The following is a list of foods and beverages that meet the USDA Smart Snacks in School nutrition standards. This list is NOT all inclusive. Manufacturers' ingredients change frequently.

How can I tell if my snack meets the Smart Snacks Standards?

1. See if your snack is listed in the Products section of the Alliance for a Healthier Generation’s Smart Food Planner (<https://foodplanner.healthiergeneration.org/products>).
2. Enter information from the food or beverage’s Nutrition Facts panel and ingredients list into the Alliance for a Healthier Generation’s Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>).

|  |
| --- |
| **Applesauce/Fruit cups/Fruit snacks** |
| **Manufacturer** | **Name/Description** | **Serving Size** |  |
| All Brands | Individual Fruit Cups in Water or Natural Juices | ½cup |  |
| All Brands | Dried Fruit w/ No Added Sugar | ¼cup |  |
| All Brands | Fresh Fruit & Vegetables-Individual bags or Platters | ½cup |  |
| Brother's | All Natural Fruit Crisps | 1 bag |  |
| Buddy Fruits | 100% Fruit Snack Squeeze Pouch-All Flavors | 1 pouch (90g) |  |
| Buddy Fruits | Pure Fruit Jiggle Gel | 1 pouch (3.2 oz.) |  |
| Chiquita | Fruit Chips 100% Fruit Freeze Dried-All Flavors | 1 pouch (30g) |  |
| Crunch Pak | Dipper Fruit Packs- All Flavors | 1 container (2.75 oz.) |  |
| Del Monte | Fruit Cups No Sugar Added-All Flavors | 1 cup (106g) |  |
| Del Monte | Fruit Naturals No Sugar Added | 1 container (1 cup) |  |
| Del Monte | Fruit Burst Pouch-All Flavors | 1 Pouch {90g) |  |
| Disney | Fruit Crisps Freeze Dried Fruit Slices- All Flavors | 1 bag (7g) |  |
| Dole | Fruit Cups in 100% Juice-All Flavors | 1 Container (113g) |  |
| Dole | Fruit Squish'ems | 1 Pouch |  |
| Earthbound Farms | Organic Raisins | 1 box (43g) |  |
| Great Value | All Natural No Sugar Added Applesauce - Individual cups | 4oz unit (113g) |  |
| Great Value | Dried Apricots | 7 pieces |  |
| Great Value | No Sugar Added Fruit Cups - Peaches | 1 bowl (108 g) |  |
| Happy Squeeze | Fruit & Veggie TWIST Pouch - All Flavors | 1 pouch (99g) |  |
| Kirkland | Real Sliced Fruit- Freeze Dried- Individual Bags | 1 bag |  |
| Materne | Go Go Squeeze - All Flavors | 1 pouch (90g) |  |
| Motts | Applesauce Snack & Go-All Flavors | 1 pouch (90g) |  |
| 0 Organics | Raisins | 1 box (1oz) |  |
| Peter Rabbit Organics | 100% Pure Fruit Snacks Pouch -All flavors | 1 pouch (4 oz) |  |
| Peter Rabbit Organics | 100% Veg & Fruit Puree Pouch | 1 pouch (4.4 oz) |  |
| Plum Kids | Organic Mashups- All Flavors | 1 pouch (90g) |  |
| Plum Kids | Organic Slam Dunk- Fruit & Veggie Dip-All Flavors | 1Pack (52g) |  |
| Sunmaid | Raisins | 1 box (42.Sg) |  |
| Tree Top | No Sugar Added Natural Apple Sauce- Individual Cups | 1 unit (113g) |  |
| Tree Top | All Flavor Pouches | 1 pouch (26g) |  |
| **Chips/Chex Mix/Corn nuts/Popcorn** |  |
| **Manufacturer** | **Name/Description** | **Serving Size** |  |  |
| Corn Nuts | Original, Ranch, Chile Picante | 1 package (1/3cup) |  |  |
| All Brands |   |   | Pretzels |   | 1 oz |   |  |  |  |
| Frito Lay | Baked! Cheetos - Regular and Flamin' Hot | .875 oz. |  |  |
| Frito Lay | Reduced Fat Doritos - Cool Ranch, Nacho Cheese | 1 oz. |  |  |
| General Mills | Chex Mix Snack Mix -Individual Snack BagsTraditional or other nut-free variety | 1 pouch (.82 oz.) |  |  |
| Jolly Time | Healthy Pop Butter 94% Fat Free - 100 Calorie Pack | 1 package |  |  |
