

SMART SNACKS IN SCHOOLS

Effective July 1, 2014:

As required by the Healthy, Hunger-Free Kids Act of 2010, the United States Department of Agriculture has issued new “Smart Snacks in School” nutrition standards for competitive foods and beverages **sold*** to students outside of the federal reimbursable school meals program during the **school day*** on the **entire school campus***.

These standards set limits on calories, salt, sugar, and fat in foods and beverages and promotes snack foods that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredients. These standards are the minimum requirement for schools. States and local education agencies can continue to implement stronger nutrition standards for all competitive foods in schools.

There will be **flexibility*** for important traditions. The **standards do not apply to foods*** after the school day, off campus, or on weekends. There will be **exceptions for fundraiser foods*** not intended for consumption in schools.

***Sold** This term cannot be circumvented by giving away food, but suggesting a donation. This would be considered a fundraiser, since funds may be raised as a result. Another example may include a vending machine when the profits are used to support a school-sponsored club or activity such as the school band or football team.

***School Day** Under these new regulations the **school day** is defined as **midnight before until ½ hour after the official end of the school day.**

***Entire School Campus** All school property accessible to students.

***Flexibility** Parents/guardians may still send their children to school with homemade lunches, or treats for activities such as birthday parties, holidays, and other celebrations.

***Standards do not apply to foods** Foods and beverages sold at events held after the school day, off campus, or on weekends, such as school plays or sporting events, are exempt from the standards.

***Exceptions for fundraiser foods** Fundraising activities for foods not intended for consumption in schools, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and sales may continue during school hours.

Please see the following page for a brief overview of the new Snack Foods Standards. For further information, please contact the Food Service Office.

Nutrition Standards for Foods

● Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

● Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 230 mg**
- Entrée items: ≤ 480 mg

Fat limits:

- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

Sugar limit:

- ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria. **On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Nutrition Standards for Beverages

● All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

● Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

● Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.