



# SMART SNACKS in SCHOOL

Success in Pendleton, SC!

**W**hen 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

Anderson County School District Four, Pendleton, SC

Student population 2,878

### OUR APPROACH

Pass a strong wellness policy calling for only healthy foods to be sold at school, including meals and snacks. Use consistent messaging and continue to educate parents and school staff about the importance of sticking with the guidelines.

### THE RESULTS

All meals and snacks meet federal nutrition standards and overall revenue remains steady due to consistent promotion of healthy options. A healthy snack cart provides options for middle school students who might be hungry mid-morning.

### RECIPE FOR SUCCESS

1. Enforce and sustain change through a strong policy.
2. Faculty members should commit to modeling healthy practices. For example, if there is a staff development day, don't serve pizza and cake.
3. Put health on every agenda for meetings with principals.



**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 have been doing it for three years and we have found that kids will buy whatever we offer.”**

– Joanne Avery, deputy superintendent, in response to concerns over losing money by eliminating junk food sales



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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Contact: Joanne Avery, deputy superintendent, JAVery@anderson4.org, 864-403-2002