



What is snacks2go?

The snacks2go program is an exclusive healthy snacking initiative. This program offers a wide variety of healthy and delicious snack products that student customers will not only enjoy but also meet the nutritional standards and guidelines being introduced in school districts today. It is both an important component of healthy eating and a symbol of action representing students' ability to take control of their health from an early age. Healthy snacking is one part of their active lifestyles and the snacks2go program helps students feel confident when evaluating their options.

Studies indicate that snacks contribute over 20% of the daily energy intake of children. Unfortunately for many students, snacks are often synonymous with "junk food", and tend to be energy dense, nutrient-poor foods such as chips, cookies, candy bars and regular soft drinks. This does not have to be the case. As many leading healthcare professionals and registered dietitians will affirm, snacks can and should be part of a healthy diet. Eating the right types of snacks gives kids the nutrients they need for good health and helps keep them energized to meet the demands of their busy lifestyles.

What sort of products are part of the snacks2go program?

The snacks2go program includes a comprehensive list of over 50 healthy snacking options plus a variety of whole fruit options sure to meet the taste preferences of students as well as the nutritional guidelines. Savory snacks like tortilla chips, pretzels, and crackers; sweet snacks like cookies, granola bars, and fruits; and specialty snacks like oatmeal, Cheetos, and popcorn mix are guaranteed to satisfy student preferences as well as nutritional standards.



What are the nutritional guidelines that snacks2Go products must meet to be part of the program?

The snacks2go program includes a product mix that meets the Competitive Foods Rule (CFR) guidelines. All items included in the product mix must meet the following criteria (per serving):

- Less than 35% sugar, by weight
- Less than 10% of calories from saturated fat
- Less than 200 calories
- Less than 230 mg sodium