

Clinton County Health Department Nutrition Services/ School T.A.B.L.E./Action for Health



Public Health
Prevent. Promote. Protect.
Clinton County Health Department

Snack & Beverage Standards for Clinton County Schools, Afterschool, Vending Machines, and Worksites



Snack & A la Carte Standards:

Items should follow these guidelines (per serving), each package should be 1 serving

Total Fat	7 grams or less
Saturated	2 grams or less
Trans Fat	0 Grams (less than or equal to .5g/per serving)
Sugar	15 grams or less
Sodium	300 mg or less

Foods excluded include those with naturally occurring fat and sugars, such as dried fruit, nuts and seeds that do not have added sugar or salt in them.

Allowed (just some examples):

- * Low-fat low sugar ice cream bars
- * Baked chips, pretzels, some popcorn
- * Some granola bars & trail mixes
- * Graham crackers
- * Dried Fruit
- * Seeds and nuts
- * Low fat cheese sticks

Not Allowed:

- * High fat ice cream products
- * Regular chips and candy
- * Some cookies and sweets
- * Other confections
- * Other high-fat salty snacks
- * Pre-packaged cheese and crackers

Beverage Standards:

Items should follow these guidelines:

- 1% or less milk, regular and flavored
- Sports Drinks: Sports drinks should not contain more than 20 grams of added sweetener per 8 oz. serving. Sodium should not exceed 110 milligrams per 8 oz.; potassium should not exceed 60 milligrams per 8oz. Electrolytes and minerals added might include: sodium, potassium, chlorine and phosphorus
- Beverages other than milk and sports drinks should contain no more than 15 grams of sugar per 8 oz. serving, in addition..
- Beverages sold to the elementary students must contain 100% real fruit or vegetable juice
- Beverages sold to the MS and HS students must contain 25% or more real fruit or vegetable juice

Examples of allowed:

- * Non-fat & low-fat (1%) milk/flavored milk
- * Water
- * Flavored waters without sugar
- * Fruit and vegetable juices
- * Spritzers
- * Low calorie sports drinks such as G2™
- * Beverages meeting standards as above

Eliminate:

- * Soft drinks, including diet
- * Some sports drinks
- * Sweetened iced tea drinks
- * Other drinks that contain less than 100% /25% fruit or vegetable juice
- * "Energy" drinks
- * "Juice drinks"

References: Choose Sensibly (an initiative of the NY School Nutrition Association) and The Institute of Medicine/
Recommended Nutrition Standards for Foods Outside of School Meal Programs

Updated 10/10