

SMART SNACKS QUICK REFERENCE

School & Community Nutrition Services

OVERVIEW

JCPS believes the health, safety, and wellness of their students shall be a priority consideration in all Board decisions. The District Wellness Policy includes standards for foods shared during the school day. These are known as Smart Snack Standards.

Learn More:
<https://www.jefferson.kyschools.us/JCPS>

Meals & Nutrition > Nutrition Resources page

School day is defined as:

MIDNIGHT To 30 min. after last 

WHY?

Healthy Students = Better Learners

Improve Nutrition

Support Healthy Lifestyles

Address Allergies

The foods we share can teach students about nutrition and balance.

Since 2017, the District Wellness Policy has included the following:



Rewards, parties & celebrations shall promote student wellness.

Non-Food rewards should be considered first.

Ideas for Implementation:

- Use stickers, pencils & erasers
- Earn tokens or points toward a prize
- Provide extra free time of their choice
- Allow the child to pick the book for story time
- Dance party
- Shout-out in the morning announcements

Other Policy Items Included:



If food & beverages are served during the school day they shall meet the USDA Smart Snack in School regulations.



Utilize the Smart Snack Calculator to see if your treat is a smart snack:

<https://foodplanner.healthiergeneration.org/calculator/>

Ideas for Implementation:

- Teachers create a sign-up sheet with healthy options listed.
- Send home Celebrations Order Form from nutrition services. All items are smart snacks.
- Celebrate once a month during lunch times when a treat is on the menu.
- School and PTA's use the Smart Snack Order form to purchase items in bulk.
- Utilize resources on Meals & Nutrition webpages

What About Fundraisers:



All foods and beverages sold outside of the school meal program, during the school day, must also meet Smart Snack in School regulations. This includes student stores, vending machines, in-school fundraisers, club bake sales, and snack shops.

Ideas for Implementation:

- Host a dance, skate-a-thon or 5K run
- Host a talent show and charge admission
- Design a school t-shirt and sell them
- Sell healthy snacks that meet the guidelines.
- Organize a student art or craft fair
- Get healthy popcorn recipes from nutrition services.
- Host non-food fundraisers i.e. water bottles, books, and more.

Food/beverage sales may not occur until 30 minutes after the last lunch period and be a smart snack