Smart Snacks in Schools
(All Foods Sold in Schools)

Smart snacks in schools is a collaborative effort between the USDA and the US Dept of Education. This cooperative strategy extends to the school level where school food service professionals, school administrators, teachers, sports teams, clubs and parent organization work to create healthier communities. Smart Snacks supports healthy living and learning with standards for foods and beverages sold in schools during regular campus hours.

Smart Snack Objectives

- Establish guidelines that limit calories and specific nutrients in food and beverages
- Ensure food and beverages offer nutritional benefits
- Set appropriate standards for individual age/grade group
- Create flexibility for local and state oversite

When do competitive foods regulations apply?

Food and/or beverages sold during the school day on the school campus.

- School Day: the period from the midnight before the beginning of the official instructional day to 30 minutes after the end of the official instructional day
- School Campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day

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FOOD AND BEVERAGE NUTRITION STANDARDS

- Calories, sugar, fat and salt limit in all schools
- Water, low-fat or fat-free milk and 100% fruit or vegetable juice allowed in all schools
- Low calorie beverages allowances for high schools
- Caffeine allowances for high schools

FUNDRAISER STANDARDS

Smart snacks nutrition standards apply to all fundraiser foods and beverages except:

- Food and beverages sold outside of the school day
- Foods not intended for consumption at school

EXCEPTIONS INCLUDE

- Accommodating students with special needs
- Competition locations and other events are exempt if a SNP meal is not provided as part of the event
- Food and/or beverages brought form home or food given to students
- Food and/or beverages ordered and paid for off campus such a delivery services
- Supporting students' nutritional needs outside of the school day such as a weekend backpack program

OTHER EXEMPTIONS INCLUDE

- Entrees offered as part of a reimbursable meal are exempted from standards the same day or the next operating day after being served as part of a reimbursable meal
- Fruits and vegetables

Click here for Alliance for a Healthier Generation Smart Snacks Product Calculator

FUNDRAISERS

Schools may have up to six fundraiser (6) days per school year per campus that do not meet the competitive food nutrition standards. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during school meal service. Concession stands must meet smart snack standards if the sale occurs during the school day.

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This institution is an equal opportunity provider.
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www.SquareMeals.org

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DOCUMENTATION FOR COMPETITIVE FOODS

- CN Labels
- Forms or records indicating portion sizes and number of serving
- Invoices
- Manufacturer Product Formulation Statement
- Menus Nutrition Value Calculations
- Nutrition Fact Labels
- USDA Food Fact Sheets

TECHNICAL ASSISTANCE AND SUPPORT

Contact your ESC Child Nutrition Team:

https://squaremeals.org/About/EducationServiceCenters.aspx

Section 22. Competitive Foods of the Administrator's Reference Manual:

https://squaremeals.org/Portals/8/files/ARM/ARM_Section22_CompFood_200812.pdf

USDA's A Guide to Smart Snacks in Schools:

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDASmartSnacks_508_62019.pdf

Alliance for a Healthier Generation Smart Snacks Product Calculator:

https://foodplanner.healthiergeneration.org/calculator/

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