

Smart Snacks In School



**CREATING HEALTHY
SCHOOLS AND
COMMUNITIES**

Wellness Wednesday Webinar
November 1, 2023

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Federal School Wellness Policy Regulations

Each school district that participates in the National School Lunch Program or other federal child nutrition programs is required by federal law to **establish a local school wellness policy** for all schools under its jurisdiction.

Required Wellness Policy Elements

Section 204 of the Healthy, Hunger-Free Kids Act of 2010



Stakeholder
Participation



Nutrition Guidelines



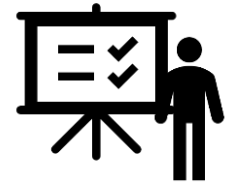
Nutrition Education
and Promotion



Physical Education
and Activity



Monitoring and
Evaluation



Public Notification

Nutrition Standards Overview

As a part of the Healthy Hunger-Free Kids Act of 2010, the **Smart Snacks in School** rules affect “competitive foods” sold in schools, which include vending machines, a la carte lunch lines, in student stores and fundraisers.

These snacks and beverages are purchased outside of school meals provided, and “compete” with the nutritionally regulated and reimbursable national school lunch and breakfast programs.

How did the USDA determine the standards?

Received 250,000 stakeholder comments from parents, teachers, food service professionals, health professionals, industry, etc.

Reviewed existing school nutrition standards, nutrition standards developed by other entities, and expert recommendations from the Institute of Medicine and the Dietary Guidelines for Americans.

Resulted in balance of science-based nutrition standards with practical and flexible solutions to promote healthier eating at school, which were published in the Federal Register on February 8, 2013.

Nutrition Standards for Foods

Apply to all grade levels

Include general standards and specific nutrient standards

To be allowed, a food item must meet the general and specific nutrient criteria



What do the standards do?

Require schools to offer healthier snack foods and limit “junk foods”

Promote snacks that have main ingredient listed as either:

- Whole grain

- Low-fat dairy

- Fruit

- Vegetable

- Protein

Important Definitions

- **Sold:** to students for immediate consumption
- **School campus:** any property or vehicle owned by the district.
- **School day:** the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Smart Snacks Standards

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:



Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient).

Smart Snacks Standards

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:



OR



whole grains

Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food

Smart Snacks Standards

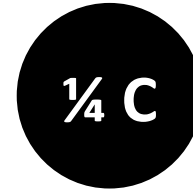
To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:



OR



OR



whole grains

fruit, vegetable, dairy
food, or protein food

Be a combination
food that contains at
least 1/4 cup of fruit
and/or vegetable

Smart Snacks Standards

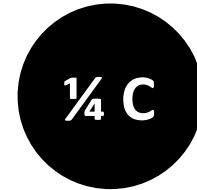
To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:



OR



OR



whole grains

fruit, vegetable, dairy
food, or protein food

combination food
with at least $\frac{1}{4}$ cup of
fruit/vegetable

AND



The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Specific nutrient standards for food

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

Exempt from all nutrients standards

Fresh and frozen fruits and vegetables, with no added ingredients except water

Canned fruits packed in 100% juice or light syrup, with no added ingredients except water

Canned vegetables (no salt added/low sodium), with no added fats

Exempt from total fat, saturated fat and sugar standards

Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats

Exempt from total fat and saturated fat standards

Reduced-fat cheese (including part-skim mozzarella)

Nuts, seeds, or nut/seed butters

Apples with reduced-fat cheese*

Celery with peanut butter (and unsweetened raisins)*

Whole eggs with no added fat

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

Exempt from total fat standard

Seafood with no added fat (e.g., canned tuna packed in water)

Exempt from sugar standards

Dried fruits with no added sugars

Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats

Smart Snacks Standards for beverages

Maximum size for milk and juice:

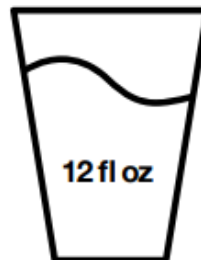
Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives

100% fruit or vegetable juice, with or without carbonation, and

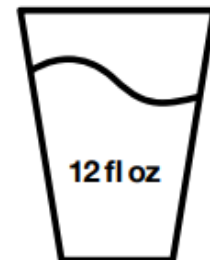
100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.



Elementary School



Middle School



High School

Smart Snacks Standards for beverages

At High School Only:

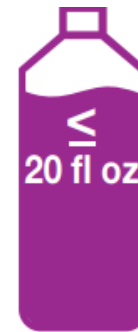
Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.



Low Calorie Maximums:*

- 40 calories/8 fl oz
- 60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*

- 10 calories/20 fl oz

*Less than 5 calories per 8 fluid ounces.

Summary Table of Nutrition Standards for Beverages Sold in Schools

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	no size limit	no size limit	no size limit
Low fat milk, unflavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non-fat milk, unflavored or flavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice **	≤ 8 oz	≤ 12 oz	≤ 12 oz
Other calorie-free beverages	Not allowed	Not allowed	≤ 20 oz
Other lower calorie beverages	Not allowed	Not allowed	≤ 12 oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with water (with or without carbonation) & with no added sweeteners

Examples- all 18.5 Oz bottles



0 calories



20 calories



100 calories



160 calories

Examples: 12 oz bottles



0 calories



140 calories

Caffeine Standards for Beverages

Elementary and Middle Schools

Beverages must be caffeine-free, except for trace amounts of naturally-occurring caffeine substances.

High School

No caffeine restrictions



Accompaniments

Must be included in the nutrient profile as a part of food item sold and meet standards, examples:

Dips in vegetables

Dressings on salads

Butter

Jam/jelly

Cream cheese

Ketchup

Garnishes etc.



Examples of Allowable Fundraisers

Cookie dough
Chicken BBQ
Pies
Spaghetti Dinners
Spring Chocolate Sales

Examples of Disallowable Fundraisers

Candy bar sales in school
Bake sales
Candy-grams

Food marketing

In-school marketing of food and beverages must meet competitive food (Smart Snack) standards.

Vending machines

Promoting fundraisers

School Publications

Food and beverage cups and containers

Food display racks coolers

Trash and recycling containers



Before & After New Standards



“Good-bye doughnuts, candy bars, high-fat chips, full-calorie soft drinks and chocolate sandwich cookies. Those kinds of foods and beverages will no longer be allowed to be sold in school... Hello granola bars, peanuts, fruit cups, light popcorn, low-fat chips and no-calorie flavored water. Those types of foods will be offered.”

– “ ‘Smart Snacks’ Replacing Junk Food in Schools”, USA Today

Other calculation tools:

- Alliance for a Healthier Generation's Smart Snacks Product Calculator ([Smart Snacks Product Calculator \(healthiergeneration.org\)](https://www.healthiergeneration.org/smart-snacks-product-calculator))- for packaged items
- Nutrient analysis software approved by the United States Department of Agriculture ([USDA Approved Nutrient Analysis Software | Food and Nutrition Service](#))- for recipes
 - Ask food service which software they use

For More Information

[A Guide to Smart Snacks in School](#)

[Creating Healthy Schools and Communities](#)