

SHAC HEALTHY SNACK GUIDELINES--2021

FOOD OR BEVERAGE CATEGORY	MAXIMUM PORTION SIZE	EXAMPLES
Fruits and Vegetables, Dried Fruit The Healthiest Choice!	No Limits!	Apples, "cuties" Oranges, Bananas, Mixed fruit salad, packaged fruit cups Raisin or cranberry packs, pickles
Nuts and snacks with nuts including trail mix with chocolate) NO TRANS FAT	1.5 oz	Any nuts, and trail mix with significant amount of nuts
Chips and Savory Snacks (No more than 7.5 grams of fat per 1.5 ounce serving) (NO TRANS FAT)	1.5 oz	Baked Chips, Sun Chips, Light popcorn, pretzels, jerky, Corn Nuts, Chex Mix
Cookies/cereal bars Bakery items: Muffins, bagels, etc LIMITS: FAT: 30% or less: no more than 3 grams per 100 calories SATURATED FAT: 10% of calories or no more than 1 gram per 100 calories; TRANS FAT: zero SUGAR: 35% by weigh or less	2 oz 3 oz	Cracker Jax Animal crackers Nature Valley granola bars Nutrigrain Cereal or Yogurt Bars Rice Krispie Treats (Original) Kashi Bars (containing nuts) 100 calorie packs Thin Crisp Oreo, Chips aHoy
Candy bars and packaged candies.	Not allowed	Try dried fruit or trail mix with chocolate!
Bottled Waters/Teas Unflavored water—the best choice! Fruit-flavored water Low-calorie flavored water Sugar-free, Caffeine-free Tea	No Limit	Unflavored bottled water Fruit20 Dasani Flavored Water, Nestle Pure Life Propel
Milk Yogurt -1% fat or Fat-Free, Flavored or Unflavored Low-Fat Cheese SUGAR LIMIT: no more than 30 grams total sugar per 8 ounce serving, including natural and added sugars.	16 oz (2 cups) 8 oz	Low-fat Chocolate Milk Low-fat Strawberry Milk Low-fat, Fat-free regular and sugar free yogurt String Cheese
Juice 100% juice or vegetable juice, with or without carbonation	100% Juice only Elementary: 8 oz Middle School 12 oz High School 12 oz	Capri Sun 100% Juice Pouches (6.75 oz) Juicy Juice (6.75 oz) Tropicana Juices (10 oz)
Soda/Carbonated Drinks Non-caffeinated, Sugar-free only (Note that diet colas, diet Sunkist Orange drinks and diet Mountain Dew contain caffeine)	High School 12 oz	Diet Sprite Diet 7-Up Fruit sodas
Sports Drinks (sweetened electrolyte replacement drinks, energy drinks, vitamin water, etc) No Caffeinated "Energy Drinks"	Only allowed in MS & High School 20 oz max size	Gatorade All Stars-12 oz Gatorade-20 oz Propel-serving not limited
Ice Cream/Frozen Treats Must contain fruit, fruit juice or milk.	4 oz	Fruitiki, Skinny Cow, Carnation ice cream sandwiches, swirl pops, Swiss Miss bars
Frozen fruit shushes & Snow Cones (must contain a minimum of 50 percent fruit juice	Element.: 6 oz (3/4 cup) MS: 8 oz (1 cup) HS: 12 oz (1 1/2 cups)	

Fundraising Guidelines:

Fundraising Guidelines for Elementary and Middle School

Fundraising that is 100% candy is not allowed. Catalogs that contain candy along with other products are OK.

High School Vending/ Fundraising Guidelines Food Vending:

- 50% of food must comply with the SHAC Snack Guidelines
- ALL foods must contain ZERO trans fat as listed on nutrition facts label.
- Healthier foods should be priced LESS than the other items, by either decreasing price of healthy food, raising price of other food or both.

Drink Vending:

No more than 30 percent of beverages in vending machines or other service points can be sugared, carbonated soft drinks. All sugared, carbonated soft drinks must be limited to no more than 16 fl. Oz..

- NO SUPER CAFFEINATED DRINKS –i.e. RED BULL ETC.

Concessions for Sports, Dances, Fests etc. for All Grade Levels

- Plain bottled water must always be available for sale. It is also recommended that one diet, caffeine-free soda also be available if regular soda is for sale.
- At least one healthier food option must be available that meets the Healthy Snack Guidelines, i.e., fresh fruit, granola bars, baked chips, etc.
- *Note: These guidelines do not apply to potlucks, receptions, and other events where food is complementary, not sold. However, we do encourage they follow the guidelines as much as possible.*

Developed by the Wellness Committee of the EPISD School Health Advisory Council

The SHAC Healthy Snack Guidelines are for foods sold after school, foods sold for fundraising, sports concessions and through vending machines.

The Texas Nutrition Policy (available at www.squaremeals.org) gives guidance for food that is offered during the school day.