



Bayport-Blue Point Schools and the Choose Sensibly Snack Program Overview

‡The words "Choose Sensibly" along with the yellow logo are popping up everywhere in New York State. Those words and that logo identify a snack item that fits within the guidelines set by the New York State School Food Service Association's "Choose Sensibly" campaign. This is a program that strives to improve the nutritional quality of the snacks our children are selecting.

Guidelines have been set that identify moderate snack choices, these guidelines are not hard and fast regulations.

According to these guidelines a "Choose Sensibly" snack will have:

- FAT - 7 GRAMS OR LESS
- SATURATED FAT - 2 GRAMS OR LESS
- SODIUM - 360 MILIGRAMS OR LESS
- SUGAR - 15 GRAMS OR LESS

The standards for beverages are:

- LOW FAT MILK AND LOW FAT FLAVORED MILK
- JUICE WITH 25% OR MORE FRUIT JUICE
- WATER OR FLAVORED WATER WITHOUT ADDED SUGAR, ARTIFICIAL SWEETNERS OR CAFFEINE
- BEVERAGES WITH 10 MILIGRAMS OR LESS CAFFEINE PER SERVING

Many schools have begun to implement these guidelines, including the Bayport-Blue Point School District. This is the first step in improving the nutritional quality of the snacks we offer, not the final destination.

The New York State School Food Service Association will continue to review these guidelines and work with school districts from around New York State.

Visit www.nyssfsa.com for more information on the "Choose Sensibly" program.