

# Healthy School Stores



## School Stores

Many school stores sell low nutrition foods and beverages (yup...we mean junk foods and beverages like chips, candy, sugared baked goods, and sugared sodas and fruit drinks). Selling less nutritious food items in school stores contradicts nutrition messages taught in the classroom, giving the impression that schools care more about making money than about student health. Foods and beverages that students purchase should contribute valuable nutrients to their diets and not excessive amounts of sugar, fats, and sodium.

## Healthy Foods and Beverages

Encourage foods and beverages that include at least one serving of fruit, vegetables, and/or whole grains or one serving of non-fat or low-fat dairy products. Foods or beverages should not be encouraged or promoted if they have sugar listed as the main ingredient.

### Experts\* recommend that snack foods meet, at a minimum, the following criteria:

Fat	No more than 30% of total calories from fat
Saturated fat	No more than 10% of total calories from saturated fat
Trans fat	Zero trans fat (< 0.5 grams/serving)
Sugar	No more than 35% of total weight from added sugar
Sodium	No more than 200 mg sodium/serving

## Web Tools

- Use the Healthy Schools Product Calculator to find out if a snack food meets the Alliance for a Healthier Generation's guidelines for competitive foods. [www.healthiergeneration.org/productnavigator/](http://www.healthiergeneration.org/productnavigator/).
- Want a list of snacks that includes both nutritional content and manufacturer? Check out <http://www.hsd401.org/directory/nutrition/healthysnacksworksheet.pdf>.
- How is Colorado doing? Check out a summary of state policies for food and beverages sold in vending machines, school stores, and other venues outside school meals. See the School Foods Report Card from the Center for Science in the Public Interest at [www.cspinet.org/nutritionpolicy/sf\\_reportcard.pdf](http://www.cspinet.org/nutritionpolicy/sf_reportcard.pdf).
- For more information on school stores, check out 'All It Takes is Nutrition SENSE' (Students Encouraging Nutritious Snacks Everyday) at Montana Team Nutrition. <http://www.opi.state.mt.us/schoolfood/nutritiousense.htm>.

## These foods and beverages are always allowed:

- Non-fried fruits, non-fried vegetables, nuts, nut butters, seeds, eggs, string cheese, milk, and water.

## Suggested portion sizes for snacks and beverages:

- Sell foods and beverages that are single portions only.
- Portion size should not exceed 200 calories (elementary) or 225 calories (middle and high school) per individual food item.

## Successful Sales!

- Survey students or do a taste testing to find out the popular healthy snacks they prefer.
- Promote healthy products in a fun way. Offer free samples to build enthusiasm. Host a "free snack day." Give coupons for a nutritious snack.
- Offer a variety of items at a variety of different prices (.25, .50, .75, \$1.00).
- Consider charging less for healthier foods and more for junk foods.

## Limit portion sizes of the following items:

Snack foods (chips, crackers, popcorn, cereal, trail mix, pretzels, nuts, seeds, dried fruit, jerky)	1.25 oz or less
Cheese	1.5 oz or less
Cookies, cereal, breakfast bars	2 oz or less
Bakery items (pastries, muffins)	3 oz or less
Frozen desserts and ice cream	3 oz or less
Yogurt (< 30 g total sugar)	8 oz or less
Beverages (except water)	12 oz or less

\* Alliance for a Healthier Generation, Colorado Department of Education Nutrition Unit, Center for Science in the Public Interest, and National Alliance for Nutrition and Activity.

# What to Sell...

## Beverages

### Water, Milk, Juice, Sport Drinks

(8-12 oz or less except water)

- Water - bottled
- Sparkling water with natural flavors (no added sugars)
- Milk - 1% or fat-free
- 100% Fruit juice (8 oz or less)
- 100% Vegetable juice
- Non-carbonated, calorie-free flavored water
- Sports drinks
- Low-fat yogurt beverages
- Fruit smoothies
- Rice milk
- Soy milk

## Top Selling Items in Middle and High School Stores and What Students Were Willing to Pay for Them

Frozen fruit bars	.50
Granola Bars/Nutri-Grain Bars	.50
Beef jerky	.25 – 1.25
Go-Gurts	.35 – .50
String cheese	.25 – .50
100% Fruit juice	.25 – 1.00
Pretzels	.50 – .75
Popcorn	.50
Fruit Roll-Ups	.50
Teddy Grahams	.25
Breakfast or yogurt bars	.50
Sunflower seeds (packaged)	.50
Peanut tubes	.50
Corn nuts	.50
Chocolate milk – hot or cold	.50 – .75
Bagels with cream cheese	.50 – 1.00

Source: All It Takes is Nutrition SENSE (Students Encouraging Nutritious Snacks Everyday). Montana Team Nutrition. [www.opi.state.mt.us/schoolfood/index/html](http://www.opi.state.mt.us/schoolfood/index/html)

## Snacks

### Fruits and Veggies

**Fruit** – fresh, frozen, canned, dried. Fruits in single serving containers such as:

- Small packages of fresh fruits
- Delmonte Lite Pack diced peaches and mixed fruit
- Dole Fruit Bowls
- Motts applesauce (unsweetened)
- Frozen 100% fruit juice bars

### Dairy Foods

**Cheese** (1.5 oz or less) – reduced or low-fat varieties such as string cheese, part-skim mozzarella, Cheddar, and Monterey Jack. Offer real cheese rather than imitation or processed cheeses like American.

**Yogurt** (8 oz or less) – reduced-fat or low-fat varieties, no more than 30 grams of carbohydrates, no more than 120 calories per serving.

- Bryers Light Fat Free (8 oz)
- Columbo Light (8 oz)
- Dannon Fruit Blend (4 oz)
- Dannon Light 'n Fit (4 or 6 oz)
- Dannon Light 'n' Fit Smoothie
- Great Value Light (8 oz)
- Yoplait Go-Gurt
- Yoplait (4 oz)
- Trix (4 oz)
- Yumsters (4 oz)
- Pudding Snacks – reduced or low-fat varieties in small cups or tubes
- Great Value Pudding Snacks (4 oz)
- Hunts Snack Pack Squeeze 'n Go Pudding Tubes

### Nuts and Seeds

(1.25 oz or less) – all varieties of nuts and seeds are acceptable. Nuts and seeds are high in fat and calories so serve small portions. The type of fat in nuts and seeds is heart-healthy.

### Grains and Cereals (choose whole grain, low-fat varieties)

#### 1.25 oz or less

- Graham crackers – most brands
- Animal crackers – Kellogg, Nabisco
- Fig bars – Nabisco Fig Newtons
- Crackers – whole grain
- Rice cakes – brown rice, flavored
- Baked chips – potato and corn varieties
- Pretzels – reduced sodium
- Cheese crackers

#### 2 oz or less

- Cereal bars
- Granola bars
- Trail mix bars
- Yogurt coated granola bars
- Cereal – low sugar, high fiber

#### 3 oz or less

- Muffins – low fat
- Bagels – mini size with low fat cream cheese
- Deli sandwiches

Products listed are for resource purposes only and do not imply endorsement.

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