



## PACKAGED SNACK EXAMPLES:

100 calorie packs (*low-fat, whole grain crackers and whole grain pretzels*)

Baked tortilla chips with 100 calorie guacamole pack

Baked whole grain pita chips

Baked potato chips

Pita pockets filled with veggies and nonfat Italian dressing

Prepared veggie and fruit trays with low-fat dips

Sugar-free pudding cups

Light, low-fat yogurt in cups and squeeze tubes

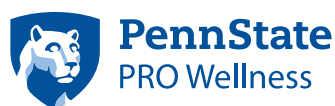
Whole grain cereals (*shredded wheat, oatmeal "O's", and Chex*)

Boxed raisins and dried fruits

Brown rice cakes with nut butter and fruit

Whole grain fig cookies (*Fig Newtons*)

Fruit cups and individual fruit serving cans packed in juice



# AFTER SCHOOL SNACK CART

Making the healthy choice the simple choice for students and staff just got easier! The after school snack cart provides healthful and fresh snack options for students and brings income and service opportunities to your schools.

### What your snack cart includes:

**Rolling cart      Insulated food bags      Fruit bowls**

Before you kick-off the snack cart, consider:

- **Who will run it?** Ask high school student councils, leadership committees, classes or wellness council members to manage the cart as a part of required service hours or extra credit.
- **When to serve?** Allow students to access the cart between the end of the school day and after school activities.
- **Where to locate?** The cart should be located in a central area including the hallway, cafeteria, central classroom, or school lobby.
- **What to serve?** Provide only Smart Snacks approved foods such as fruit, baked chips, nuts or yogurt. Work with your food service department to ensure that snacks sold to students meet the guidelines.
- **How to use the profits?** Consider using the snack cart as a way to give back to your school wellness council, food service department, sports team(s), local community organization or special cause.

# SCHOOL IDEAS

## How can your school use a snack cart?

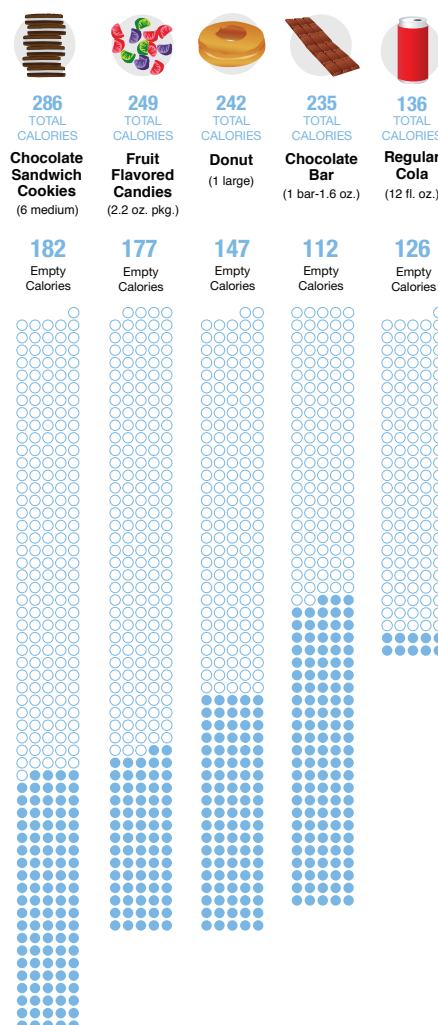
- Provide a healthy snack cart for students to purchase items after school, **Monday-Friday, 2:30-3:30 PM.**
- Have high school students (i.e. nutrition advisory council) or food service department run the snack cart.
- Students could create and **display artwork** addressing healthy nutrition, and promote the food cart.
- Distribute a **survey to evaluate** what is working, and what is not working, and make adjustments accordingly.

## SMART SNACKS IN SCHOOL

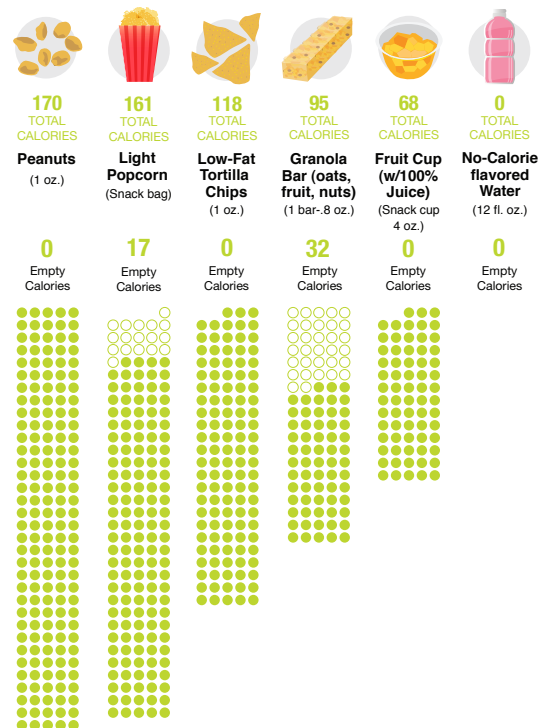
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories\*

### Before the New Standards



### After the New Standards



\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

**Promote** the snack cart to students via school announcements or posters.

► Use a Smart Snacks calculator to determine what foods can be offered:

<http://bit.ly/SchoolSmartSnacks>



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