

WJCC Wellness Policy & Smart Snacks Regulations



..... Nutrition Standards for All Foods in School

The WJCC Student Wellness Policy sends a consistent message to students that the same healthy options are made available throughout the school day – in the café and in the classroom. Smart Snacks must meet the following standards for foods and beverages:

General Standards	
<i>The food item must:</i>	
1.	Be a grain product and contain 50% or more whole grains by weight (have whole grain as the first ingredient); or
2.	Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food; or
3.	Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Nutrient Standards	
<i>A snack must also meet:</i>	
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Sugar	35% by weight or less

Note: There are some exemptions to the nutrient standards for nutrient dense items like cheese, nuts, seeds, dried fruit and vegetables, seafood, and whole eggs.

