

# Child Nutrition Programs (OSDE)

## Smart Snacks in Schools

### USDA's "All Foods Sold in Schools" Standards

We are continuing to improve the health of our children's school environment. Students across the United States are being offered more fruits, vegetables and whole grains at breakfast and lunch. The standards required by the Healthier, Hunger-Free Kids Act limit junk food and allow for healthier snack foods to children. These standards will help to ensure that our students are offered only healthy, nutritious snacks during the school day and help to develop good eating habits for the future.

#### **Nutrition Standards for Competitive/Snack Foods**

- **Any food in school must include one of the following:**
  - Be a "whole grain-rich" product
  - The first ingredient is a fruit, a vegetable, a dairy product, or a protein food
  - Combination food with at least ¼ cup of fruit and/or vegetable
- **Foods must also meet several nutrient requirements:**
  - Calorie limits
    - Snack Items: ≤ 200 Calories
    - Entrée Items: ≤ 350 Calories
  - Sodium Limits
    - Snack Items: ≤ 200 mg
    - Entrée Items: ≤ 480 mg
  - Fat Limits
    - Total Fat: ≤ 35% of Calories
    - Saturated Fat: < 10% of Calories
    - Trans Fat: 0 grams
  - Sugar Limits
    - ≤ 35% of weight from total sugars in food
- **Accompaniments**
  - Items such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold
- **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 foods and beverages may contain caffeine

Smart School Standards **begin at midnight and end thirty (30) minutes after the school day ends.** These standards apply to **any fundraising events** by organizations on school property.

The standards **do not apply** thirty (30) minutes after school ends, weekends, and at off-campus fundraising events.

School sites are not permitted to conduct or allow any exempt fundraiser unless the school district has approved a written policy that meets the requirements.

# **Child Nutrition Programs (OSDE)**

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### **USDA's "All Foods Sold in Schools" Standards (cont.)**

#### **Nutrition Standards for Beverages**

- **All schools may sell:**
  - Plain Water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk
  - 100% fruit or vegetable juice
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
  
- **Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
  
- **High School Students only:**
  - **No more than 20 ounce portions of:**
    - Calorie-free, flavored water (with or without carbonation)
    - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
  - **No more than 12 ounce portions of:**
    - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

#### **Additional Requirements of ALL School Districts**

- Designate a Smart Snack Exception Fundraiser contact person who must keep up to date documentation on items sold
- Limited to 30 exempt fundraisers per semester
  - Exempt fundraisers cannot last more than 14 days
  - Exempt fundraisers cannot be held during meal times and while after-school snacks are being served
- Each individual fundraiser must have on file:
  - The school organization, class, activity or class benefiting
  - The date(s) of the fundraiser

#### **US Healthier Generation Smart Snack Calculator:**

- <https://foodplanner.healthiergeneration.org/calculator/>

*For questions, please call (405) 521-3327. This institution is an equal opportunity provider.*