

USDA School Snack Guide for Parents and Teachers
2017-2018 School Year

The face of school snacks is changing. With the new USDA regulations (<http://www.fns.usda.gov>) healthful foods are replacing cookies and candy as the snacks available to students. School snacks now must conform to the USDA guidelines, which include calorie limits, sugar caps and nutrient requirements. These guidelines do not apply to off-site fundraisers or events that take place during non-school hours. However, we encourage everyone to follow these guidelines.

The Hamilton R-II School District is recommending the following:

- 1) Send snacks that are rich in whole grains
- 2) Contain at least a quarter cup of fruit and/or vegetables
- 3) Have a fruit, vegetable, protein food, or dairy product as the first ingredient
- 4) Contain 10% or more of the percent daily value of potassium, dietary fiber or vitamin D.

Snack Inspiration: Homemade Options:

- 1) Grapes, apples, tangerines, bananas and pears are the perfect portable fresh fruit.
- 2) Frozen grapes are great for hot days.
- 3) Bags which combine fresh fruit and vegetables in individual servings
- 4) Sliced vegetables with spicy bean salsa
- 5) Popcorn trail bags-Sweet and salty come together when you mix unflavored popcorn with dry roasted peanuts and a handful of raisins.
- 6) Sliced vegetables with a flavorful low fat dip.
- 7) Fruit parfaits .
- 8) Low-fat whole grain crackers and whole grain pretzels
- 9) Baked tortilla chips with guacamole dip
- 10) Baked potato chips or Pita chips
- 11) Prepared veggie and fruit trays
- 12) Low fat yogurt
- 13) Boxed raisins
- 14) Whole grain fig cookies like Fig Newtons



For more ideas and details on healthy snacks please visit
<https://foodandhealth.com/usda-snack-foods-schools/>
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