

# A Healthy Body Leads to a Healthy Mind

*Smart Snacks lead to both!*



**Have you heard?** Starting school year 2014-2015, all snacks sold to students must be made of 50 percent or more whole grains or have fruits, vegetables, dairy or protein as the first ingredient. Additionally, all snacks available to students will have to be rich in essential vitamins and minerals and limited in calories, fat and sodium.

The new standards call for all beverages sold in schools to be healthy, too. All schools can sell water, milk and 100 percent juice. High schools can sell calorie-free and low-calorie beverages.

Smart Snacks standards only apply to foods sold to students on the school campus during the school day.

The new standards will not require changes in lunch meals brought from home.

You will still be able to send your child to school with treats for special events. As long as the food brought from home is not sold to other students, it is not restricted by the new regulations.

Students can purchase snacks at fundraisers that occur 30 minutes after the last meal service if the snacks meet the new nutrition standards. Meat and grain entrées such as pizza or hot dogs are not allowed. The school board may grant a special exemption from the nutrition standards and entrée restriction for a fundraiser to occur up to five days per school year in elementary schools, ten days in middle/junior high and combination schools and 15 days in high schools.

Contact your school for more information.



Florida Department of Agriculture and Consumer Services

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