is allowed in your school.



# Smart Foods (Continued)

## Foods

### #1 Frozen Yogurt

Do you like FroYo? What if I told you there was Frozen Yogurt that was a smart snack complaint! Many frozen yogurt companies sell smart snack compliant mixes in flavors such as vanilla, chocolate, strawberry, cookies 'n' cream, and cake batter.

Frozen yogurt is a fun and exciting product that can elevate your SBE, and bring in more customers. You can also customize your yogurt with regular toppings, or offer school-themed toppings, like football candies before a big game, a local fruit popular in your area, or fun blue items for DECA!

### #2 Baked Whole Grain Flamin' Hot Cheetos

PepsiCo offers a wide variety of smart snack complaint options, including baked whole grain versions of Flamin Hot Cheetos. With 50% less fat, and 51% or more whole grains, there are tons of great snack choices that will get customers lining up at your door. PepsiCo also offers variations of Doritos, Fritos, Pretzels, Popcorn, and more within guidelines.

### #3 Sugar-Free Redbull

Regular Redbull has too many calories, as do many caffeinated drinks. Finding sugar-free options lowers the calories and can help you find alternatives to sell. Having a supply of caffeinated drinks along with non-caffeinated drinks can be a great mix. You'll be able to help students who stay up late finishing an essay or are just looking for some extra energy for the day, and they may become recurrent customers. Another low-calorie compliant drink includes "Sparkling Ice + Caffeine", with zero sugar as well as featuring vitamins and antioxidants!