

ATTACHMENT A

Nutrition Standards for Foods

*A Guide to Smart Snacks in School**

- **Any food sold in schools must:**
 - Be a grain product that contains 50 percent or more whole grains by weight (have whole grain as the first ingredient) or:
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
 - The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

Smart Snacks Standards Exemptions

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the information below for examples of these exemptions. For additional information, refer to the Smart Snacks Summary Chart at http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf.

Food	Smart Snacks Standards Exemptions
<ul style="list-style-type: none"> ● Fresh and frozen fruits and vegetables, with no added ingredients ● Canned fruits packed in 100% juice or light syrup, with no added ingredients except water ● Canned vegetables (no salt added/low sodium), with no added fats 	Exempt from all nutrient standards
<ul style="list-style-type: none"> ● Reduced-fat cheese (including part-skim mozzarella) ● Nuts, seeds, or nut/seed butters ● Apples with reduced-fat cheese** ● Celery with peanut butter (and unsweetened raisins)** ● Whole eggs with no added fat 	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
<ul style="list-style-type: none"> ● Seafood with no added fat (e.g., canned tuna packed in water) 	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
<ul style="list-style-type: none"> ● Dried fruits with no added sugars ● Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats 	Exempt from the sugar standards, but must meet all other nutrient standards
<ul style="list-style-type: none"> ○ Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats 	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

Smart Snacks Standards for Beverages

- **All schools may sell**
 - Plain water (with or without carbonation)
 - Unflavored low-fat, unflavored fat-free, or flavored fat-free milk
 - Milk alternatives as permitted by the National School Lunch Program/School Breakfast Program
 - 100% fruit or vegetable juice, with or without carbonation
 - 100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

*The above *Nutrition Standards* are criteria for sales/service of a la cart and/or vended items from the *Alliance for a Healthier Generation*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that may make schools ineligible to meet the criteria for the *Healthier US Schools Challenge*.

**Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

ATTACHMENT B

Non-Food Celebration and Reward Ideas

Choose a Prize

- Pencils or erasers
- Stickers
- Books
- Enter a drawing for a raffle or bigger prize
- Earn tokens or points towards a prize

Get Moving

- Lead a special physical activity break
- Host a special event such as a dance or kite-flying party
- Provide extra recess or PE time
- Turn on the music and let students dance for a few minutes
- Have a themed parade around your school
- Give students the opportunity to lead an activity

Shake up Your Routine

- Let a student choose a special activity or be a teacher's helper
- Allow student to select a special book or invite a guest to read aloud
- Go on a scavenger hunt
- Host a special dress day where students can wear hats or pajamas
- Provide a few extra minutes of free time
- Let the student go first for an activity
- Give a "no homework" pass

Show Recognition

- Give a certificate or ribbon
- Post a sign in the classroom or on a prominent bulletin board
- Give a shout-out in the morning announcements
- For birthdays, allow child to wear a crown or special sash
- Call or send a letter home to a parent

ATTACHMENT C

Healthy Snack and Beverages Ideas for School Functions*

The Alliance for a Healthier Generation provides a list on their website of approved snacks as well as a Smart Snacks Calculator. Please use these tools for reference if you have questions.

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

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

Beverages

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Silly water—add fruit and herbs to plain water for fruit-infused blend

Fruits & Veggies

- Fresh fruit—trays, salads, or kabobs
- Fresh vegetables—trays, salads, or kabobs
- Canned fruit or fruit cups (in water, 100% fruit juice, or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar

Whole Grains

- Whole grain crackers, pretzels or cereal bars
- Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Baked chips (small portions)

Proteins

- Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Nut or seed butter and jelly sandwiches on whole grain bread
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Bean quesadillas or burritos made with whole grain tortillas with salsa

*Check ingredient statements and nutrition information to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.

ATTACHMENT D

Creative Fundraising Ideas

Get Kids Moving

- Host a walk-, run-, bike-, dance-, skate-a-thon or a 5k color run
- Organize a Zumba, dance or yoga night
- Visit an ice skating rink
- Hold a jump rope or hula hoop competition
- Create a team sports tournament for youth and their families
- Hold a field day at school and encourage youth and families to form teams and compete

Spark Creativity

- Host a talent show
- Hold a yard sale or auction where youth, staff and parents donate items
- Ask a local business to donate:
 - A portion of sales of health menu items
 - Products or services to auction
 - Event tickets to raffle
- Sell school-branded promotional items such as t-shirts or water bottles
- Organize a student art or craft fair
- Hold a coin drive competition between classrooms

Support Healthy Eating

- Hold a “Taste of Your Town” event and invite local chefs to donate healthy dishes
- Sell cookbooks with healthy recipes donated from parents, students and staff
- Host a healthy cooking class and ask a local chef to donate his/her time
- Create a healthy family night and invite parents to attend and enjoy a healthy meal with their children and school or program staff
- Hold a healthy cooking competition and ask local grocery stores to donate food to keep costs down

ATTACHMENT E

Alternative Ways to Discipline Students

- Take away student's favorite activity outside during recess. Examples are:
 - No balls
 - No swings
 - No slides
- Have student walk around the perimeter of playground during recess. If student is non-cooperative, staff should walk with student, when available.
- If recess is inside, have student walk laps around the gym
- Dismiss student last from lunchroom for recess
- Have student sit at a table by him/herself in the cafeteria while eating