

Smart Snacks

Smart Snack options meet USDA guidelines, which include calorie limits, sugar caps and nutrient requirements.

Smart Snack Facts:

- Less than 200 calories
- Total fat is less than 35%
- Sodium less than 200 ms

Pay for USDA Smart Snacks with cash or create and add money to a LINQ account:

www.LINQConnect.com

Smart Snacks

- \$.50 - \$2.75
- LF Chips
- RS/LF Ice Cream
- RS/LF Cookies
- RS Fruit Roll Ups
- RS Rice Krispies Treats
- Bottled water

*LF=Low Fat

* RS=Reduced Sugar