



SMART SNACKS in SCHOOL

Success in Alabama!

When USDA's updated nutrition standards go into effect at the start of the 2014–15 school year, more schools across America will be offering healthier snacks and drinks in vending machines, stores, and à la carte lines. These changes are long overdue and strongly supported by parents, educational leaders, and health advocates—including the more than 200,000 who spoke out in favor of USDA's updated standards.

Many schools participating in the Alliance for a Healthier Generation's Healthy Schools Program have already replaced unhealthy snacks and drinks with more nutritious choices—and found that students will buy and eat healthier foods. The Alliance developed nutrition guidelines for school snacks and drinks in 2006, which helped inform USDA's updated standards.

Our Smart Snacks Success

Perry County School District

Student population 1,924

Bessemer City School District

Student population 4,480

OUR APPROACH

Make it a priority to promote free, healthy school meals and ensure that snacks and drinks sold in vending machines and cafeteria à la carte lines are nutritious and meet federal nutrition standards.

THE RESULTS

Perry County's vending machines sell only water and 100% fruit juice. Sales have remained stable and administrators report that students are drinking more water. Bessemer City removed vending machines and limited snack sales to à la carte lines where staff can better manage inventory and offer healthier items like 100% fruit slushies.



Smart snacks can help boost health, achievement, and the bottom line. Switching to healthier snacks can actually increase food service revenues.



Selling junk foods and sugary drinks at school is **NOT smart**. It contributes to our nation's obesity epidemic and undermines the progress we've made to improve school meals.

“We need to help our students be healthier. We’re defeating the purpose of offering healthier meals if our snack guidelines aren’t aligned.”

– Joyce Banks, food service director, on the need for strong nutrition standards for snacks and drinks



The Alliance for a Healthier Generation, founded by the American Heart Association and the Clinton Foundation, is a national nonprofit working to reduce the prevalence of childhood obesity. The Alliance launched the Healthy Schools Program in February 2006 to help improve access to healthy eating and physical activity before, during and after school. The program now works with more than 20,000 schools across the nation, reaching more than 12 million students, as well as teachers and other school staff.

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