



Blaine School District

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Superintendent:

Dr. Christopher Granger

Board Members:

Dougal Thomas, President

District One - Position Open

Erika Creydt

Charles Gibson

Don Leu

SMART SNACK AND WELLNESS HANDOUT

Board Policy 6700 - Nutrition and Physical Fitness Excerpt:

- Food and beverages **provided**, but not sold during the school day should **strive** to meet USDA Smart Snack Standards, be commercially prepared, and under adult supervision.
- [Advertising of foods or beverages not meeting USDA Smart Snack standards is discouraged.](#)

Smart Snack Compliance:

- All food and beverages SOLD on campus during the school day must meet Smart Snack Guidelines.
- The school day definition is “Midnight before to 30 minutes after the end of the official school day”. **On a normal school day that means 12:00 AM to 3:20 PM**
- Washington State does not allow any exemptions for fundraisers.

Smart Snack Standards:

- To qualify as a Smart Snack, a snack or entree must meet the general nutrition standards:
 - Be a grain product that contains 50% or more whole grains by weight; or
 - Have as the first ingredient a fruit, vegetable, a dairy food, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
 - The food must meet the nutrient standard for calories, sodium, fats, and total sugars.
 - [Smart Snack Calculator](#)

Fundraiser examples that must meet Smart Snack Standards:

- Giving away food but suggesting a donation
- Vending machines when profits are used to support school-sponsored clubs or activities
- Purchasing tickets or tokens to be exchanged later for food items

Classroom celebrations and Rewards:

- Per the [Wellness policy](#), classroom celebrations must strive to meet Smart Snack Standards
- Tickets or tokens given to students for good behavior or grades, or a behavior or performance award, and no money is exchanged in order to acquire the ticket/token is not considered a sale, but should strive to meet Smart Snack Standards per [Board Policy 6700](#).

Resources:

- [CDC Smart Snacks, Celebrations and Rewards, Marketing, Role Modeling](#)
- [Alliance for a Healthier Generation \(Great Videos\)](#)
- [USDA Food and Nutrition](#)
- [OSPI \(scroll down to Smart Snacks in Schools\)](#)
- [Action for Healthy Kids](#)

Each Student. Each Day.