

WHAT IS SNACKWISE®?

Developed by the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital, Snackwise® is a research-based snack rating system that calculates nutrient density in snack foods.

WHO CAN USE SNACKWISE®?

Snackwise® is a great tool for middle and high school student groups to use to analyze a la carte items and vending machines.

HOW SNACKWISE® WORKS:

The Snackwise® Nutrition Rating system is easy to use! All you do is type the information from the nutrition facts label in the Snackwise® Calculator and Snackwise® determines the nutrient density and rates the snack! Snack foods are then rated as either:

GREEN: BEST CHOICE **YELLOW: CHOOSE OCCASIONALLY** **RED: CHOOSE RARELY**

IMPLEMENTING SNACKWISE IN VENDING MACHINES:

Nationwide Children's Hospital suggests that vending machines establish a ratio for each of the categories as:

30% Green
55% Yellow
15% Red

Vendors and schools can work together to identify and adjust snack selections to meet new healthier vending selection guidelines. A student group or health class can analyze the current ration of green, yellow, and red foods available as a la carte items or in the vending machines, then work with the School Nutrition Director to increase the number of smarter snack choices available.

HOW TO ACCESS THE SNACKWISE SYSTEM:

The Snackwise® calculator is free to use at www.snackwise.org. You can also choose to purchase a 1 year membership for \$25. The membership allows you to have full access to all the Snackwise® features, save snack lists, and to have access to experts to answer your questions.

WHAT MAKES A GOOD SNACK? Snackwise rates snacks based on their nutrient density and puts them into the following categories. Here are some examples:

Best Choice:

- Fruits and vegetables
- Clif Organic Z Bar
- NutriPals Snack Bars, PediaSure, Peanut Butter Chocolate or Strawberry Yogurt
- Oatmeal To Go, Apple Cinnamon for Kids
- Pria Complete Nutrition Bar, Chocolate Peanut Butter Crisp
- Solo Low Glycemic Nutrition Bar, Chocolate Charger or Mint Mania
- Fig Newtons, 100% Whole Grain
- Fruit Crisp Bites, Apple Crisp or Strawberry
- Instant Quaker Oatmeal Express Cups, Cinnamon Roll, Golden Brown Sugar, Vanilla Cinnamon
- Life Cereal, Single Serve Cup
- Quaker Breakfast Cookie, Chocolate Chip

Choose Sometimes:

- Austin Zoo Animal Crackers (1oz/28g)
- California Raisins Snack Box (1.33oz/38g)
- Doritos, Reduced Fat Cooler Ranch (1oz/28.3g)
- Generation Max Combos Ranch Pretzels (1.06oz/30.1g)
- Kellogg's All Bran Snack Bites, Honey Oat & Strawberry (0.99oz/28g)
- Kudos Snickers Bar (0.89oz/23.5g)
- Nature Valley Granola Bars, Maple Brown Sugar (1.5oz/42g)
- Pepperidge Farms Goldfish Vanilla Physedibles 300 ct. (0.9oz)
- Rice Krispie Treat (1.3oz/37g)
- Stacy's Cinnamon and Sugar (1.5oz/42.5g)

Choose Rarely:

- 100 Grand (1.5oz/42.5g)
- Chewy Runts (1.85oz/52.4g)
- Doritos, Fiery Habanero (1.75oz/49.6g)
- Frito-Lay Flamin' Hot Chee-tos, 104 ct. (1.1oz)
- Grandma's Chocolate Chip Big Cookies (1.38oz/39g)
- Keebler Fudge Stripe Cookies 12-11.5, 3 ea. (0.3oz)
- Lays, Cheddar Sour Cream (1.5oz/42.5g)
- Mounds (1.75oz/49g)
- O'Keely's Bacon Cheddar (1.5oz/42.5g)
- Skittles, Original (2.17oz/61.5g)

Implementing Snackwise® in a School Setting

Steps for Modifying Vending Choices

Step 1

Assess Current Vending Machine Content

- Survey what is currently available in your vending machines. Assess the nutritional value using the Snackwise® system and assign the corresponding color code to each snack. An assessment survey is included on Page 3.

Step 2

Complete a Nutrition Assessment of Vending Foods

- Use the assessment survey on page 3 to total the number of snacks for each color and calculate the percentage of green, yellow, and red choices that are in the machine.

Step 3

Determine Mix of Products to Offer

- Adjust the snack selections in the vending machine to fit the Snackwise® guidelines for each color: Green: 30%, Yellow: 55%, Red: 15%. Work with the vendor or food supplier to identify snacks that meet Snackwise® guidelines. Example Snackwise® plannograms are included to help guide you with snack selections.