| Lays | Baked Potato Chips - BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion | 1 oz |  |  |
| Quaker | Popped Rice Snacks - only plain, Apple and Chocolate | 1 oz |  |  |
| **Seeds/Jerky** |  |
| **Manufacturer** | **Name/Description** | **Serving Size** |  |  |
| David (and other brands) | Original Sunflower Seeds. | 1 bag (1.75 oz.) |  |  |
| Trader Joes |   |   | Pumpkin Seeds Low Salt | 1/4 cup | 1/4 cup |  |  |  |
| Multiple Brands | Beef Jerky/Turkey Jerky | 2 oz. |  |  |
| **Cookies/Crackers** |  |
| **Manufacturer** | **Name/Description** | **Serving Size** |  |  |
| Kellogg's | Special K Cracker Chips - Individual Bags | 1 package |  |  |
| Kellogg's | Rice Krispy Treat, Whole Grain | 1.41oz. |  |  |
| Nabisco | 100 Calorie Packs-Mini Teddy Grahams | 1 package (22g) |  |  |
| Nabisco | 100 Calorie Packs - Sweet and Salty | 1 package (22g) |  |  |
| Nabisco | 100 Calorie Packs-Wheat Thins Toasted Chips | 1 package (22g) |  |  |
| Nabisco | Honey Maid Grahamfuls -All flavors | 1 pack (25g) |  |  |
| Nabisco | Honey Maid Minions Honey Grahams | 1 bag (28g) |  |  |
| Nabisco | Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey | 1 pouch (35g) |  |  |
| **Drinks** |  |
| **Manufacturer** | **Name/Description** | **Serving Size** |  |  |
| Campbell's | V-8 Fusion - Individual pouches-All flavors | 1 pouch |  |  |
| Capri Sun | 100% Juice Pouches -All Flavors | 1 pouch (6.75 fl.oz.) |  |  |
| Capri Sun | Fruit Waves -100% Juice -All Flavors | 1 pouch (6.75 fl. oz.) |  |  |
| Capri Sun | Fruit Waves -100% Juice -Variety Pack | 1 pouch (6.75 fl. oz.) |  |  |
| Capri Sun | Super V - Fruit & Vegetable Drink | 1 pouch (6 oz.) |  |  |
| Juicy Juice | 100% Juice - Berry, Grape, Punch, Strawberry Banana, White Grape | 8 fl oz. or less |  |  |
| Juicy Juice | Fruitifuls -All Flavors | 6.75 fl oz |  |  |
| Martinellis | 100% Pure Apple Juice | 8 fl oz or less |  |  |
| Minute Maid | 100% Juice - Apple, Fruit Punch, Apple White, Grape, | 8 fl oz. or less |  |  |
| Motts | 100% Apple Juice | 8 fl oz. or less |  |  |
| Ocean Spray | 100% Juice - Grapefruit, Cranberry, Ruby Red Grapefruit, | 8 fl oz. or less |  |  |
| Treetop | 100% Apple Juice | 8 fl oz. or less |  |  |
| Treetop | 100% Juice Assorted | 8 fl oz or less |  |  |
| All Brands | 100% Juice (Product must state 100% juice) | 8 fl oz. or less |  |  |
| All Brands | Milk 1%, Fat Free (Flavored milk MUST be Fat Free) | 8 fl oz. or less |  |  |
| All Brands | Milk Alternative- Reduced Fat Enriched-Rice, Nut or Soy (Plain | 8 fl oz. or less |  |  |
| Any | Pure Water, No Added Artificial sweetener and/or Caffeine | Any Size |  |  |
| **Yogurt/Cheese/Smoothies** |  |
| **Manufacturer** | **Name/Description** | **Serving Size** |  |  |
| Buddy Fruits | 100% Smoothie Squeeze Pouch - All Flavors | 1 pouch (90g) |  |  |
| Chobani | Non-fat Yogurt-All Flavors | 6 oz (170g) |  |  |
| Chobani | Low Fat Yogurt-All Flavors | 6 oz (170g) |  |  |
| Chobani | Champions Tube-All Flavors | 1 Tube |  |  |
| Cool Squeeze | Squeezable Yogurt | 1 tube - 2.25 oz. |  |  |
| Dannon | Danimals- Yogurt Smoothies | 1 bottle-3.1 fl. oz. |  |  |
| Dannon | Oikos- Fruit on the Bottom Non-fat | 5.3oz (150g) |  |  |
| Dannon | Light & Fit | 6 oz (170g) |  |  |
| Frigo | Light String Cheese | 1 stick {28g) |  |  |
| Frigo | Light Variety String Cheese | 1 stick |  |  |
| Great Value | Low-fat Yogurt-All Flavors | 6 oz |  |  |
