

Food Service Guidelines Checklist for Packaged Snacks



This checklist was developed to help you determine what food and beverages offered in your agency meet the *Food Service Guidelines for Federal Facilities*. This checklist only pertains to the standard criteria for packaged snacks. Packaged snacks include processed foods that are packaged in small portions or individual servings, are widely distributed, and have a relatively long shelf-life (compared to prepared foods). Packaged snacks include food items such as granola bars, chips, crackers, raisins, and nuts and seeds. These foods can be sold in any venue, such as vending machines or “grab-n-go” areas of cafeterias. Note that this checklist is not meant to assess beverages – click [here](#) for the beverage checklist.

Agency Background Information

1. Contact information (Complete in the space provided.)

Checklist completed by (name):

Job title:

Telephone number:

E-mail address:

2. Agency information (Complete in the space provided.)

Agency name:

Number of employees:

Mailing address:

Agency contact person (for future communication):

Job title:

Telephone number:

E-mail address:



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

3. Your agency's setting (Complete in the space provided.)

- Work site (Describe setting):
- Community setting (Specify):

4. Location of packaged snacks observed (Complete in the space provided.)

Name of facility, building, floor, etc.:

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5. Date of observation (Complete in the space provided.)

Date (mm/dd/yyyy):

Packaged Snacks Checklist

(Check one answer for each standard)

Category	Food Service Guidelines Standard Criteria	Yes, Standard Met	No, Standard Not Met	Not Applicable
Food and Nutrient Profile	All packaged snacks contain ≤ 200 mg sodium per package.			
	All packaged snacks have 0 grams of <i>trans</i> fat.			
Food and Nutrient Profile	At least 75% of packaged snacks meet the following food and nutrient standards.			
	<p>Food Standards:</p> <ul style="list-style-type: none"> ■ Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or ■ Be a whole grain-rich grain product; or ■ Be a combination food that contains at least ¼ cup of fruit and/or vegetable. <p>AND</p> <p>Nutrient Standards:</p> <ul style="list-style-type: none"> ■ Calorie limit: ≤ 200 calories ■ Saturated fat limit: $< 10\%$ of calories <ul style="list-style-type: none"> » Exemptions: Reduced-fat cheese and part skim mozzarella; nuts, seeds and nut/seed butters; and dried fruit with nuts/ seeds with no added nutritive sweeteners or fats. ■ Sugar limit: $\leq 35\%$ of weight from total sugars in foods. <ul style="list-style-type: none"> » Exemptions: Dried/ dehydrated whole fruits or vegetables with no added nutritive sweeteners; dried whole fruits or pieces with nutritive sweeteners required for processing and/or palatability; products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats. 			
Calorie Labeling	All snack foods sold in vending machines are consistent with FDA's <i>Vending Machine Final Rule: Food Labeling; Calorie Labeling of Articles of Food in Vending Machines</i> . ¹			

¹The rule "requires operators who own or operate 20 or more vending machines to disclose calorie information for food sold from vending machines." Vending machine operators with fewer than 20 vending machines may voluntarily register to be covered by the rule.