



SMART SNACKS COMPLIANCE REFERENCE for all non-foodservice Foods Served or Sold in School

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The Smart Snacks in School standards require all non-program foods sold to students on “school campus” during the “school day” to meet standards for fat, saturated fat, trans fat, sugar, and sodium while promoting products that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredient.

School Campus- all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day- The midnight before, to 30 minutes after the end of the official school day.

Fundraiser Sales and Smart Snacks:

What can we sell for a fundraiser? If the item being sold is a nonfood item or a food item that meets the Smart Snacks standards*, it can be sold anytime.

What if the foods do not meet the standards? Generally, foods that do not meet the standards cannot be sold to students on campus during the school day. However, sale or presale of food items not intended to be consumed on campus are allowed. For example: Frozen pizza, cookie dough in a precooked state or in bulk quantities (multiple servings in a package) or other preordered food items for consumption at home would not be subject to the standards.

Can we take fundraising orders at school?

Yes. Orders may be taken at school as long as the foods being sold meet the Smart Snacks standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school.

Can we deliver the preordered fundraising items at school?

Foods that have been purchased through a fundraiser may be delivered on the school campus during the school day if the foods being sold meet the standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school

Can we sell individual food items that students can eat during the school day?

Only if the foods being sold meet the smart snack standards.

*** Steps to determine if a food item meets the Smart Snacks standards:**

Step 1: Does the item meet one of the following exemptions? If YES, the Item meets the Smart Snack Standards, no need to evaluate further.

- Fresh fruits and vegetables (with no added ingredients except water)
- Canned and frozen fruit (with no added ingredients except water or are packed in 100% juice , extra light or light syrup)

- Canned vegetables (with no added ingredients except water)

Step 2: Does the item meet ONE of the General Standards? If YES, proceed to Step 3. If NO, the item doesn't meet Smart Snack standards.

- Whole grain Rich grain product First ingredient must be a whole grain. Popcorn is considered a whole grain OK if water is listed first
- First ingredient is a fruit / vegetable / dairy product or protein food Dried/dehydrated fruits or vegetables meets the general stands Exception: dehydrated or concentrated juice or puree is considered added sugar and does not meet the general standard ☒
- Combination food that contains at least ¼ cup of fruit and/or vegetable Combination food: Food that contains two or more components representing two or more of the food groups: fruit, vegetable, dairy, protein or grains Two items packaged together can be considered a combination food

Step 3: Does the item meet ALL of the Nutrient Standards?

- **Determined what type of product you are evaluating:**
 - a) **Snack**-Includes products such as chips, popcorn, nuts or granola bars and don't fit into Entrée or Side
 - b) **Side**-A product that is sold in addition to an entrée at a meal, such as rice, steamed vegetables, mashed potatoes or French fries.
 - c) **Entrée**- the main course of a meal that must contains
 1. A combination food of meat or meat alternate and whole grain-rich food; or
 2. A combination food of vegetable or fruit and meat or meat alternate; or
 3. A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut butters or seed butters.
 - d) **Beverage**- Any liquid Beverage
- **Enter nutritional information into the SMART SNACK CALCULATOR**
<https://foodplanner.healthiergeneration.org/calculator/>

Resources:

USDA's Healthy Fundraising: <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>

Alliance for a Healthier Generation:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/

Smart Snacks Reference Guide:

<http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/SmartSnacks-Referencesheet.pdf>