Step 4

Label Your Vending Machines

- Many subscribers print out customized "vending lists" and post them wherever snack foods are sold. That includes vending machines, kiosks, mini-stores and cafeteria a la carte lines. As a subscriber, you can create and save as many vending lists as you like, plus you can edit the items in the list whenever your selection changes.

Step 5

Communicate Your Vending Changes

- Communicate to the community, parents, faculty and students what changes have been made and how Snackwise® works. Promote the selection of Green and Yellow choices for a healthy lifestyle.

Get the word out! Use the Snackwise® news release and parent letter to promote the Snackwise® Nutrition Rating System.

Implementation Suggestions

- > Display Snackwise® posters on the a la carte line and at vending machines.
- > Offer samples of new smarter snack choices for customers to taste test.
- > Place vending machines with smarter snack choices in high traffic areas that are easily accessible to customers.
- > Increase the number of smarter snack choices in vending machines.



Get LESS of these

Get MORE of these

Munchies Ultimate Cheddar Mix

| Nutrition Facts | | | |
|---------------------------|---------------|-------------------|-----|
| Serving Size: 1 package | | | |
| Servings Per Container: 1 | | | |
| Amount Per Serving | | | |
| Calories | 230 | Calories from Fat | 70 |
| % Daily Value | | | |
| Total Fat | 8g | | 13% |
| Saturated Fat | 1.5 | | 7% |
| Trans Fat | 0g | | |
| Cholesterol | less than 5mg | | 1% |
| Sodium | 410mg | | 17% |
| Total Carbohydrate | 34g | | 11% |
| Dietary Fiber | 2g | | 8% |
| Sugars | 5g | | |
| Protein | 5 g | | |
| Vitamin A | 8% | Vitamin C | 10% |
| Calcium | 4% | Iron | 35% |

Frequently Asked Questions

What nutrition parameters are used to evaluate a snack food?

Snackwise® evaluates a snack foods for eleven nutrition parameters; calories, total fat, saturated & trans fat, sodium, sugar, protein, fiber, calcium, iron, vitamin A and vitamin C.

Will Snackwise® help my school establish nutrition guidelines for ALL snack foods available at school?

Yes. Snackwise® evaluates packaged snack foods found in vending, a la carte line, and school stores. Snack foods are rated according to whether the nutritional parameter contributes positively or negatively to a snack food's nutrient balance as either green-best choice, yellow-choose occasionally, or red-choose rarely. Snackwise® is not designed to evaluate beverage offerings.

How are fruits and vegetables rated?

Fruits and vegetables are always **green...best choice** and do not need to be evaluated through the Snackwise® Nutrition Rating System. Fruits and vegetables are major dietary sources of many nutrients such as vitamin A, C, folate, calcium, and fiber and are packed with phytochemicals, natural substances that fight disease and promote good health. The Dietary Guidelines for Americans recommends nine servings of fruits and vegetables per day for 2,000 calories, with higher or lower amounts depending on calorie level. Fruits and vegetables are an *excellent snack choice* and should be promoted through all venues at school.

What about Foods of Minimal Nutritional Value (FMNV)?

USDA defines FMNV as artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intake (RDI) for each of the eight specified nutrients per serving – protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron.

Foods of Minimal Nutritional Value Include:

Soda water (carbonated beverages), water ices (popsicles), chewing gum, and candies of the following types: hard candy, including breath mints and cough drops, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn.

*****Regardless of the Snackwise® nutrition rating, FMNV cannot be sold in the food service area or any area in which meals are either served or eaten during lunch.**

Snackwise Sample Vending Plannogram: 40 Slots
12 Green (30%) 22 Yellow (55%) 6 Red (15%)

