Competitive Foods in Schools

CINDY RAINSDON, RDN, SNS
NUTRITION SERVICES
GENERAL MANAGER

SCOTT SCHELB
NUTRITION SERVICES
FIELD SUPERVISOR
WHAT ARE COMPETITIVE FOODS?

BAKE SALE

STUDENT STORE

Pizza

Vending Machine
ENTER SMART SNACKS

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

**Nutrient requirements for smart snacks:**

<table>
<thead>
<tr>
<th>NUTRIENT</th>
<th>RECOMMENDED SNACK SERVING</th>
</tr>
</thead>
<tbody>
<tr>
<td>CALORIES</td>
<td>200 or less</td>
</tr>
<tr>
<td>SODIUM</td>
<td>230 mg or less</td>
</tr>
<tr>
<td>TRANS FAT</td>
<td>0 g</td>
</tr>
</tbody>
</table>

**Then vs Now**

- **40%** of students bought and ate 1 or more snacks at school.
- **68%** of students bought and consumed at least 1 sugary drink.
WHY IS THIS IMPORTANT?
WHY IS THIS IMPORTANT?

HEALTHY SCHOOLS RAISE HEALTHY KIDS

THE HEALTHY, HUNGER-FREE KIDS ACT
establishes strong nutrition policies for child nutrition programs. Many of these policies foster healthier school environments for kids, provide a variety of nutritious foods to millions of children nationwide and prepare them to be productive students. Registered dietitian nutritionists play an integral role in leading these and other programs that improve children’s health.
HOW TO BE COMPLIANT WITH REGS
FIRST INGREDIENT
NUTRITIONALS

- Calories
- Sodium
- Sugar
- Fat
RESOURCES

- https://foodplanner.healthiergeneration.org/
- 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