



# SMART SNACKS IN SCHOOLS QUICK GUIDE

## Definitions

**School day** - is defined as midnight before, to 30 minutes after the end of the instructional school day.

**Fundraisers** - A fundraiser is an event/activity that currency/tokens/tickets are exchanged for the sale/purchase of a product in support of the school or school-related activities. Example, giving away food but suggesting a donation would be a fundraiser. Purchasing tickets/tokens to be exchanged for food items is also a fundraiser.

**Exempt Fundraisers** - Fundraiser sold during the school day on the school campus that does **not** meet the Nutrition Standards for Smart Snacks. Length of the organization's exempt fundraiser **cannot exceed 2 consecutive days. One exempt fundraiser per school organization per semester is allowed.** Exempted fundraisers may not be sold in competition with school meals.

**School Organization** - a school group approved by the local board of education.

**Smart Snacks Calculator** - Website used to determine if food or beverage meets the nutrient standards as defined by USDA.

**Condiments** - Any accompaniments added to food or beverage such as creamer, ketchup, syrups or flavorings. Condiments must be included in the nutrient profile as part of the food/beverage item served and meet all proposed standards.

## Contact Info

For Questions on Smart Snacks

- Your School Nurse
- Smart Snack Website
- Jill Willett
- Paula Bunde

## Procedures

1. Contact the school nurse with the following information.
  - a. School organization
  - b. Date(s) of the fundraiser
  - c. Time of the fundraiser
  - d. Food or beverage being sold along with nutrient and ingredient label of food items.
  - e. Location of fundraiser
2. School Nurse will complete the Food/Beverage Fundraisers Tracking Tool on the shared google drive.
3. School nurse will use the Smart Snacks Calculator to determine if the food/beverage meets the nutrient standards. School nurse will save the results page from the Smarts Snacks Calculator along with a copy of the product's label on the shared google drive.
4. Once the school nurse has determined whether a product would be allowed or exempt, they will give results to the fundraiser contact and the building principal who would give final approval or denial of the fundraiser.
5. All fundraising documentation must be available for review by KSDE Child Nutrition and Wellness.



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## Food Standards

Meet ALL of the Nutrient Standards for:

- Calories: Snack Item  $\leq$  200  
     Side Dishes  $\leq$  200  
     Entrée Items  $\leq$  350
- Sodium: Snack Items  $\leq$  200 mg  
     Entrée Items  $\leq$  480 mg
- Total Fat:  $\leq$  35% of calories
- Saturated Fat:  $<$  10% of calories
- Trans Fat: Zero grams
- Total Sugar:  $\leq$  35% by weight

**AND Snack/Side Dish/Entree has**

- 1st ingredient is a grain (at least 50% whole grain); **OR**
- 1st ingredient is one of the following: fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**
- A "combination food" with at least ¼ cup fruit and/or vegetable

**Combination foods** are products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

Sugar-free chewing gum is exempt from standards.

## Beverage Standards

Max Size for Grade	Elem	Mid	High
Water <small>Non-carbonated or carbonated</small>	Any Size	Any Size	Any Size
Milk <small>Skim or 1% Unflavored Skim Flavored</small>	8 oz	12 oz	12 oz
100% Juice <small>Plain or Carbonated</small>	8 oz	12 oz	12 oz
Soda & Energy Drinks	Do Not Allow	Do Not Allow	Do Not Allow
Drinks with Caffeine	Do Not Allow	Do Not Allow	

## Smart Snack Calculator

- [Smart Snack Calculator](#)
- [Smart Snack Website](#)