



# SMART SNACKS IN SCHOOLS: A GUIDE TO HEALTHY FOOD AT SCHOOL

Child Nutrition Department

SANGER USD



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Phone: (559)524-7620

### **Let's Be Successful with Smart Snacks!**

The Smart Snacks in School nutrition standards have been in effect since **July 1, 2014!** Here are a few reminders:

The U.S. Department of Agriculture finalized the rule for nutrition standards for all foods and beverages sold to students during the school day. The Smart Snacks in School nutrition standards 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 and in-school fundraising. Smart Snacks in School nutrition standards is a component of our school district's **Wellness Policy-BP 5030**.

Smart Snacks are in effect for the entire school day (midnight before to 30 minutes after the end of the school day) across the entire school campus.

Smart Snacks applies to in-school fundraising. Foods and beverages sold to students **as fundraisers during the school day** must meet Smart Snacks nutrition standards. There are no limits for non-food fundraisers or fundraisers that include foods and beverages that meet the Smart Snacks standards.

Smart Snacks does **not** apply to foods served, such as classroom celebrations and during evening, weekend or community events. Please note that Homemade goods are not allowed for classroom celebrations, store bought items will be acceptable.

Our district is fully committed to insuring compliance with the Smart Snacks standards. We also want to make sure you have the tools you need to find compliant products.

Students who are well nourished are better prepared to learn. By implementing consistent nutrition standards throughout all corners of the school building, we are enhancing the learning environment and contributing to the overall health and well-being of our students.

In addition, consistently providing healthier foods and beverages outside of the cafeteria will build on the great strides being made **in** the cafeteria.

Please contact me at 559-524-7621 if you have any questions.

Sincerely,

Jannette Garcia  
Director of Child Nutrition  
Sanger Unified School District

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# Smart Snacks in School

## USDA's "All Foods Sold In Schools" Standards

USDA has established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

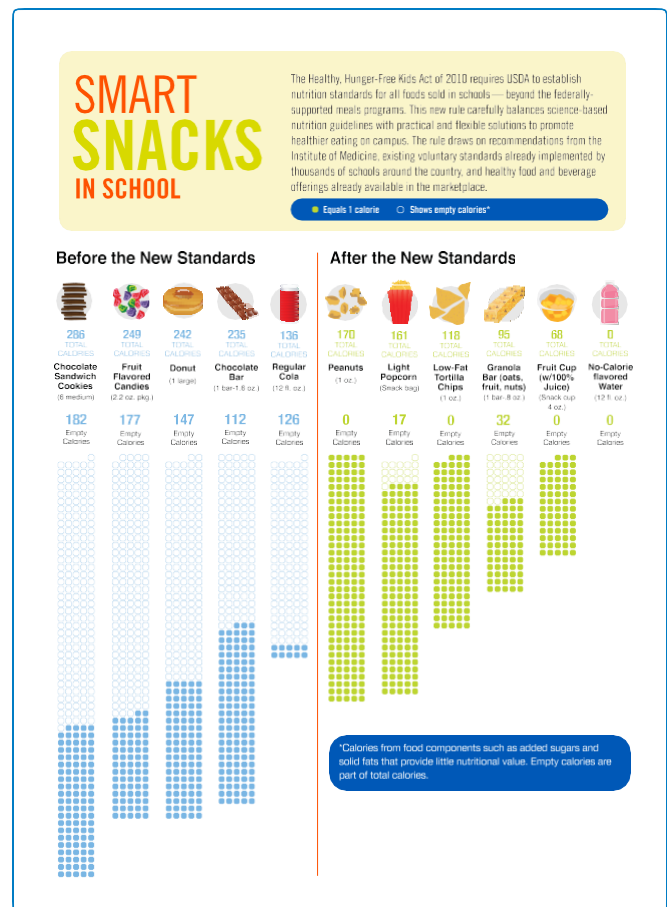
### Nutrition Standards for Foods

● **Any food sold in schools must:**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

● **Foods must also meet several nutrient requirements:**

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 200 mg
  - Entrée items: ≤ 480 mg
- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods



## Nutrition Standards for Beverages

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- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Other Requirements

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- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.



United States Department of Agriculture

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# Grocery Compliant Food List

## **Important Notes:**

\*Nuts, nut butters and peanuts are not served at the Elementary Site due to high food allergy prevalence.

Homemade goods are not allowed for classroom celebrations, store bought items will be acceptable.

**This list is an example of items that meet smart snack standards. You can find these along with other items at your grocery store.**

This list is not comprehensive and is intended to provide a base-line sample of products that meet nutritional guidelines set forth in recent legislation.

## **Beverages:**

Water

100% fruit or vegetable juice

Fruit drinks with at least 50% juice

1% Milk or Fat Free Chocolate or Fat Free Strawberry Milk

For Secondary only: Electrolyte replacement beverages w/ 42 grams or less of sugar per 20 oz bottle

## **Snack Items, listed by Manufacture:**

### **Austin**

Sea Animal Crackers, 1 oz

Zoo Animal Crackers, 1 oz

### **Back to Nature (Kraft)**

Crispy Wheats, 1 oz

Crispy Cheddar Crackers, 1 oz

### **Blue Bunny (Well's Dairy, Inc.)**

Tigger Twister (Chocolate and Vanilla Pudding on a stick, 1.75 fl oz)

Fudge Bar, 3.0 fl oz

Carb Freedom Juice Bars, 1.75 fl oz Flavors: Grape, Raspberry, Strawberry

Cool Daze Fudge Dream Bar

### **Campbell's**

V8 Juice, 12 oz

### **Dannon**

Light and Fit Non-Fat Yogurt, 8 oz container

### **David's**

Sunflower Seeds 1 oz bag

### **Del Monte**

Plastic Fruit Cup, 4 oz; Mixed Fruit and Peaches

### **Dole**

Pineapple Tidbit Cup 3.1 oz

Tropical Fruit Cup 3.1 oz

Fruit Bowls, 4 oz – types of fruit available listed below:

Pears

Mandarin Oranges

Tropical Fruit Salad

Diced Peaches

Mixed Fruit

Pineapple Tidbits

### **Frito-Lay**

Baked Lays, 1-1/8 oz

Baked Lays, Sour Cream and Onion, 1-1/8 oz

Baked Ruffles Original, 1-1/8 oz

Baked Cheetos, 1.25 oz

### **Gatorade**

Frost – Cascade Crash, Riptide Rush, & Glacier Freeze, 8 oz

Instant Mix-Lemon Lime (1 1/3 Tbsp), 8 oz

Fierce Melon, Berry and Grape, 8 oz

Lemon Lime, fruit Punch, Orange (12 bottles), 8 oz

### **General Mills**

Cinnamon Toast Crunch Crisps, 1 oz

### **Healthy Choice**

Low Fat Fudge Bars, 1 bar

Sorbet & Cream Bars, 1 bar

### **Honey Maid**

Graham Crackers, 8 crackers

### **Jolly Time**

Microwave Popcorn, Healthy Pop Minis: Butter Flavor, 1.2 oz; Kettle Corn Flavor 1.19 oz

### **Keebler**

Honey Rite Grahams with Calcium, 3 pack

Honey Grahams, 3 pack

Graham Select – Cinnamon, 3 pack

Graham Select, Low Fat, 3 pack

Chocolate Graham Crackers, 3 pack

Cinnamon Elf Grahams, 1 oz

Original Elf Grahams, 1 oz

Chocolate Elf Grahams, 1 oz

Scooby Doo Graham Cracker Sticks, 1 oz

Journey Multigrain Cereal Bar, Chocolate, 1.4 oz, Peanut Butter Fudge 1.3 oz, Apple Cinnamon 1.3 oz, Carmel 1.3 oz

### **Kellogg's**

Pop Tart (Brown Sugar Cinnamon) 1.76 oz

Pop Tart (Brown Sugar flavor only), 1 pack, 1.76 oz

Nutri-Grain Bar, Apple Cinnamon flavor, 1.3 oz  
Nutri-Grain Muffin Bar, 1.6 oz Banana  
Cinnamania Cinnamon Bun flavored Graham Snack, 1.76 oz

### **Kirkland**

Cranberry Grape Juice (2 bottles), 8 oz  
Cranberry Raspberry Juice Blend (2 bottles), 8 oz  
Frozen concentrated Orange Juice, Calcium Enriched (6 cans) 2 oz  
Newman's Own Grape Juice (2 bottles) 8 oz  
Premium Drinking water, 8 oz  
Skim milk (2-1 gal jugs) 8 oz  
\*Pistachios, ½ cup with shells  
Rice crackers and Nuts, ¼ cup  
\*Roasted and Salted Peanuts, 3 tsp  
Signature Crunchy Snack, ¼ cup

### **Knott's Berry Farm**

Strawberry Fruit & Grain Bar, 1.76 oz

### **Kraft**

Teddy Grahams Graham Snacks 0.7 oz (Cinnamon and Chocolate flavors)  
Teddy Grahams Graham Snacks, 0.5 oz (Cinnamon Flavor)  
Ritz Sticks, 1 oz  
Ritz Dinosaur Crackers, 1 oz

### **Krispy**

Saltine Crackers, 12 grams

### **Kudos (Master Foods)**

Fruit and Granola Bar, 1.58 oz

### **Laura Scudders**

Mini Pretzels, 1 oz

### **Lays**

Baked Lays, 1.25 oz  
Baked Lays, Sour Cream & Onion, 1.125 oz

### **Martinelli**

Apple Juice, 10 oz  
Apple Juice, 8 oz

### **Minute Maid**

Orange Juice with Calcium and Vitamin D (2-128 oz Bottles), 8 oz

### **Mr. Nature**

\*Salted Almonds 1 oz  
Raisins, 1 oz  
\*Salted Peanuts 1 oz, 1.5 oz  
\*Honey Roasted Peanuts, 1 oz



\*Unsalted Trail Mix, 1.1 oz

\*Trail Mix, Sweet & Smart, 1.5 oz

### **Mott's**

Applesauce, Individual Cup, 4 oz

### **Nabisco**

Crunchy Toasted Corn Nuts, Original Flavor, 1 oz

Vanilla Wafers, 2 oz

100 Calorie Wheat Thins Minis, .74 oz

### **Naked Food**

Juice – Carrot-O-Copia (1/2 gallon), 8 oz

Juice – Green Machine (1/2 gallon), 8 oz

Juice – Just Orange Juice (1/2 gallon), 8 oz

### **Nature Valley**

100% Natural Crunchy Granola Bar, 1.5 oz - Maple Brown Sugar Flavor, Banana Nut Flavor, Oat's and Honey Flavor, Peanut Butter Flavor

Crunchy Granola Bars, 2 Bar

### **Oh Boy! Oberto**

Natural Style Beef Jerky, .9 oz

Teriyaki Flavor Beef Jerky, .9 oz

### **Pacific Gold**

Beef Jerky Hot & Spicy (2 bags), 1 oz

Original Beef Jerky, 1 oz

Teriyaki Beef Jerky (2 bags), 1 oz

Turkey Jerky (2 bags), 1 oz

Variety Pack Beef Jerky, 1 oz

### **Pasta Prima**

Spinach and Mozzarella Ravioli, 1 cup (6 Ravioli)

### **Pepperidge Farms**

Goldfish Flavor Blast Hot n' Spicy Cheddar Baked Snack Crackers, .75 oz

Pretzel Goldfish, .75 oz

Giant Goldfish Grahams, Cinnamon, .9 oz

Giant Goldfish Grahams, Chocolate, .9 oz

Parmesan Goldfish crackers, .75 oz

Goldfish PhysEdibles: Lemon Baked Animal Crackers, .9 oz, Vanilla Baked Animal Crackers, .9 oz

