From the KPS Kitchen:
Smart Snacks in School are Here!

What are Smart Snacks?

This past summer, the USDA published practical, science-based nutrition standards for all foods and beverages sold to students during the school day (outside of the school meals programs). These nutrition standards are called Smart Snacks in School. Smart Snacks will put all foods and beverages sold to students across campus on a level playing field. The standards will make healthier foods and beverages available to students while limiting junk food.

What does everyone need to know?

- Smart Snacks will apply to all foods and beverages **sold** to students outside of the school meals programs - including vending machines, a la carte, school stores, snack carts, concessions and fundraising.

- Smart Snacks will be in effect all school day (midnight before to 30 minutes after the end of the school day or 3:30pm) across the whole school campus.

- Fundraising will be affected! Foods and beverages sold to students **as fundraisers (Girl Scout Cookies, Krispie Kremes, Cookie Dough, etc.) during the school day** will have to meet the Smart Snacks guidelines. Basically, these items cannot be sold on school grounds between the hours of 12:00am and 3:30pm Monday thru Friday.

  - Non-food fundraisers or fundraisers that include only foods and beverages that meet the standards are **not** limited in any way!

- Smart Snacks will **not** apply to foods served and not sold, such as classroom celebrations and during evening, weekend or community events.

- Smart Snacks went into effect **this past summer**!

What do the changes look like?

Cookies, candy, chips, donuts and soda have been replaced with items like nuts or seeds, popcorn, baked chips, fruit cups and plain water. Would you like to be part of the change process? We know that listening to what our students think and bringing in healthier foods and beverages that our students prefer will help make our efforts successful. If you have any questions, please contact Christine Luce, Food Service Director at 231-258-4630.

Successfully embracing and making change starts with all of us!