



RIVER VALLEY SCHOOL DISTRICT

660 West Daley Street

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Spring Green, Wisconsin 53588

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Phone: 608-588-2551

763 – Exhibit 2

Healthy Snacks

Daily snacks served during the school day, or in after school care or school enrichment programs will make a positive contribution to children's diets and health.

Healthy snacks provide energy and help to meet a child's daily nutrition requirement and provide children with nutrients to support growth and learning.

Snacks:

- Limit snacks to whole grains, fruits, vegetables and low fat or non-fat dairy products
- Provide snacks that fulfill part of the daily recommendations from the My Pyramid food groups
- Schedule regular snack times and avoid serving within one hour before school lunch
- Limit portion sizes to single servings

Beverages:

- Water, 100% fruit juice and low fat or fat-free milk will be the only beverages served

All snacks/ beverages will adhere to guidelines established by the Alliance for a Healthier Generation:

- ≤ 35-10-35 (% total fat, % saturated fat, sugar by weight)
- No trans fat
- ≤ 230 mg sodium
- ≤ 100 calories OR
- If food meets (positive) nutrient criteria
 - Positive nutrients: 2 grams fiber; or 5 grams protein; or 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium or iron; or ½ serving (1/4 cup) of fruit or vegetable
- ≤ 150 calories elementary schools
- ≤ 180 calories middle schools
- ≤ 200 calories high schools
- Non-fat or low fat dairy

Exceptions:

- Fat
- Nuts, nut butters and seeds (no limits for total fat or saturated fat)
 - Trail Mix (exempt from total fat and include only dried fruit without added sweeteners and nuts and/or seeds)
 - Reduced fat cheese (up to 1.5 oz)

Sodium

- Low fat or non-fat dairy can have up to 480 mg of sodium.

*There are no calorie or portion limits on fresh fruits and vegetables.

Use the Healthy Schools Product Calculator to determine if a snack food meets the Alliance's Guidelines for Competitive Foods:

http://www.healthiergeneration.org/schools.aspx?id=576&ekmense=1ef02451_10_108_btnlink

Resources:

My Pyramid: www.mypyramid.gov

Alliance for a Healthier Generation: <http://www.healthiergeneration.org/>

Competitive Food Guidelines from the Alliance for a Healthier Generation: <http://www.healthiergeneration.org/schools.aspx?id=128>

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