Goldfish, 1 oz bag

### **Planter's**

\*Honey Roasted Peanuts, 1 oz

\*Salted Peanuts, 1 oz

\*Salted Peanuts, (48-103 bags), 8 fl oz

**Plain Gourmet**

Bagel (mini), 1 Bagel

**Premium Original**

Saltine Crackers, 5 crackers

**Quaker**

Oatmeal Breakfast Square, 1.41 oz

**Stauffer's**

Animal Crackers, 1 oz

Animal Crackers, 16 pieces

**Sunkist**

Apricot Fruit Roll, .75 oz

**Sunshine**

Reduced-fat Cheez-its, 1.5 oz

**Traditional Chex Mix 1 oz****Tree Top**

Applesauce, Ind. Cup, 4 oz

Apple Juice, 8 oz

Fruit Energy Bar, Apple/Cherry/Berry, 1.5 oz

Fruit & Veggie Bar, Cranberry/Raspberry, 1.5 oz

Fruit Snacks 0.5 oz: Strawberry, Raspberry, Cherry, Grape

**Tropicana**

Fruit Wise Fruit Bars 1.4 oz Flavors: Cherry Berry, Orange Citrus, Strawberry

Fruit Wise Fruit Strips, .67 oz Flavors: Cherry, Fruit Punch, Grape, Raspberry, Strawberry, Wildberry

Juice Blends, 10 oz

Orange Juice, 10 oz

**Utz's**

Pretzel Stix, 5 Sticks

**Yoplait**

Light Yogurt, all flavors, 8 oz



## **Ordering Smart Snacks**

**Please follow the steps below for purchases through the Child Nutrition Department.**

- \*To order smart snacks from the cafeteria go to our website, [sangerunifiedchildnutrition.org](http://sangerunifiedchildnutrition.org)
- \*Choose the catering tab and follow the steps.
- \*To place a new order click on new order. This will take you to the product list.
- \*Choose the category that is appropriate for your event.
- \*Choose the quantity that you will need.
- \*Review your cart.
- \*Fill out form with contact and event information.
- \*Finally check out with your credit card payment or budget code.

### **Important Notes**

- \* For student sales and school business only.
- \* Comply with the wellness policy (BP 5030) by ordering from the student approved list.
- \* Pay with credit card or budget code.
- \*All items are priced in bulk, per unit cost information is available to help comply with the district's internal purchasing policy (SOP #3300):  
Staff Meetings or trainings that last a minimum of two - four hours may include a beverage and /or a light snack not to exceed the cost of \$2.00 per attendee.
- \* Orders must be placed 2 weeks in advance.
- \* For pick up only, no deliveries.
- \* No prep, set up or tear down available.

Questions? Please contact the Child Nutrition Department at 524-7620.



## **Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School**

*The Smart Snacks in School nutrition standards apply to any foods sold to students during the school day on the school campus, including foods sold as fundraisers.*

**What can we sell for a fundraiser?** If the item being sold is a nonfood item or a food item that meets the Smart Snacks standards, it can be sold anytime. State agencies can permit occasional exempt fundraisers, allowing the sale of foods that do not meet the standards. Organizations planning fundraisers should work with their school administration before initiating a fundraiser to ensure compliance with the Local Wellness Policy, Smart Snacks standards, and any other local policies that may be in place.

**What if the foods do not meet the standards?** Generally, foods that do not meet the standards cannot be sold to students on campus during the school day. Organizations planning fundraisers of foods that do not meet the standards must work with their school administration to determine if their fundraiser can be allowed as one of the school's limited exempt fundraisers. It is important to remember that the standards do not apply during non-school hours, on weekends, and at off-campus fundraising events, though local policies may still apply.

**No more frozen pizza sales? No more cookie dough? No more Thin Mints®\* cookies?** Not necessarily! Many extracurricular programs, such as the school band, sports teams, and the school choir as well as youth-based community organizations such as the scouting programs rely on fundraisers to support their activities. There are ways that these groups can continue to raise money on campus under the standards, if allowed under local policies and approved by the school administration.

