



## HOOVER CITY SCHOOLS- HEALTHY SNACK STANDARDS

The Alabama State Board of Education along with Hoover City Schools wants to provide your child with the nutrition they need to support a healthy learning environment. Listed below are some healthy snack suggestions that are consistent with our district-wide wellness policy as mandated by the USDA. (*Section 204 of the Public Law 108-265, the Child Nutrition Reauthorization Act of 2004 and by the Healthy, Hunger-Free Kids Act of 2010*).

Fresh fruit	Pretzels	Low-Fat Yogurt
Hard-boiled Egg Slices	Baked Chips	Baked Tortilla Chips & Salsa
String Cheese	Nutri-Grain Bars	$\frac{1}{2}$ Sandwich
Celery or Carrot Sticks	Animal Crackers	Whole-Grain Cheez-its
Turkey or Ham Roll-ups	Nuts	Graham Crackers
Goldfish Crackers	Dried/Canned Fruit	Snack-Size Lite Popcorn
Low-fat Cheese & Crackers	Hummus & Pita Bread	Reduced Sugar Granola Bars
100-Calorie Packs	Rice Cakes	Sunflower Seeds

### Some Special Occasion Treat Suggestions:

All the items we sell in the cafeteria are 'Smart Snack' approved. Parents will often purchase treats for their child's birthday celebration through our CNP Department during lunch service. This often consists of low-fat ice-cream and/or baked chips.

### What NOT to bring for a Snack/Celebration

Please do not send candy, cake, cookies, soda, donuts, cupcakes or regular chips for snack. These are foods of minimal nutritional value (FMNV) and can have a negative influence on children's health and behavior. Effective, July 1<sup>st</sup>, 2014, every snack that you bring in for your child must meet the 'Smart Snacks' criteria. See link for product calculator in the Resource section below to help determine if your snack is approved. Feel free to call the CNP Department at 205-439-1062 if you have any questions.

All food and beverages sold to students outside of the CNP reimbursable meal during school hours, including fundraisers, must meet 'Smart Snacks.' Afternoon snacks served in Extended Day are purchased from the CNP Department and are also 'Smart Snack' approved.

### Resources:

Alliance for a Healthier Generation: <https://schools.healthiergeneration.org/>

Alabama Healthy Snacks Standards: <http://cnp.alsde.edu/NutritionPolicy/AlaHealthySnackStandards.pdf>

Smart Snacks Product Calculator: <https://foodplanner.healthiergeneration.org/calculator/>

Focusing on Smart Snacks: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>