

# La Plata R-II School District

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SUPERINTENDENT

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Recent Federal Legislation requires school districts to adopt and revise their Wellness policy ADF.

The purpose of this memo is to communicate the change in policy and how that will impact past practice and ask for your help in keeping us in compliance with policy and Federal regulation.

Previously, food **sold** to students during the school day was required to meet certain nutritional requirements. That has now changed and ALL food distributed to students during the school day must meet Smart Snack Standards. Provided on the back of this memo are the criteria and some ideas. For complete details, please visit the webpage at:

[https://fns-prod.azureedge.net/sites/default/files/tn/USDA\\_SmartSnacks.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/USDA_SmartSnacks.pdf)

Snacks and treats are often distributed to students during celebrations such as birthdays, Christmas, Valentine's Day, and other parties. These snacks must now be prepackaged and meet the Smart Snack guidelines. Cupcakes, candy, and other treats will not be allowed unless they meet the nutrition requirements found within the Smart Snack guidelines. Our goal is not to eliminate celebrations, but to find alternatives that meet the new Federal guidelines and our Board Policy.

We need everyone's help and understanding with this change; we would ask for patience as we make this transition. Should you have questions please contact your child's building Principal. Thank you for your support and understanding.

Sincerely,



Dr. Craig Noah  
Superintendent of Schools

## What are Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and

| Nutrient      | Snack                     | Entrée                    |
|---------------|---------------------------|---------------------------|
| Calories      | 200 calories or less      | 350 calories or less      |
| Sodium        | 200 mg or less            | 480 mg or less            |
| Total Fat     | 35% of calories or less   | 35% of calories or less   |
| Saturated Fat | Less than 10% of calories | Less than 10% of calories |
| Trans Fat     | 0g                        | 0g                        |
| Sugar         | 35% by weight or less     | 35% by weight or less     |

## What are some Examples of Smart Snacks?

Please visit <https://foodplanner.healthiergeneration.org/products/> for a more comprehensive list.

100% Juice (Apple, Cranberry, Grape)  
Water bottles (plain)  
V-8 V-Fusion Beverages  
Fruit cups in juice  
Fruit cups in Jello  
Applesauce (any flavor)  
Welch's Fruit Snacks  
That's It Fruit Bars  
Granola Bars  
Whole Grain Pop Tarts  
Whole Grain Cereal Bars

Graham Crackers  
Fat Free Snack Pack Pudding  
Greek or Low Fat Yogurt  
Reduced/Low Fat Ice Cream  
Frozen yogurt  
Lay's Oven Baked Potato Crisps  
Cheetos Crunchy Baked Flavored Snacks  
Kellogg Special K Crackers  
Goldfish (any flavor)  
Chex Mix