First, remember that *all* fundraising activities that take place outside of school are exempt from Smart Snack Standards. Just double-check your Local School Wellness Policy to see if other local school policies are in place!

Sale of frozen pizza, cookie dough and other items preordered and distributed in a precooked state or in bulk quantities (multiple servings in a package) for consumption at home is not required to meet the standards. For example, boxes of preordered Girl Scout cookies intended for consumption at home would not be subject to the standards. Students could take orders and deliver them during the school day for consumption outside of school.

**Can we take fundraising orders at school?** Yes. Orders may be taken at school as long as the foods being sold meet the Smart Snacks standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school.

**Can we deliver the preordered fundraising items at school?** Foods that have been purchased through a fundraiser may be delivered on the school campus during the school day if the foods being sold meet the standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school. However, we encourage

organizations to deliver the foods at a time when parents and caregivers are more likely to be present to collect the items, for example, during specific drop off or pickup times.

**Can we sell individual food items that students can eat during the school day?** If the foods being sold meet the standards, then you may sell them during the day. However, when the fundraiser includes the sale of food items that do not meet the standards, for example, a doughnut or a candy bar, the fundraiser must be considered an approved exempt fundraiser in accordance with the State agency. The fundraising organization, such as the school band, could then sell doughnuts or candy to students during the allocated exempt fundraising period.

Communication between youth-based organizations and school administration is critical when planning fundraising events on school campus during the school day.

**Need more information?** We offer a number of tools and resources to help school staff, parents, and students navigate fundraising tactics including the following:

- **Memorandum: Smart Snacks Nutrition Standards and Exempt Fundraisers**  
<http://www.fns.usda.gov/sites/default/files/SP36-2014os.pdf>
- **Issue Brief: Fundraisers**  
[http://www.fns.usda.gov/sites/default/files/allfoods\\_fundraisers.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf)
- **Healthy Fundraising (USDA Healthy Meals Resource System)**  
<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>

Other policy guidance and resource materials on Smart Snacks may be found at the Food and Nutrition Service website at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

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\*Mention of companies or commercial products does not imply recommendation or endorsement by the U.S. Department of Agriculture over others not mentioned or shown.

## Creative Fundraising Ideas

### Things to Do

|                          |                                      |                               |
|--------------------------|--------------------------------------|-------------------------------|
| Art Show                 | Gift Wrapping                        | Singing telegrams             |
| Auction                  | Golf Tournament                      | Skate Night/Skate-a-thon      |
| Bike-a-thon              | Hoop-a-thon                          | Spelling Bee                  |
| Bowl-a-thon              | Jump-rope-a-thon                     | Talent Show                   |
| Carnivals                | Magic show                           | Tennis Competition            |
| Car Wash                 | Raffle (movie Passes,<br>theme bags) | Treasure or Scavenger<br>Hunt |
| Craft Sales              | Read-a-thon                          | Walk-a-thon                   |
| Dances                   | Recycling                            | Workshops/Classes             |
| Family/Glamour Portraits | cans/bottles/paper                   |                               |
| Festivals                | Science fairs                        |                               |
| Fun Runs                 |                                      |                               |

### Things You Can Sell

|                            |                        |                         |
|----------------------------|------------------------|-------------------------|
| Air Fresheners             | Giant coloring books   | Plants                  |
| Balloons                   | Gift baskets           | Pocket calendars        |
| Bath accessories           | Gift certificates      | Raffle donations        |
| Flashlights                | Gift items             | Scarves                 |
| Books, Calendars           | Gift wrap, boxes, bags | School art drawings     |
| Brick/stone/tile Memorials | Greeting cards         | School Frisbees         |
| Bumper stickers            | Hats and jewelry       | School spirit gear      |
| Buttons/pins               | Holiday wreaths        | Scratch-off cards       |
| Candles                    | House decorations      | Souvenir cups           |
| Christmas ornaments        | Key chains             | Spirit/seasonal flags   |
| Christmas trees            | Coffee mugs            | Stadium pillows         |
| Cookbooks                  | Student directories    | Stationary              |
| Magazine subscriptions     | Stuffed animals        | Emergency kits for cars |
| Flowers, Bulbs             | Music                  | t-shirts, sweatshirts   |
| Foot warmers               | Newspaper space        | yearbook covers         |
| Football seats             |                        | pet treats/accessories  |

