A Healthy Body Leads to a Healthy Mind

Smart Snacks lead to both!

Have you heard? As of school year 2014-2015, all snacks sold to students must be made of 50% whole grains or have fruits, vegetables, dairy or protein as the first ingredient. Additionally, all snacks will have to be limited in calories, fat and sodium.

The standards call for all beverages sold in schools to be healthy, too. All schools can sell water, milk and 100% juice. High schools can sell calorie-free and low-calorie beverages.

Smart Snacks standards only apply to foods sold to students on the school campus during the school day.

The standards will not require changes in lunch meals brought from home.

You will still be able to send your child to school with treats for special events. As long as the food brought from home is not sold to other students, it is not restricted by the regulations.

Students can purchase snacks at fundraisers that occur 30 minutes after the last meal service if the snacks meet the nutrition standards. Meat and grain entrées such as pizza or hot dogs are not allowed. The school board may grant a special exemption from the nutrition standards and entrée restriction for a fundraiser to occur up to five days per school year in elementary schools, ten days in middle/junior high and combination schools and 15 days in high schools.

Contact your school for more information.

This institution is an equal opportunity provider.

Florida Department of Agriculture and Consumer Services