

Healthy Snack Sales



A majority of schools sell snacks before and/or after school as a way to meet their budget for everything from athletics to uniforms. Although candy and bake sales may seem like the quickest solution, there are alternates that can still bring in funds while also promoting healthy behaviors. According to the United States Department of Agriculture, more than half of United States schools do not allow fundraisers that sell sweet or salty foods.¹ New standards proposed by the USDA have been approved that will require that all foods served during school hours follow certain nutritional guidelines². Applying these guidelines to all foods offered to students would be beneficial to promote every day healthy choices.

Below is a list of healthy snack options, developed by the Center for Science in Public Interest, which you may consider before your next sale.³

- Fruits & Vegetables
 - Sliced or whole
 - Fresh, dried, or frozen
 - Mixed, pureed into smoothie
 - With dips (peanut butter, yogurt, reduced-fat cream cheese, to name a few)
- Healthy whole grains
 - Pita, baked, or low-fat chips
 - Crackers (goldfish, Kashi, etc.)
 - Rice cakes
 - Low-fat popcorn
 - Granola bars (limit to bars with < 3 grams of saturated fat and no transfat)
 - Pretzels
- Low-fat dairy
 - Low-fat or non-fat yogurt
 - Low-fat cheese
- Other items
 - Nuts (check serving size)
 - Trail mix (avoid mixes with too much sugar)
 - Water
 - Low-fat or fat-free milk
 - 100% fruit juice (no more than 1-2 servings per day)

1. Turner LR, Chaloupka FJ. Student Access to Competitive Foods in Elementary Schools: Trends Over Time and Regional Differences. *Arch Pediatr Adolesc Med.*2012;166(2):164-169. doi:10.1001/archpediatrics.2011.837.

2. U.S Department of Agriculture, Food and Nutrition Service. (2013). *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010*. Retrieved from <http://www.reuters.com/article/2013/02/01/us-usa-schools-snacks-idUSBRE91019720130201>.

3. Center for Science in the Public Interest. (2012). Healthy School Snacks. Retrieved from http://cspinet.org/nutritionpolicy/healthy_school_snacks.html.