| | | | | | | | | | |
|--|---|---|---|---|--|--|----------------------------------|---|------------------------|
| Quaker® Snack Mix, Kid's Mix (.875 oz) | | Chex Morning Mix®, Fruit & Nut (1.15 oz) | | Baked Cheetos® with Calcium, Falmin Hot (.8750 oz) | | Stacy's® Texarkana Hot (1 oz) | | NutriGrain® Yogurt Cereal Bar, Strawberry (1.3 oz) | |
| GREEN | | GREEN | | GREEN | | GREEN | | GREEN | |
| Baked Lay's®, Sour Cream & Onion (1.125 oz) | | Snyder's of Hanover® Honey Wheat Sticks (2.25 oz) | | Baked Cheetos®, Flamin' Hot (.875 oz) | | Kudos® M&M's Bar (.830 oz) | | Planters® Dry Roasted Peanuts, Lightly Salted (1.75 oz) | |
| YELLOW | | YELLOW | | YELLOW | | YELLOW | | YELLOW | |
| Famous Amos® Chocolate Chip Cookies (3 oz) | | Generation Max™ Snickers Cereal Clusters (1.1oz) | | Stacy's® Pesto & Sundried Tomato (1.5 oz) | | Oreo® 100 Calorie Packs (.81 oz) | | Rice Krispies® Treat (1.3 oz) | |
| RED | | GREEN | | GREEN | | YELLOW | | YELLOW | |
| Cinnamon Toast Crunch® Milk 'n Cereal Bar (1.6 oz) | Hershey's® 1 g Sugar, w/ Almonds (1.1 oz) | Skittles®, Sour (1.8 oz) | NutriGrain® Cereal Bar, Strawberry (1.3 oz) | Florida's Natural® Au'some Fruit Nuggets (1.5 oz) | Austin® Zoo® Animal Crackers (2.12 oz) | SnackWell® Devil's Food Cookies (1.1 oz) | Scooby Doo® Fruit Snacks (.9 oz) | Cocoa Puffs® Milk 'n Cereal Bar (1.4 oz) | Gobstoppers (1.770 oz) |
| GREEN | YELLOW | YELLOW | GREEN | GREEN | YELLOW | YELLOW | YELLOW | GREEN | YELLOW |
| Kudos® Snickers® (.89 oz) | Butterfinger (Nestlé®) (1.76 oz) | Nature Valley® Granola Bars, Maple Brown Sugar (1.5 oz) | Reeses's® Peanut Butter® Cups (1.5 oz) | Kellogg's® Cinnamonia French Toast Snacks (1.76 oz) | Kit Kat, Hershey's™ (1.5 oz) | Teddy Grahams®, Chocolate (1.25oz) | Kudos® M&M® Bar (0.83 oz) | Welch's® Fruit Snacks, Strawberry (2.25 oz) | M&M® Peanut (1.74 oz) |
| YELLOW | RED | YELLOW | RED | YELLOW | RED | GREEN | YELLOW | YELLOW | RED |
| Baked Lay's®, Original (1.125 oz) | | Baked Lay's®, KC Master BBQ (1.125 oz) | | Doritos®, Reduced Fat, Cooler Ranch (1 oz) | | Cheetos® Fantastix, Chili Cheese (1 oz) | | Doritos®, Nacho Cheesier (1 oz) | |
| YELLOW | | YELLOW | | YELLOW | | YELLOW | | RED | |

Snackwise Sample Vending Plannogram: 15 Slots
5 Green (30%) 8 Yellow (55%) 2 Red (15%)

| | | | | |
|--|--|--|--|---|
| Baked Cheetos® w/ Calcium, Crunchy (.875 oz) | Generation Max™ Snickers Cereal Clusters (1.1oz) | Stacy's® Texarkana Hot (1.5 oz) | Austin® Zoo® Animal Crackers (2.12 oz) | Quaker Chewy® Granola Bars, Reduced Sugar, Peanut Butter Chocolate Chip (.840 oz) |
| GREEN | GREEN | GREEN | YELLOW | GREEN |
| Baked Lay's®, Original (1.125 oz) | Baked Doritos®, Cooler Ranch (1.375 oz) | Reduced Fat Crunchy Cheetos® (.875 oz) | Generation Max™ Combos Ranch Pretzels (1.060 oz) | Teddy Grahams®, Chocolate (1.25oz) |
| YELLOW | YELLOW | YELLOW | YELLOW | GREEN |
| Baked Cheetos® (1.5 oz) | Baked Lay's®, Sour Cream and Onion (1.125 oz) | Doritos®, WOW, Nacho Cheese (1.33 oz) | Stacy's® Simply Naked (1oz) | Doritos®, Nacho Cheesier (1 oz) |
| RED | YELLOW | YELLOW | YELLOW | RED |

Snackwise Sample Vending Plannogram: 12 Slots
4 Green (30%) 6 Yellow (55%) 2 Red (15%)

| | | | |
|---|--|---|--|
| Rice Krispie® Treat (1.3 oz) | | Fruit Crisp Bites, Apple Crisp (2 oz) | Animal Crackers (2.12 oz) |
| YELLOW | GREEN | GREEN | YELLOW |
| Kashi® TLC™ Bar, Peanut Butter (1.2 oz) | | Welch's® Fruit Snacks, Strawberry (2.25 oz) | |
| GREEN | YELLOW | YELLOW | YELLOW |
| M&M® Peanut (1.74 oz) | Snyder's of Hanover®, Honey Wheat Sticks (2.25 oz) | Snickers® (2.07 oz) | Nabisco® Teddy Graham® Cinnamon (.75 oz) |
| RED | YELLOW | RED | GREEN |