Exhibit SS - 42-E District Wellness – Smart Snacks in Schools

March, 2024

I. Purpose. This Administrative Regulation establishes the Superintendent's expectation for the consumption of Smart Snacks in schools within the Beaufort County School District (BCSD).

II. Nondiscrimination. The BCSD is committed to nondiscrimination and equal opportunity for all students, parents/legal guardians, staff, visitors, applicants for admission and employment, personnel, and community members who participate or seek to participate in its educational programs or activities. Accordingly, the BCSD does not discriminate against any individual on the basis of race, religion, gender, gender identity, sexual orientation, sex, pregnancy, childbirth, or any related medical conditions, color, physical or mental disability, age (40 or older), ancestry, genetic information, national origin, or any other applicable status protected by Title VI, Title VII, Title IX or any other local, state, or federal law.

III. Introduction. The BCSD recognizes that students are now offered healthier school meals with more fruits, vegetables and whole grains through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The Smart Snacks in Schools standards published by USDA will build on those healthy advancements by ensuring that all other snack foods and beverages available for sale to students in BCSD schools are tasty and nutritious. Foods sold in BCSD schools in addition to meals must meet the following "smart snack" requirements:

IV. Nutrition Standards for Food

A. Any food in BCSD schools must:
   1. Be a whole grain rich product; or
   2. Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food; or
   3. Be a combination food that contains at least ¼ cup of a fruit and/or vegetable.

B. Foods must also meet several nutrient requirements:
   1. Calorie Limits – Must be less than or equal to 200 calories for snack items; and less than or equal to 350 calories for entrée items.
   2. Sodium Limits – Must contain less than or equal to 200 mg of sodium for snack items; and less than 480 mg of sodium for entrée items.
   3. Fat Limits – The total fat content of an item must be less than or equal to 35% of the calories in that item. The saturated fat content of an item must be less than 10% of the calories in that item. Trans fat shall be zero grams.
   4. Sugar Limits – Must be less than or equal to 35% of weight from total sugars in foods.

C. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

V. Nutrition Standards for Beverages

A. All BCSD schools may sell:
   1. Plain water (with or without carbonation)
   2. Unflavored low-fat milk
   3. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
   4. 100% fruit or vegetable juice and
   5. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

B. BCSD elementary schools may sell up to 8-ounce portions, while BCSD middle schools and BCSD high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

C. The standards allow the additional “no calorie” and “lower calorie” beverage options for BCSD high school students:
    1. No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or less than or equal to 10 calories per 20 fluid ounces.
    2. No more than 12-ounce portions of beverages with less than or equal to 40 calories per 8 fluid ounces, or less than or equal to 60 calories per 12 fluid ounces.

VI. Smart Snacks Product Calculator: https://foodplanner.healthiergeneration.org/calculator

Adopted: February, 2019

Revised: March, 2024

Beaufort County Schools