\*Ideas from Shasta County Public Health Department, Project Lean, March 2007

## **Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health**

Rewarding children in the classroom need not involve candy and other foods that can undermine children's diets and health and reinforce unhealthful eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

### **Examples of beneficial (and inexpensive) rewards for children. \***

#### **Social rewards:**

"Social rewards". Which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

#### **Recognition:**

- Trophy, plaque, ribbon or certificate in recognition of achievement or a sticker with affirming message (e.g. "great job")
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a Child's accomplishment
- A note from the teacher to the student commending his or her achievement

\*Some examples adapted from "Alternatives to Using Food as a Reward", Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State University Extension), 2004. Accessed at [http://www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)

#### **Privileges**

- Choosing a class activity
- Helping the teacher
- Sitting by friends or in a special next to or at the teacher's desk
- "No Homework" pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom
- Eating lunch with the teacher or the principal
- Listening with a headset to a book on tape or CD
- Going to the library to select a book to read

- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Taking care of the class animal for a day
- Allowing child to choose an extra recess activity for the class on his/her birthday

### **Rewards for a Class**

- Extra recess
- Reading outdoors
- Holding class outdoors
- Extra art, music, PE or reading time
- Listening to music while working
- Dancing to music
- Playing a game or doing a puzzle together
- “Free choice” time at the end of the day
- A song, dance, or performance by the teacher or students
- A book read aloud to the class by teacher
- A field trip

### **School Supplies**

- Pencils: colored, with logos or other decoration
- Pens
- Erasers
- Notepads/Notebooks
- Boxes of crayons
- Stencils
- Rulers
- Glitter
- Pencil Sharpeners
- Stamps
- Plastic scissors
- Bookmarks
- Highlighters
- Chalk
- Markers
- Coloring Books
- Gift Certificate to the school store



### **Sports equipment and athletic gear**

- Paddleballs Frisbees
- Water Bottles
- NERF balls
- Hula Hoop
- Head and wrist sweat bands
- Jump rope

### **Toys/ Trinkets**

- Stickers
- Yo-yos
- Rubber balls
- Finger Puppets
- Stuffed animals
- Plastic or rubber figurines
- Toy cars, trucks, helicopters or airplanes
- Plastic sliding puzzles or other puzzle games
- Slinkys
- Gliders
- Magnifying glasses
- Spinning tops
- Marbles
- Jacks
- Playing Cards
- Stretchy animas
- Silly putty
- Bubbles
- Balloons
- Capsules that become sponges/figurines when placed in water
- Inflatable toys (balls)
- Small dolls or action figures

### **Fashion Wear**

- Temporary tattoos
- Hair accessories (barrettes or ribbons)
- Bracelets, rings, necklaces
- Sunglasses
- Eyeglasses with nose disguise
- Hat or cap
- T shirt
- Sneaker Bumper Stickers

## Miscellaneous

- Key Chains
- Flashlights
- Cups
- Magnets
- Crazy straws
- A plant, or seeds, and a pot for growing a plant
- Books

**A token point system**, whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:

- Gift certificates to a bookstore or sporting goods store
- Movie pass or rental gift certificate
- Ticket to a sporting event
- Puzzle
- Book
- Stuffed animal
- Magazine subscription
- Board game
- Step counter (pedometer)
- Sports equipment, such as tennis racket, baseball glove, soccer ball, or basketball

Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated.