| Great Value | Light- Non-Fat Yogurt -All Flavors | 6 oz |  |  |
| Health Valley | Fruit Yogurt Smoothie Pouch -Strawberry Banana, Pear Mango | 1 pouch4.2 oz |  |  |
| Jamba Juice | All Fruit and Fruit & Veggie Smoothies | 8 oz. |  |  |
| Kraft | Live Active 2% Milk Marbled Colby & MontereyJack cheese stick | 1 stick (28g) |  |  |
| Kraft | Mozzarella Cheese String - 2% Milk | 1 stick |  |  |
| Lala | Yogurt Smoothies - Strawberry | 1 bottle (7 oz. ) |  |  |
| Liberte | Nonfat Greek yogurt-all flavors | 5.3 oz |  |  |
| Lucerne | Reduced Fat Yogurt | 8 oz. or less |  |  |
| Lucerne | Low-fat Yogurt Tubes -All Flavors | 1 tube {64g) |  |  |
| Lucerne | Part-Skim Mozzarella String Cheese | 1 stick |  |  |
| Lucerne | Light String Cheese | lstick |  |  |
| Lucerne | Reduced Fat 2% Sharp Cheddar Cheese Stick | 1 stick |  |  |
| Plum Kids | Yogurt Mashups- All Flavors | 1 pouch (90g) |  |  |
| Plum Kids | Organic Yo'Drops Crunchable Yogurt-All Flavors | 1 pack (7g) |  |  |
| Precious | String Cheese | 1 stick {28g) |  |  |
| Precious | Stringsters Reduced Fat String Cheese | 1 stick |  |  |
| Sargento | String Cheese | 1 stick |  |  |
| Sargento | Light String Cheese | 1 stick |  |  |
| Sargento | Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar | 1 stick |  |  |
| Stoneyfield | YoKids Squeezers Organic Low-fat Yogurt-All Flavors | 1 tube (56g) |  |  |
| Stoneyfield | YoKids - Low-fat Yogurt-All Flavors | 1 container (4 oz.) |  |  |
| The Laughing Cow | Babybel Light | 1 piece |  |  |
| The Laughing Cow | Cheese Wedges Light - All Flavors | 1 wedge |  |  |
| Yoplait | Original Yogurt-All Flavors | 6oz |  |  |
| Yoplait | Reduced Fat Yogurt - All Flavors | 8 fl or less |  |  |
| Yoplait | GoGurt- Portable Low Fat Yogurt- All Flavors | 1 tube (64g) |  |  |  |
| Yoplait | GoGurt Protein - Portable Low Fat Yogurt- All Flavors | 1 tube (64g) |  |  |  |
| Yoplait | Simply GoGurt-Portable Low Fat Yogurt-All Flavors | 1 tube (64 g) |  |  |  |
| Yoplait | Yoplait Kids Yogurt-All Flavors | 1 container (113g) |  |  |  |
| Yoplait | Light Yogurt - All Flavors | 6 oz |  |  |  |
| Yoplait | Greek 100 -All Flavors | 5.3oz (150g) |  |  |  |
| Yoplait | Pro-Force Protein Yogurt For Kids -All Flavors | 1 container (3.5 oz.) |  |  |  |
| Weight Watchers | String Cheese | 1 stick |  |  |  |
| **Cereal/Breakfast Bars** |  |
|  | **Manufacturer** | **Name/Description** | **Serving Size** |  |  |
|  | Cascadian Farm | Organic Chewy Granola Bar-Fruit & Nut Bar | 1 bar (35g) |  |  |
|  | CLIF | Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie | 1 bar (36g) |  |  |
|  | CLIF | LUNA fiber-All Flavors | 1 bar (40g) |  |  |
|  | Funley's Delicious | Wholly Granolly Clusters, Double Chocolate Chip | 1 pack (28g) |  |  |
|  | Great Value | Crunch Oats & Honey | 2 bars (42g) |  |  |
|  | Kashi | Chewy Granola Bars - No Nuts. | 1 bar (35g) |  |  |
|  | !Nature Valley | Chewy Trail Mix Bar | 1 bar (35g) |  |  |
|  | !Nature Valley | Crunch Granola Bar - Oats **N** Honey, Raisin, Cinnamon | bars (42g) |  |  |
|  | Kellogg's | Nutrigrain Bar -All Flavors | 1.55 oz. |  |  |
|  | flum Kids | Organic Jammy Sammy- All Flavors | 1 bar (29g) |  |  |
|  | Quaker | 25% less Sugar Chewy Granola Bar- All Flavors | 1 bar ( 24g) |  |  |
|  | Quaker | 90 Calorie Chewy Granola Bar - All Flavors | 1 bar (24g) |  |  |
|  | South Beach Diet | Protein Fit - Cinnamon Raisin | 1 bar (35g) |  |  |
|

