

Smart Snacks Nutrition Standards

The Healthy Hunger Free Kids Act of 2010 (HHFKA) and Arizona Revised Statute 15-242 regulates the nutrition standards for all foods sold or served to students outside of the breakfast or lunch programs during the school day. Nationally this regulation is being called “Smart Snacks”. The Tempe Elementary School District Board Policy JL-R reinforces this regulation: “All foods and beverages made available on campus during the school day are to be consistent with the Arizona Nutrition Standards.” The *school day* is the period from midnight before, to 30 minutes after the end of the official school day.

Before bringing in any food for birthday or other celebration activities, parents must check with their school office for policies on these types of school day events. This information does not apply to lunches or snacks sent from home for individual students.

Nutrition Standards

All foods must meet the following:

The first ingredient must be from a major food group – fruits, vegetables, dairy, protein foods (meats, poultry, nuts, beans, etc.); and if a grain the first ingredient must be a *whole grain*.

Plus, foods must meet the following nutrition limits:

- Less than 35% of total calories from fat
- Less than 10% of total calories from saturated fat
- 0 trans fatty acids
- No more than 35% total sugar by weight
- A maximum of 200 calories for snacks, and 350 calories for entrée items
- Maximum 230mg sodium for snacks, and 480 mg for entrée items

Beverages - 100% juice, low-fat white milk, non-fat white and flavored milks, or water. Limit of 8 oz. portion size for elementary grades and 12 oz. portion size for middle school grades (exception is water). *That is it!* No sports drinks, Kool-aide, or sodas (even diet) are permitted.

Examples of foods that meet the nutrition standards are:

Whole grain pretzels, whole grain crackers, baked chips, 94% fat free popcorns, reduced fat cheeses, low fat ice cream, fruit and vegetable platters, some oatmeal and whole grain animal cracker type cookies.

Examples of foods that do not meet the standards:

Commercial cakes, cupcakes, donuts, candy, pizzas and most cookies typically do not meet the standards.

Other information:

To find out if a food item meets the Smart Snacks nutrition standards use the Smart Snack calculator:

<https://foodplanner.healthiergeneration.org/calculator/>. Information from the food item's Nutrition Facts Label may be needed.

Only prepackaged foods or foods made in a commercial kitchen with a food ingredient label attached can be shared or sold; food made at home is not permitted. This requirement ensures there is an ingredient label that provides critical information for any child that has a food allergy; and provides assurance the food was prepared in compliance with food safety standards.

Thank you for your efforts to support a healthy school environment!!!

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