

Healthy Concessions and Vending

Wellness Policy and Guidelines: Strive to have all food items available for sale at a school or on school grounds to meet the Smart Snacks nutrition standards (listed below) established by the United States Department of Agriculture.

During the school day, Smart Snack criteria must be followed. However, strive to have all food items available on the school campus, including non-school hours and weekends, to follow this guideline:

- Not more than thirty-five percent (35%) of their total calories are from fat.
- Not more than ten percent (10%) of their total calories are from saturated and trans-fat.
- Not more than thirty-five percent (35%) of their weight is from sugars.
- A serving of a snack food that has not more than: two hundred (200) calories; and two hundred (200) milligrams sodium.
- A serving of an entree food that has not more than three hundred fifty (350) calories and four hundred eighty (480) milligrams of sodium.

Smart Snack in the School Nutrition calculator is available at the following website:

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

Popcorn oil: Low saturated fat, as well as no trans-fat oils should be used.



Healthy concession/vending food suggestions – single portion sizes:

- Granola bars without trans-fats (partially hydrogenated oils) Recommended brands: Kashi, Nature Valley, (2 ounce)
- Packaged nuts: almonds, cashews, peanuts, walnuts, etc. (1.25 ounce)
- Cliff bars (2 ounce)
- Sunflower seeds or pumpkin seeds (1.25 ounces)
- Oatmeal raisin cookies, Fig newton's, Animal Crackers (1.5 ounces)
- Fruit, fresh or canned in own juice: apples, bananas, pears, grapes, oranges, strawberries, etc.
- Bananas, frozen
- Raisins (1/4 cup = 84 calories)
- Applesauce
- Fruit and yogurt parfait
- Vegetables, fresh in mini trays with 2 tbsp. low-fat ranch dip
- Celery or Carrot sticks with 1 tbsp. of peanut butter (natural best choice peanut butter)
- Trail mix (1.25 ounces)
- Bagel (mini 3 ounce) with 1 tsp. of jam
- Pretzels without trans-fats. (1.25 ounce) Recommend Snyder's
- Chips: baked or kettle krisps (1.25 ounce single portion size)
- Yogurt, fat-free vanilla (1/2 cup)
- Yogurt, frozen fat-free (1/2 cup)
- Rice Krispy Treats (37 g/150 calories)
- String cheese, mozzarella or cheddar fat-free (1 ounce)
- Pudding, fat-free (4 ounces or less)
- Soft pretzels with mustard (3 ounce pretzel)

- Popcorn (1.25 ounce)
- Grilled cheese sandwich on whole wheat bread and fat-free cheese
- Soup
- Turkey sub or wrap on whole-grain bread or whole-grain tortilla
- Peanut butter (natural is best choice - 0 trans-fats) and jelly sandwich on whole wheat bread
- Turkey hot dog on whole wheat bun
- Graham cracker
- Goldfish crackers
- Cheez-it crackers

Healthy beverage suggestions:

- Plain, unflavored, noncarbonated water;
- Milk – fat free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 140 calories/8 ounces
- 100% juice with no added sweeteners
- 100% vegetable juice with no added sweeteners
- Hot apple cider
- Beverages that are caffeine free, with the exception of trace amounts of naturally occurring caffeine-related substances.

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