

Smart Snack in Schools Nutrition Standards
SMSD Quick Guide
as of 2/11/19

There are guidelines titled 'Smart Snacks in Schools' that went into effect July 1, 2014. The law has specific nutrition standards for all foods and beverages **sold** to students outside the school meal programs; on the **school campus**; and at any time during the **school day**. This would include foods and beverages sold a la carte in the cafeteria, in school stores, at snack bars, through fundraising, from vending machines or any other venues that sell food to students – including coffee shops. The school day is defined from the midnight before, to 30 minutes after the end of the instructional school day.

Fundraisers

A fundraiser is an event/activity in which currency/tokens/tickets are exchanged for the sale/purchase of a product in support of the school or school-related activities. For example, giving away food but suggesting a donation would be considered a fundraiser. Purchasing tickets/tokens to be exchanged later for food items would also be a fundraiser.

Exempt Fundraisers

The State Board of Education has determined that schools are allowed to have exempt fundraisers. The limit that has been set is defined as "one exempt fundraiser per school organization per semester that does not meet the Nutrition Standards for Smart Snacks during the school days on the school campus will be allowed." They define a school organization as a school group that is approved by the local board of education. Length of the organization's exempt fundraiser cannot exceed 2 consecutive days. Exempted fundraiser foods or beverages may not be sold in competition with school meals during meal serving periods.

Approval & Documentation

Contact the school nurse with the date and time of fundraiser along with nutrient and ingredient label of food items. The school nurse will use the Smart Snacks Calculator to determine if the item meets the standards. The school nurse will review and give the information to the building principal to approve or deny. All fundraiser documentation will be kept with the school nurse.

Smart Snacks Calculator

Use the link below to determine if your food or beverage meets the nutrition standards. Print off the results page summary along with a copy of the product's label for documentation. This documentation should be submitted to the school nurse to request approval for a fundraising event.

<https://www.smsd.org/about/departments/food-service/wellness-smart-snacks>

Food Nutrient Standards:

Total Fat: ≤ 35% of calories

Saturated Fat: < 10% of calories

Trans Fat: zero grams

Sodium: Snack Items ≤ 200 mg after July 1, 2016

Entrée Items ≤ 480 mg

Calories: Snack Items/Side Dishes ≤ 200

Entrée Items ≤ 350

Total Sugar: ≤35% of weight from total sugars in foods

To be allowable, a food item must meet all of the competitive food nutrient standards AND

1. Be a whole grain rich product (at least 50% WGR); **or**
2. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **or**
3. Be a "combination food" with at least ¼ cup fruit and/or vegetable
 - **Combination foods** are products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

Beverage Standards:

Beverage For ALL	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.

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

Carbonation / Energy Drinks

SMSD policy includes no carbonated sodas or energy drinks available to students (a la carte, vending, school stores, or fundraising). SMSD allows sparkling waters and 100% juices with carbonation within the 'Smart Snacks in Schools' beverage guidelines.

Other Beverages in High School

Calorie-Free Beverages – Maximum Serving Size 20 fluid ounces

- Calorie-free flavored water , with or without carbonation
- Other “calorie-free” beverages with less than 5 calories per 8 fluid ounces, or up to 10 calories per 20 fluid ounces.

Lower-Calorie Beverages – Maximum Serving Size 12 fluid ounces

- Up to 60 calories per 12 fl oz.
- Up to 40 calories per 8 fl oz.

Caffeine

- **Elementary and Middle School:** Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally- occurring caffeine substances.
- **High School:** No caffeine restrictions

Gum

Sugar-free chewing gum is exempt from standards.