WISCONSIN SCHOOL NUTRITION

IN A NUTSHELL

SMART SNACKS

Nutrition Standards for All Foods Sold in Schools

The Smart Snacks Final Rule finalized science-based nutrition guidelines for competitive foods sold on the school campus during the school day. Foods and beverages sold in schools must meet both the general standards and the nutrient standards outlined in the final rule, if they do not qualify for an exemption.

Foods

General Standards

Entrées, snacks, and sides must meet one of the following criteria:

- Be a whole grain-rich product
- Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.) as the first ingredient (Note: if water is the first ingredient, the second ingredient must be one of these)
- Be a combination food with at least ¼ cup fruit and/or vegetable

Nutrient Standards

Nutrient standards should be assessed for the serving size available for purchase and include all accompaniments. Entrées, snacks, and sides must meet all of the following nutrient standards:

Allowable limit per nutrient

Nutrient	Entrée	Snack or Side
Calories	≤350 calories	≤200 calories
Total Fat	≤35% of total calories from fat	≤35% of total calories from fat
Saturated fat	<10% of total calories from saturated fat	<10% of total calories from saturated fat
Sodium	≤480 mg	≤200 mg
Sugar	≤35% of weight from total sugar	≤35% of weight from total sugar

Entrées

An entrée is defined as the main course of a meal that meets one of the following definitions:

- A combination food of meat/meat alternate and a whole grain-rich or enriched grain
- A combination food of meat/meat alternate and vegetable or fruit
- A meat/meat alternate alone (excludes yogurt, cheese, nuts, seeds, nut/seed butters, and meat snacks [e.g., beef jerky])
- A grain only entrée served as part of the School Breakfast Program

If a product does not meet any of the qualifications for an entrée, it must be evaluated against the nutrient standards for a snack/side.

Exemptions from General and Nutrient Standards

The following items are exempt from all the general and nutrient standards:

- An entrée the day of and the day after it is served as part of a reimbursable meal
- Fresh and frozen fruits and vegetables with no added ingredients except water
- Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup, or light syrup
- Low sodium and no-salt added canned vegetables with no added fat

Exemptions from the Total and Saturated Fat Standards

The following items are exempt from the total and saturated fat standards:

- Reduced-fat cheese, including part-skim mozzarella
- Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
- Nuts, seeds, nut/seed butter
- Whole Eggs

Exemptions from the Total Fat Standards

The following items are exempt from the total fat standard:

- Seafood with no added fat
- Bean dip, including products marked as hummus and any bean dips made from a variety of beans, peas, and lentils

Exemptions from the Sugar Standards

The following items are exempt from the sugar standards:

- Dried/dehydrated fruits or vegetables without added nutritive sweeteners
- Dried fruits with nutritive sweeteners that are required for processing and/or palatability, including dried cranberries, dried tart cherries, and dried blueberries
- Dried fruit with only nuts or seeds (with no added nutritive sweeteners or fat)

Beverages

Allowable beverages with size restrictions

Beverage Type	Elementary School	Middle School	High School
Water (plain), *flat or carbonated*	All sizes	All sizes	All sizes
Low-fat or fat-free milk (flavored or unflavored)	≤8 fl oz	≤12 fl oz	≤12 fl oz
100% juice, *can be diluted with water; flat or carbonated*	≤8 fl oz	≤12 fl oz	≤12 fl oz
No-calorie beverages (<5 kcal/8 fluid oz; ≤10 kcal/20 fluid oz), *flat or carbonated* *May contain caffeine*	Not allowable	Not allowable	≤20 fl oz
Low-calorie beverages (≤5 kcal/fluid oz), *flat or carbonated* *May contain caffeine*	Not allowable	Not allowable	≤12 fl oz

Definitions

- *Combination foods*: Foods that contain more than one component representing more than one of the recommended foods groups (fruit, vegetable, meat/meat alternate, grains, and milk).
- *Competitive foods*: All foods and beverages sold to students on the school campus during the school day, other than reimbursable meals.
- *Paired exempt foods:* Food items determined to be exempt from one or more of the nutrient requirements individually as listed above, packaged together without any additional ingredients. Such paired food items retain their individually exemption for total fat, saturated fat, and/or sugar when packaged together and sold, but are required to meet the designated calorie and sodium limits for Smart Snacks. Paired exemptions that may be served together as a Smart Snack are detailed in USDA Memo SP 63-2014.
- *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 period from the midnight before to 30 minutes after the end of the instructional school day.

Fundraisers

Fundraisers that are held on the school campus, during the school day, must comply with the Smart Snacks standards. The Wisconsin Department of Public Instruction allows two fundraiser exemptions, per student organization, per school per school year. Each fundraiser may not exceed two consecutive weeks. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule, but this may not occur in the meal service area during meal service times.

The Smart Snacks Standards represent the minimum standards, and the exemption policy represents the maximum exemptions allowed. School food authorities (SFAs) have the discretion to establish additional restrictions on competitive foods and further limit fundraiser exemptions through their Local School Wellness Policy, if they are consistent with federal requirements. Someone at each school must be responsible for documenting compliance of fundraisers any other food or beverage sales. Tracking tools are available on the DPI SNT Smart Snacks webpage.

Tools for Assessing Compliance

For pre-packaged food/beverage items,

- Alliance for a Healthier Generation's Smart Snacks Product Calculator- The Alliance for a Healthier Generation has a Smart Snacks Product Calculator, which can be used to determine whether a product with a nutrition facts label meets the Smart Snacks general and nutrient standards.

For anything made from scratch,

- Use a USDA approved nutrient analysis software
- Use the DPI SNT Smart Snacks Recipe Analyzer Tool

The results from any of the above methods should be maintained as documentation of compliance with the Smart Snacks standards. The School Nutrition Team will review your school's Smart Snacks compliance as part of the Administrative Review process.