|  |
| --- |
| **Ice Cream/Frozen Treats** |

 |  |
| **Manufacturer** | **Name/Description** | **Serving Size** |  |  |  |
| Blue Bunny | Sweet Freedom No Sugar Added Fudge Lites | 1 bar (45 g) |  |  |  |
| Blue Bell | Fruit Bars-All flavors | 1 Bar |  |  |  |
| Dryer ' s | No Sugar Added Fruit Bars-Black Cherry,Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, and Raspberry | 1 bar (51g) |  |  |  |
| Dryers | Outshine fruit bars and coconut water | 1 bar |  |  |  |
| Fruttare | Fruit Bars-All flavors | 1 bar |  |  |  |
| Fudgsicle | Fat Free-No sugar added | 1 bar (65 g) |  |  |  |
| Fudgsicle | 100 Calorie Bar | 1 bar (65g) |  |  |  |
| Healthy Choice | Premium Fudge Bars | 1 bar ( 3 oz) |  |  |  |
| Kona Ice | 100%Juice | 2 oz. |  |  |  |
| Simple Truth | Greek Yogurt Frozen Bars-Al Flavors | 1 bar |  |  |  |
| Skinny Cow | Ice Cream Sandwiches-all flavors | 1 sandwich |  |  |  |
| Skinny Cow | Cones-All flavors | 1 cone |  |  |  |
| Skinny Cow | Bars-all flavors-caramel, cookies & cream, fudge, chocolate | 1 bar |  |  |  |
| Swiss Miss | Fudge Bars - 97% Fat Free | 1 bar ( 3oz) |  |  |  |
| TCBY | Frozen Yogurt On The Go -All Flavors | 1 pouch (60g) |  |  |  |
| Weight Watchers | Fudge bars-Giant latte | 1 bar |  |

|  |
| --- |
|  |

 |  |
| Otter -Pops | 100% Juice Fast Freeze Juice Bars | 1 pop (1 oz) |  |  |  |