

Raymore-Peculiar Competitive Foods/ Smart Snack Guidelines

In order to comply with the Raymore-Peculiar Board of Education policy concerning student wellness, the Raymore-Peculiar School District has made changes that govern competitive foods and smart snacks in our schools. This policy can be found at:

<https://eboard.eboardsolutions.com/ePolicy/PolicyOverview.aspx?S=80000&Sch=80000>

Competitive Foods and Smart Snacks are any foods and beverages sold or served to students on school premises other than meals served through the U.S. Department of Agriculture (USDA) school meal program. They include all foods and beverages outside of school meals, such as cafeteria ala carte, vending machines, school stores, fundraisers, class parties, and student rewards.

- Snacks sent to school for the purpose of sharing with other students must meet the Board of Education Policy and Competitive Foods/Smart Snack Guidelines and be packaged, not homemade. One example of this would be children wanting to bring treats on their birthday to share with their class.
- Smart snacks offered in the cafeteria will be available for purchase during meal times. All smart snacks offered in the cafeteria will meet the Board of Education Policy and Competitive Foods/Smart Snack guidelines.
- Vending, school stores, classroom parties, and student rewards shall meet the Board of Education Policy and Competitive Foods/Smart Snack Guidelines.
- Fundraising shall follow Board of Education Policy and Competitive Foods/Smart Snack guidelines. Five (5) fundraisers per school building, per year, will be allowed to be exempt from these guidelines. A single exempt fundraiser will have duration of one (1) day. No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service areas during meal service times. Exempt fundraisers must get approval from Director of Child Nutrition.
- Related Forms can be found at: [raypec.k12.mo.us/Departments/Child Nutrition](http://raypec.k12.mo.us/Departments/Child%20Nutrition)

We appreciate your support in our endeavor to promote healthy eating habits for all of our children.

A suggested Smart Snack List is provided as a guide. If you want to send a snack not on the list, please notify the Child Nutrition office and we can see if it meets the requirements.

Suggested Smart Snacks

Animal or Graham Crackers	Baked Chips (most)	Pretzels (Rold Gold Brand)
Nutrigrain Bars	Flavored Rice Cakes	Cheese (Low Fat or Fat Free)
Sugar Free Pudding	Whole Grain Cheetos	Vegetables/Fat free dressing
Teddy Grahams	Raisins/Dried Fruit	Snack Size WG Cereal Boxes (most)
Applesauce/Fruit Cups	100% Fruit Juice	Fresh Fruit
Kudos Bars	Trail Mix/ Nuts	Reduced Fat Doritos (under 1 oz.)
Portable Yogurt (Gogurt)	100 calorie packs	Milk/Skim flavored or non-flavored
Water	WG Rice Krispy Treats	Fruit Snacks with 100% real juice
Whole Grain Crackers (Cheez- Its, Plain Ritz, Wheat Thins, Goldfish)		

Please be aware of students with allergies. Anything that contains nuts or has been processed in a facility that handles nuts is **NOT** nut free.

Students with allergies need to go to the Child Nutrition website and have their doctor fill out a new “Medical Form for Students Requiring Special Meals or Accommodations” form annually. This form can be found at:

<http://www.schoolnutritionandfitness.com/index.php?page=allergy&sid=0709102350501398>

Additional information regarding Smart Snacks in Schools can be found at the USDA website located at: <http://www.fns.usda.gov/school-meals/smart-snacks-school>