

# COMPLIANT SMART SNACKS



1. 0.75oz Whole Grain Baked Goldfish Crackers
2. 4.0 oz. (11.3g) Fruit cups (packed in 100% juice or gel)
3. 3.2 oz. Fruit Pouches (Variety of Flavors)
4. 0.87 oz. Baked Lay's Potato Chips
  - Barbeque
  - Original
  - Sour Cream & Onion
5. 0.87 oz. Tostitos Scoops
6. 4 oz. Yogurt cups (e.g. Dannon, Yoplait, Chobani)
7. 0.84 oz. Whole Grain Granola Bars (Brands: Great Value, Kirkland, Chewy)
8. "Dippin' Stix" (Apple Slices with caramel, nuts, and/or yogurt)
9. 0.85 oz. Jack Links Beef Jerky
  - Original
  - Peppered Beef
  - Teriyaki
10. 1 oz. Scooby Doo Cinnamon Graham Sticks



## Key Tool for Compliant Smart Snacks:

*First Ingredient:*  
 Whole Grain  
 Fruit  
 Vegetable  
 Protein Food  
 Dairy

How to access Smart Snacks Calculator:

<http://www.musdnutrition.net>



# FUN ALTERNATIVES TO FOOD REWARDS

*"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."*

— Marlene Schwartz, Ph.D., Deputy Director, Rudd Center for Food Policy and Obesity, Yale University

## Elementary School

- Have lunch in the classroom
- Extra Recess time
- Free time at the end of class
- Fun movie
- Read outdoors or have class outdoors
- Toys, Pencils, Erasers, or Sticker Prizes

## Middle School

- Sit with friends
- Extra credit
- Fun movie
- Have class outside
- Listen to music while working at desk
- "No homework" pass

## High School

- Extra credit
- Late homework pass
- "No homework" pass
- Free time at the end of class
- Listen to music while working at desk
- Tickets to school events (e.g. dances)