A point system also may be used for an entire class reward. Whenever individual children have done well, points can be added to the entire class' "account". When the class has earned a target number of points, then they receive a group reward.

For more information visit [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/) or contact the Center for Science in the Public Interest at [nutritionpolicy@cspinet.org](mailto:nutritionpolicy@cspinet.org).

## School Site Directory Child Nutrition Supervisors

### Centerville (K-6)

48 Smith Ave  
Sanger, CA 93657  
Phone: 559-524-6916  
**Jason Rodriguez– CN Sup**

### Del Rey (K-6)

10620 Morro Street  
Del Rey, CA 93616  
Phone: 559-524-7513  
**Martha DeLa Cruz-CN Sup**

### Fairmont (K-8)

3095 N. Greenwood  
Sanger, CA 93657  
Phone: 559-524-7295  
**Kurtis Kephart-CN Sup**

### Jackson (K-5)

1810 Third Street  
Sanger, CA 93657  
Phone: 559-524-6916  
**Jason Rodriguez- CN Sup**

### Jefferson (K-5)

1110 Tucker Ave  
Sanger, CA 93657  
Phone: 559-524-6916  
**Jason Rodriguez- CN Sup**

### Lincoln (K-5)

1700 Fourteenth Street  
Sanger, CA 93657  
Phone: 559-524-7120  
**Connie Greer CN Sr Sup**

### Lone Star (K-6)

2617 S. Fowler Avenue  
Fresno, CA 93725  
Phone: 559-524-7513  
**Christina Talamantes -CN Sup**

### Madison (K-5)

2324 Cherry Ave.  
Sanger, CA 93657  
Phone: 559-524-6876  
**Rita Macias, CN Sup**

### Quail Lake Environmental Charter (K-8)

4087 N. Quail Lake Dr.  
Clovis, CA 93611  
Phone: 559-524-7295  
**Kurtis Kephart -CN Sup**

### Reagan Elementary (K-5)

1586 S. Indianola Avenue  
Sanger, CA 93657  
Phone: 559-524-6876  
**Rita Macias-CN Sup**

### Sanger Academy Charter

(K-8)2207 Ninth Street  
Sanger, CA 93657  
Phone: 559-524-6876  
**Rita Macias-CN Sup**

### Sequoia (K-6)

1820 S. Armstrong  
Fresno, Ca.  
Phone: 559-524-7513  
**Martha De La Cruz-CN Sup**

### John Wash (K-6)

6350 E. Lane Ave,  
Fresno, CA 93727  
Phone: 559-524-7513  
**Martha De La Cruz-CN Sup**

### Wilson (K-5)

610 Faller Avenue  
Sanger, CA 93657  
Phone: 559-524-6916  
**Jason Rodriguez– CN Sup**

### Washington Academic Middle School (6-8)

1705 Tenth Street  
Sanger, CA 93657  
Phone: 559-524-7120  
**Connie Martinez-CN Sr Sup**

### Sanger High (9-12)

1850 S Fowler Ave  
Fresno, CA 93727  
Phone: 559-524-3175  
**Christina Talamantes – CN Sup**

### Sanger High West (9)

1045 Bethel  
Sanger, CA 93657  
Phone: 559-524-7295  
**Jerome Turner-CN Sr Sup**

### Hallmark Charter (Independent Study) (K-12)

2445 Ninth Street  
Sanger, Ca 93657  
Phone: 559-524-7295  
Alfred Sanchez – Director  
**Jerome Turner-CN Sup**

### Taft

(Independent Study)(K-12)  
1801 Seventh Street  
Sanger, CA 93657  
Phone: 559-524-7120  
**Connie Martinez– CN Sr Sup**

### King's River (Continuation) (9-12)

1801 Seventh Street  
Sanger, CA 93657  
Phone: 559-524-7120  
**Connie Martinez– CN Sr Sup**

### Community Day School

(Continuation) (7-11)  
818 “L” Street  
Sanger, CA 93657  
Phone: 559-524-7120  
**Connie Martinez–CN Sr Sup**