

# Smart Solutions for Schools

Child Nutrition Services Smart Snacks



## CHILD NUTRITION SERVICES

1551 Rock Quarry Road  
Raleigh, NC 27610  
919.856.2918



**WAKE COUNTY**  
PUBLIC SCHOOL SYSTEM

## Healthy Options for School Events

◆ Smart Snacks Compliant ◆

### 2019-2020 Smart Solutions Item & Price List

Snacks	Price
Cheese, Mozzarella (String) Stick	\$ .40
Cookie, Iced Sugar (whole grain), SOLD BY THE DOZEN	\$10.00
Crackers, Pepperidge Farms Cheddar Goldfish (whole grain)	\$ .40
Crackers, Keebler Graham Bug Bites (whole grain)	\$ .40
Crackers, Shaped Grahams – Movie Theme: “Frozen” (whole grain)	\$ .40
Cupcake, “Celebration” Frosted Chocolate (whole grain)	\$ .75
Cupcake, “Birthday” Frosted Vanilla (whole grain)	\$ .75
Fruit Bar, Nutri-Grain, variety of flavors (whole grain)	\$ .60
Fresh Fruit in Season (1/2 cup)	\$ .60
Fresh Vegetable in Season (Ranch dressing available upon request)	\$ .60
Fruit/Vegetable – Specialty Items	\$ 1.00
Ice Cream - Novelty	\$ .65
Ice Cream - Premium	\$ 1.00
Muffin, Fruited	\$ .75
Popcorn, Frito Lay Smartfood White Cheddar (whole grain)	\$ .50
Pretzels, Low Sodium (whole grain)	\$ .50
Rice Krispies Marshmallow Treat (whole grain) Traditional or Choc.	\$ .65
Sunflower Kernels	\$ .45
Jennie-O Turkey Stick, Lightly Flavored Sweet BBQ	\$ .90
Yogurt, variety of flavors	\$ .45
Wafer, Grandma’s Mini Blueberry Vanilla Bites	\$ .45
Beverages	Price
Water, Plain, 12 oz. bottle	\$ .65
Juice, Tropicana or Dole - available upon request	

Contact the School Café Manager for Information

# How to Order *Smart* Solutions Food & Beverages

- **Contact the school Café Manager to Place an Order**
  - Choose item(s) from our standard selections on our Smart Solutions Item & Price List or inquire about other options
  - Discuss ordering and payment details
  - Place your order
- **Contact the CNS Central Office for Additional Information**  
919-856-2918

◆ CNS also offers full catering service ◆



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# Why Consider *Smart* Solutions?

- **Assurance:** Products meet Smart Snacks nutrition standards
- **Convenience:** Items can be ordered from the school café (a commercial kitchen) at a slightly discounted price
- **Tested:** Snacks students enjoy
- **Specialties:** Items formulated for CNS that are not available in retail

Great for group events and celebrations !

# Why Smart Snacks Matter

- **Calories from Snacks**

More than a quarter of kids' daily calories may come from snacks

- **Healthy Eating – Better Academic Performance**

Kids who have healthy eating patterns are more likely to perform better academically

- **School Day Foods**

Kids consume more healthy foods and beverages during the school day

- **Easy, Healthy Choice**

When they are Smart Snacks, the healthy choice is the easy choice

- **Compliance**

Federal regulation and WCPSS Policy require smart snacks

# Smart Snacks Nutrition Standards

- Federally legislated, adopted in WCPSS Wellness Policy
- Specifies nutrient, ingredient, and portion size requirements for foods and beverages
- Encompasses items “sold” and “provided” on campus  
(learning programs, celebrations, and in-school events)
- Applies to all areas accessible to students
- During the school day  
(defined as midnight through 30 minutes after the dismissal bell)
- WCPSS Policy: foods must be commercially prepared

# Beverage Requirements

## Approved for all schools:

- Plain water with or without carbonation
- Unflavored low fat milk
- Unflavored or flavored fat free milk/milk alternatives permitted by NSLP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners



## Elementary schools: up to 8-ounce portions of milk and juice

## Middle schools: up to 12-ounce portions of milk and juice with no portion size limit for plain water

## High schools:

- Up to 12-ounce portions of milk and juice
- No portion size limit for plain water
- Additional no calorie and lower calorie options permitted.
  - "NO CALORIE" – No more than 20-ounce portions of:
    - Calorie-free flavored water with or without carbonation; and
    - Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces; or ≤ 10 calories per 20 fluid ounces
  - "LOWER CALORIE" – No more than 12-ounce portions of beverages with ≤ 40 calories per 8 ounces; or ≤ 60 calories per 12 fluid ounces.



Beverages and foods must be analyzed to assess compliance.

# Food Requirements



## Ingredient requirement:

- Be “whole grain-rich”; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Nutrition Facts		
Serving Size 1 bar (40g)		
Servings Per Container 3		
Amount Per Serving	Honey Nut Cheerios	Cereal Total Grs
<b>Calories</b>	160	
Calories from Fat	35	
	%DV*	
<b>Total Fat</b>	4g	6%
Saturated Fat	2g	4%

## Nutrient requirements:

- Calories  $\leq$  200
- Sodium  $\leq$  200 mg
- Total fat  $\leq$  35% of calories
- Saturated fat  $<$  10% of calories
- Trans fat zero grams
- Sugar  $\leq$  35% of weight from total sugars in foods

Accompaniments such as dressings, spreads, etc... that are served with foods must be included.

Foods may be complex to analyze. Labels on “combination foods” do not necessarily indicate the amount of creditable fruit or vegetable. The only way to demonstrate compliance may be to obtain written documentation from a manufacturer.

# Resources



- Smart Snacks Calculator  
<https://foodplanner.healthiergeneration.org/calculator/>
- USDA's Guide to Smart Snacks in Schools  
<https://www.fns.usda.gov/tn/guide-smart-snacks-schools>
- USDA's Tools for Schools: Focusing on Smart Snacks  
<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>



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mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

fax: (202) 690-7442; or

email: [program.intake@usad.gov](mailto:program.intake@usad.gov)

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