SMART SNACKS for the SCHOOL NUTRITION PROGRAM - *At A Glance*

WHAT IS IT?

Effective in 2008, Oregon statute set nutrition standards for foods and beverages sold outside the National School Lunch and School Breakfast Programs during the school day or during extended school hours for activities such as clubs, yearbook, athletic practice, band and drama rehearsals. It includes fundraisers during school, but not athletic events, theater performances and recitals or other gatherings where parents/community members are significant parts of the audience.

The Healthy Hunger Free Kids Act of 2010 provided USDA authority to establish nutrition standards for all foods and beverages sold outside of the Federal child nutrition programs in schools. July 1, 2014 was the initial implementation date for Smart Snacks.

As a result of the federal regulations, Oregon adopted new legislation in 2015 – **Oregon Smart Snacks**. This legislation follows federal guidelines but includes the flexibility for states to establish additional standards.

WHY?

Improving the nutritional profile of all foods sold in school is critical to:

- improving diet and overall health of American children;
- ensuring children from all income levels adopt healthful eating habits that will enable them to live productive lives; and
- helping children make healthier choices and reduce their risk of obesity.

HOW DOES IT WORK?

- The nutrition standards included in the federal regulation final rule are for all foods sold in school are minimum standards.
- State agencies and school districts may establish additional more restrictive standards.
- State or local standards must be consistent with Federal standards.

The law specifies that the nutrition standards shall apply to all foods sold:

- Outside the school meal programs;
- On the school campus; and
- At any time during the school day.

RESOURCES:

At A Glance is intended to give you an introduction to Smart Snack Regulations in Oregon. Individual training and additional resources are located on the SNP Training website at:

https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/SNPTraining.aspx?#SS

PROFESSIONAL STANDARDS:

3000-ADMINISTRATION
  3200-Program Management
    3220-Oversee Standard Operating Procedures for routine operations.

DEFINITIONS:

What are competitive foods?

Competitive food: all food and beverages sold to students on the School Campus during the School Day, other than those meals reimbursable under the National School Lunch and School Breakfast Programs. This includes:

- A la carte
- School stores/snack bars
- Fundraising
- Vending machines

Where do the standards apply?

School campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

When do the standards apply?

School day: is the period from the midnight before, through extended school hours for activities such as clubs, yearbook, athletic practices, band, and drama rehearsals.

Foods exempt from Smart Snack Nutrition Standards:

- NSLP and SBP menued items sold day of service or day after service in the same or smaller portion sizes to students as a la carte or second meals.
- Foods sold to adults
- Fresh and frozen fruits or vegetables with no added ingredients except water
- Canned fruit packed in 100% fruit juice or light/extra light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable
- Sugar-free gum

OVERVIEW OF OREGON SMART SNACKS:

Beverages	Grade K-5	Grade 6-8	Grade 9-12
Water *Plain with or without carbonation*	All grades – No size limits Caffeine allowed for Grades 9-12 only		
Flavored Water	May not be sold	May not be sold	20 oz. 0 calories (May contain caffeine)
Fruit or Vegetable Juice *Full strength, With or without carbonation, unsweetened*	≤ 8 fl. oz. 120 calories (15 kcal/oz.)	≤ 10 fl. oz. 150 calories (15 kcal/oz.)	≤ 12 fl. oz. 180 calories (15 kcal/oz.)
Diluted Juice with water only, With or without carbonation, No added sugar or sweeteners	≤ 8 fl. oz. 120 calories (15 kcal/oz.)	≤ 10 fl. oz. 150 calories (15 kcal/oz.)	≤ 12 fl. oz. 180 calories (15 kcal/oz.) (May contain caffeine)
Milk *Low-fat (1%) unflavored, or fat-free unflavored or flavored*	≤ 8 fl. oz. 150 calories (18.75 kcal/oz.)	≤10 fl. oz. 190 calories (18.75 kcal/oz.)	≤ 12 fl. oz. 225 calories (18.75 kcal/oz.) (May contain caffeine)
	Including nutritionally equivalent milk alternatives as permitted by school meal requirements		
Low or No Calorie Beverages *With or without carbonation and/or caffeine*	May not be sold	May not be sold	≤ 20 fl. oz. 10 calories maximum (≤ .5 kcal/oz.)
Other Beverages *With or without carbonation and /or caffeine*	May not be sold	May not be sold	≤ 12 fl. oz. 60 calories maximum (≤ 5 kcal/oz.) (May contain caffeine)

Snacks/Side Dishes	➢ Be a whole grain-rich grain product; or ➢ Have as the first ingredient a fruit, vegetable, dairy product, or protein; or ➢ Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or		
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Serving Size	Single-serving, per item as packaged or served, including any condiments		
Calories per serving	≤150 calories	≤180 calories	≤200 calories
Total calories from fat[a]	≤35% of total product calories		
Saturated fat [b]	< 10% of total product calories		
Trans fat	0 grams		
Sugar content by weight [c]	≤ 35% of total product weight		
Sodium limit	≤ 200 milligrams (mg)		

Exceptions:

[a] Total calories from fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, nut butters, seeds, seed butters, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, and seafood with no added fat when not part of a combination food.

[b] Saturated fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, when not part of a combination food.

[c] Sugar limit does not apply to products that consist of only dried fruit with nuts and/or seeds with not added nutritive sweeteners or fat, dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes.

Entrées/Main Dishes	**Entrée must contain meat/meat alternate and one of the following General Standards:** ➢ Whole grain-rich food or ➢ Have as the first ingredient a fruit, vegetable, dairy product, or a protein food or ➢ A meat/meat alternate alone (except – yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks). ➢ Be a combination food that contains at least ¼ cup of fruit and/or vegetable.
	All Grades K-12
Serving Size	Per item as packaged or served, includes condiments
Calories per serving	≤350 calories
Total calories from fat [a]	≤ 35% of total product calories
Saturated fat [b]	< 10% of total product calories
Trans Fat	0 grams
Sugar content by weight	≤ 35 % of total product weight
Sodium limit	≤ 480 milligrams (mg)

Exceptions:

[a] Total calories from fat limit does not apply to seafood, eggs, or legumes served alone, and not part of a combination food.

[b] Saturated fat limit does not apply to eggs when served alone, and not part of a combination food.