



Smart Snacks in Schools

EW-6 USDA's Smart Snacks in Schools nutrition standards (foods and beverage served and sold to staff): *All foods and beverages served and sold at staff meetings, school-sponsored staff events, and in the staff lounge meet USDA Smart Snacks in School nutrition standards.*

There is a strong relationship between the health behaviors of employees and the environments in which they work. Often, school staff must overcome challenges such as lack of time and availability of healthy food and beverage options to achieve their personal health goals. In addition, the food we eat directly affects our work productivity and performance.

Adopt a culture of health. Changing the work environment to support personal health goals sends the message that you care about your employees' health and well-being. Making healthier options available can support behavior changes and overall the health of employees. Use the Smart Snacks in School (SSIS) nutrition standards as a guide for establishing a healthy environment for staff—ensure all food and beverages served or sold at staff meetings, at school-sponsored staff events, and in staff lounges meet the nutrition standards.

Find foods and beverages that meet the standards by browsing the Products section of the Healthier Generation's Smart Food Planner.

[Healthier Generation's Smart Food Planner](#)

Questions about a food or beverage? Refer to the [Smart Snacks in Schools guidelines](#) and consult your state agency for any state-specific guidelines.

HealthierGeneration.org

Quick Tips: Healthy Nutrition Policies for Staff

Beverages:

- Make water the beverage of choice (plain un-carbonated or carbonated)
- Vending beverage options: 100% juice; 100% juice diluted with water with no added sweeteners; low-fat or nonfat milk; calcium and vitamin D-fortified soymilk; or beverages – calorie-free or with 40 calories per container or less per 12 ounces
- Offer low-fat or non-fat milk with coffee and tea service in place of half and half or whole milk

Food:

- Offer fruits and/or vegetables instead of high-calorie snacks
- Don't place candy or candy bowls in staff lounges or meeting spaces
- Vending food options: offer baked, low-fat or low-sugar snacks that meet the SSIS nutrition standards