



Competitive Foods in Schools

CINDY RAINSDON, RDN, SNS
NUTRITION SERVICES
GENERAL MANAGER

SCOTT SCHELB
NUTRITION SERVICES
FIELD SUPERVISOR

WHAT ARE COMPETITVE FOODS?











THEN VS NOW



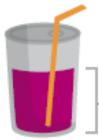


THEN VS NOW

ENTER SMART SNACKS



40%
of students
bought and ate 1 or
more snacks at school.



68%
of students
bought and consumed
at least 1 sugary drink.

Smart snacks are healthy options with less sugar, fat and salt.

Nutrient requirements for smart snacks:

NUTRIENT:	RECOMMENDED SNACK SERVING:
CALORIES	200 or less
SODIUM	230 mg or less
TRANS FAT	0 g

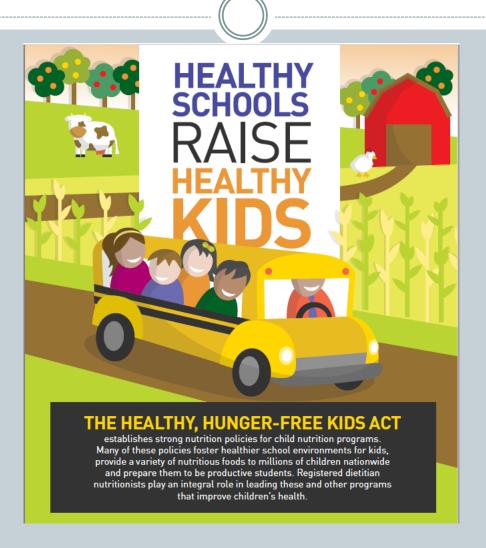
WHY IS THIS IMPORTANT?







WHY IS THIS IMPORTANT?



HOW TO BE COMPLIANT WITH REGS



FIRST INGREDIENT





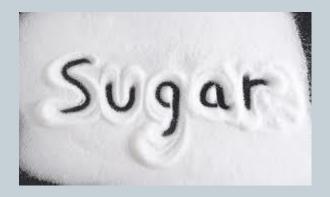




NUTRITIONALS









RESOURCES

- https://www.fns.usda.gov/tn/guide-smart-snacks-schools
- https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising
- https://foodplanner.healthiergeneration.org/
- https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/smart-snacks-in-school
- https://www.cdc.gov/healthyschools/npao/smartsnacks.htm
- http://nutrition.nv.gov/Programs/Wellness/

OPEN DISCUSSION

- WHAT WORKS IN YOUR SCHOOL?
- WHAT ARE SOME BEST PRACTICES YOU WOULD LIKE TO SHARE?
- DO YOU HAVE ANY ISSUES YOU WOULD LIKE TO DISCUSS?

QUESTIONS?

CINDY RAINSDON CINDY.RAINSDON@WASHOESCHOOLS.NET (775) 353-1316



