

Smart

Snacks

FOR STUDENTS

Hampton City Schools Food and Nutrition Services (FNS) recognizes the importance of having nutritious food and beverage options available both inside and out of the cafeteria. Our cafeterias provide Smart Snacks for purchase that align with at least one of the following nutrition standards

✓ 1st ingredient **MUST** be a fruit, veggie, dairy or protein (meat, beans, poultry)

✓ Food is a combination of **AT LEAST** 1/4c fruit and/or veggie

✓ Whole grain rich (>50% whole grain)

✓ Food must meet the nutrient standards:

- Calories: 200 or less
- Sodium: 200mg or less
- Sugars: 35% by weight or less
- Fat : <35% of calories total, <10% saturated, **NO** trans fat

CELEBRATION FOODS

We encourage parents and caregivers to also follow these nutrition standards when contributing classroom snacks and celebration foods. Doing so helps promote the health and well-being of our children and their academic success!

Here's a list of Smart Snack ideas available at most major retailers:

- Yogurt smoothies
- Baby carrots & low-fat ranch
- Frozen yogurt tubes
- Sliced apples & caramel
- Popcorn
- Fruit cups in 100% juice
- Goldfish (whole grain)
- Honey Grahams
- Fruit and nut bars
- Rice Krispies (whole grain)
- SunChips
- Fresh fruit
- Applesauce
- String cheese
- Tortilla chips & salsa
- Cereal bars
- 100% juice beverages
- Fruit Muffins

NON-FOOD IDEAS

- Bubbles
- Stickers
- Temporary tattoos
- Silly straws
- Play-Doh
- Smelly pencils
- Squishy toys

IS YOUR SNACK A
"SMART SNACK"?
[CLICK HERE TO CHECK](#)
USING THE SMART
SNACK CALCULATOR



For any other questions or concerns, please contact
Food & Nutrition Services
Phone: 757-727-2350
Website: Hampton.k12.va.us