



# Let's Celebrate!

Elementary Schools

## Smart Snacks for Healthy Kids

**Foods for celebrations in grades K-8 in Arizona need to meet the Federal Smart Snack standards.** Below are EXAMPLES of foods that generally meet Smart Snack standards. All snacks must be store-bought for food safety reasons.

### Fruit and Vegetables

Fresh fruit that students can peel, store-bought cut fruit or veggies, baby carrots, snow peas, unsweetened applesauce cups, fruits cups packed in their own juice, dried fruit or veggies without added sugar or oil, fruits crisps and fruit squeezes/ pouches without added sugar, 100% frozen fruit bars/popsicles.

### Nuts / Seeds

Almonds, cashews, sunflower seeds, trail mix with no candy.

### Dairy Products

Low-fat yogurt cups/tubes, string cheese, milk— 1% or fat free.

### Chips / Crackers / Baked Goods (WG means whole grain)

Baked potato or tortilla chips, baked vegetable chips, corn nuts, WG rice crisps/cakes, 94% fat free popcorn, WG mini-bagels, WG crackers, low-fat WG graham crackers, bagel thins, certain breakfast/ granola bars and Chex mixes.

**Beverages:** 100% fruit or vegetable juice, water, flavored water with no artificial sweeteners or caffeine.

Not sure? Find out! Put information from the label into the Smart Snacks Product Calculator:

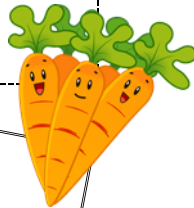
<https://foodplanner.healthiergeneration.org/calculator>



Start new traditions-- choose fun activities to celebrate!

Instead of food, celebrations can include special privileges, songs, games and/or physical activities.

- Play an indoor game of the student's choice.
- Bring in supplies for the class to do a special craft project.
- Have music for a dance party.
- Take an I-Spy walk around the school with the teacher, class and parents.
- Read part of a student's favorite book to the class then donate it to the library with the child's name written inside.
- Make goodie bags for each classmate filled with little items. (Examples: a pencil, stickers, or other small trinkets.)



Please ALWAYS check with your child's teacher to avoid tests or activities that can't be interrupted. **Ask whether any students have a food allergy or other issue that may need to be considered.** Tell the teacher what you plan to bring so it can be verified that the snack meets Smart Snack Standards. This avoids bringing a snack that can't be served.

**Federal standards for Smart Snacks: The first ingredient on the label must be either a whole grain, a fruit, a vegetable, a dairy product (e.g. milk, yogurt, cheese) or a protein food (e.g. meats, beans, nuts, or eggs).** In addition, Smart Snacks have: 200 calories or less per serving. Less than 200 mg of sodium. Less than 35% of calories from fat. 0 grams trans fat. Less than 10% of calories from saturated fat. Less than 35% sugar by weight (low sugar).

