

Healthy Food and Drink Sales

You can sell healthy food and drinks and still make money.

Selling healthy food items at a lower price than less healthy options can help students, families, and community members make healthy choices. Support your school's commitment to creating a healthy environment by making healthy food and drink choices more available at concession stands.



	HEALTHIEST CHOICES	HEALTHIER CHOICES
Snacks— Non-Refrigerated	<ul style="list-style-type: none"> • Popcorn (fat-free or low-fat) • Whole grain cereal (hot or cold) with at least 5g fiber and no greater than 6g sugar per serving • Whole grain cereal bar • Whole grain crackers • Rice cakes • Soy crisps • Fruit cup in fruit juice • Jerky (low sodium) 	<ul style="list-style-type: none"> • Whole grain cereals (hot or cold) with at least 3g fiber and no more than 6g sugar per serving • Baked chips • Animal crackers • Graham crackers • Pretzels • Nuts and seeds (plain or with spices) • Nuts (light sugar covering or honey-roasted) • Peanut butter and crackers • Ready-to-eat cereal (low fat, whole grain) • 100 Calorie Snack Packs • Fruit cup in light syrup • Whole-grain, low-fat muffins • Low-fat granola bar • Whole-grain, low-fat fig bars • Trail mix (plain) • Dried fruit • Jerky
Snacks— Refrigerated	<ul style="list-style-type: none"> • Fruits and vegetables without added fat, sugar or salt • Fat-free or low-fat yogurt, plain • Fat-free or low-fat cheese or cottage cheese • Hard-boiled eggs 	<ul style="list-style-type: none"> • Fruits or vegetables with added fat, sugar or salt • Fat-free or low-fat flavored yogurt with no more than 30g of total sugar per 8 oz serving • Low-fat or reduced fat pudding • Reduced-fat cheese or cottage cheese
Beverages— Refrigerated	<ul style="list-style-type: none"> • Water • Seltzer water (plain or flavored) • Fat-free or 1% (low-fat) milk, plain 	<ul style="list-style-type: none"> • Reduced-fat (2%) milk, plain • Fat-free or 1% flavored milk with up to 150 calories per 8 oz serving • 100% fruit juice • 100% vegetable juice • No- or low-calorie beverages with up to 10 calories per 8 oz serving • Smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice)