

Smart Snacks at Ogden Community School District

At Ogden Community School District, we are committed to creating a healthy school environment that supports student learning and well-being. To support this goal, our district follows nutrition standards for all foods and beverages sold during the school day – including items sold by parent groups, student organizations, booster clubs, teachers, fundraisers, and our Food & Nutrition Services Department.

These guidelines are in effect from the start of the school day through 30 minutes after dismissal, in alignment with the Healthy, Hunger-Free Kids Act, the USDA Smart Snacks in School standards, and our district Wellness Policy. Foods that do not meet Smart Snack standards may only be sold beginning 30 minutes after the school day ends.

Our approach balances evidence-based nutrition recommendations with practical solutions, helping students make healthier choices while still enjoying appealing snack options.



[Smart Snacks Calculator](#)

Wondering if your product meets the Smart Snacks guidelines?

The Smart Snacks Product Calculator, developed by the Alliance for a Healthier Generation, makes it easy. Simply enter the product's nutrition information and answer a few quick questions to determine if the snack, side, or entrée meets USDA requirements.

Healthy snacking plays an important role in helping students maintain energy throughout the day. Choosing snacks rich in vitamins, minerals, and other essential nutrients helps fill nutritional gaps that may not be met at mealtime.

Through the National School Lunch and School Breakfast Programs, our students already enjoy meals featuring more fruits, vegetables, and whole grains. Smart Snack standards extend these healthy practices to all other foods and beverages available for purchase during the school day.

Nutrition Standards for Foods

To be sold during the school day, foods must meet one of the following criteria:

- Be a whole grain-rich product
- List a fruit, vegetable, dairy product, or protein food as the first ingredient
- Be a combination food containing at least $\frac{1}{4}$ cup of fruit and/or vegetable
- Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber

In addition, foods must meet these nutrient limits:

Calorie Limits

- Snacks: 200 calories or fewer
- Entrées: 350 calories or fewer

Sodium Limits

- Snacks: 230 mg or less
- Entrées: 480 mg or less

Fat Limits

- Total fat: 35% or less of total calories
- Saturated fat: Less than 10% of total calories
- Trans fat: 0 grams

Sugar Limit

- 35% or less of weight from total sugars

Accompaniments

Items such as cream cheese, salad dressing, butter, or similar additions must be included in the overall nutrition calculation of the product sold. This ensures accurate limits on calories, fat, sodium, and sugar.

Beverage Standards

All Schools May Offer:

- Plain water (carbonated or non-carbonated, no size limit)
- Unflavored low-fat milk
- Unflavored or flavored fat-free milk (including approved milk alternatives)
- 100% fruit or vegetable juice
- 100% juice diluted with water (carbonated or non-carbonated, no added sweeteners)

Portion Sizes:

- Elementary: Up to 8 oz milk and juice
- Middle/High School: Up to 12 oz milk and juice
- No size limit for plain water

Additional High School Options:

- Up to 20 oz calorie-free flavored water (≤ 5 calories per 8 oz or ≤ 10 calories per 20 oz)
- Up to 12 oz beverages with ≤ 40 calories per 8 oz or ≤ 60 calories per 12 oz

Fundraisers & Smart Snacks

- **Food items that meet Smart Snack standards may be sold without restriction during the school day.**
- **Standards do not apply during non-school hours, on weekends, or at off-campus events.**
- **Limited exemptions are permitted for infrequent fundraisers that do not meet Smart Snack standards, as determined by the State of Iowa.**

At Ogden Community School District, we believe healthy students are better learners. By following Smart Snack standards, we continue to support positive choices and a strong, healthy school community.

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