

Smart Snacks

A Guide to Competitive Foods



Background

The Smart Snack Standards and competitive food/drink policies are federal and state requirements embedded in the District 60 Wellness Policy. This regulates all food and beverages sold in schools.

Compliance Window:

From midnight before the school day starts to 30 minutes after the official end of the school day.

Fundraisers:

- Must meet Smart Snack Standards during the school day.
- Exemptions are possible, but limited to three per school per year.
- Exempt fundraisers must be 10 days or less, with no more than two running simultaneously.

Rules on Sales and Competition:

Items sold in schools must not compete with school meals during the service time. This means no items may be sold from 30 minutes before to 30 minutes after the designated lunch and breakfast serving periods.

Record-Keeping and Monitoring:

State agencies monitor for compliance, and schools must maintain detailed records (receipts, nutrition labels, product specifications) for all foods/beverages sold outside the school nutrition program.

What makes a food smart snack compliant?



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General Nutrition Standards



Be a grain product that contains 50 percent or more whole grains by weight (has a whole grain as the first ingredient)

OR

Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food

OR

Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels)



AND the food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient Specifications

Nutrient	Snack Criteria	Entrée Criteria
Calories	≤ 200 calories	≤ 350 calories
Sodium	≤ 200 mg	≤ 480 mg
Saturated Fat	$< 10\%$ of calories	
Trans Fat	0g	
Total Sugar	$< 35\%$ by weight	



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Beverage Standards



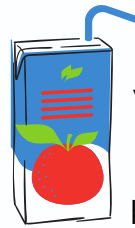
Plain with
or without
carbonation

no size limit



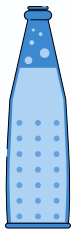
Unflavored or
flavored
low-fat or
fat-free milk

K-5: 8 oz
6-8: 12 oz
9-12: 12 oz



100% fruit or
vegetable juice,
with or without
carbonation

K-5: 8oz
6-8: 12oz
9-12: 12oz



Additional
Beverages
**High School
Only**

Low calorie max:

- 40 calories/8 oz
- 60 calories/ 12 oz

No Calorie max

- Less than 5 calories / 8oz
- 10 calories / 20 oz

Key Definitions

- Combination food – Products containing two or more components of the recommended food groups: fruit, vegetable, dairy, protein, or grains.
- Entrée – A combination food of meat/meat alternate and whole grain rich food; or a combination food of vegetable or fruit and meat/meat alternate; a meat/meat alternate alone, except yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks; a food intended as the main dish; or a grain-only item for breakfast entrees only.
- Whole grain-rich – Foods that contain 100 percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50 percent is whole grain. Whole-grain-rich products must contain at least 50 percent whole grains, and the remaining grain, if any, must be enriched

Exemptions

- An entrée that is provided from school lunch on the day it is served or the day after.
- Some nutrient-dense foods or combination foods are exempt from certain nutrient standards.
 - **Examples:**
 - Fruits and vegetables with no added ingredients → exempt from all nutrient standards
 - Reduced-fat cheese, nuts, seeds or nut/seed butters, alone or paired with a fruit or vegetable → exempt from total fat and saturated fat standards

