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SMART SNACKS in SCHOOL

Healthy, Hunger-free Kids Act (HHFKA) of 2010 provided USDA authority to establish nutrition standards for all foods and beverages sold outside of the Federal child nutrition programs in schools.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.



HHFKA 2010—Smart Snacks in School

applies to all foods sold:

- Outside the school meal program
- On the school campus
- At any time during the school day

Smart Snacks in School begins July 1, 2014.

Defining key terms

What are **Competitive Foods**?

All food and beverages sold to students on the school campus during the school day other than those meals reimbursed under the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

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

It includes school stores, snack bars, vending machines and a la carte sold in the cafeteria.

It does not include areas exclusively used by faculty and staff, such as the teachers' lounge.

School Day is defined as the time from the midnight before, to 30 minutes after the end of the official school day.

Because of naturally occurring fats and sugar in some foods considered key source of nutrients for growing youth, exemptions do apply.

Sugar exemption of $\leq 35\%$ of weight from total sugar per food item includes:

- Dried/dehydrated fruits or vegetables (no added nutritive sweeteners);
- Dried fruits with nutritive sweeteners for processing and/or palatability (e.g. dried cranberries, tart cherries and blueberries);
- Exempt dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)
- Fresh, frozen and canned fruit packed in water, 100% juice, light syrup or extra light syrup;
- Fresh, froze and canned vegetables with no added ingredients except water;
- Canned vegetables with small amount of sugar for processing purposes.

Fat exemption of $\leq 35\%$ of total calories from fat per food item includes:

- Reduced fat cheese;
- Part-skim mozzarella;
- Nuts and seeds and nut/seed butters
- Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat
- Seafood with no added fat

Finally, in regards to foods brought from home, USDA has no role in regulating.



SMART SNACKS in SCHOOL: Exemptions

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	No size limit	No size limit	No size limit
Low fat milk, unflavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non fat milk, unflavored or flavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice**	≤ 8 oz	≤ 12 oz	≤ 12 oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with water (with or without carbonation) & with no added sweeteners.

Other Beverages in High School

In high schools, the **Smart Snacks in School** standards allow additional “no calorie” and “lower calorie” beverage options.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation).
- Other very-low calorie flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of sweetened beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces. Sport drinks fall under this category.

- No caffeine restrictions apply for the high school. Otherwise, foods as well as beverages must be caffeine-free in elementary and middle school with the exception of trace amounts of naturally-occurring caffeine substances.



No Time and Place Restriction means . . . no restriction on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.

Fundraisers

All foods that meet the general and specific standards may be sold as fundraisers on the school campus during the school day.

The standards apply during the school day but would not extend to foods and beverages sold as fundraisers during non-school hours, weekends or off-campus events.

Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards, distribution of order forms and foods not intended for consumption at school may continue.

The standards do provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State Agency will set the number of fundraisers that can sell foods or beverages that do not meet the nutrition standards. The Department of Elementary and Secondary Education

plans to survey all Local Education Agencies for input in order to help make the decision.

It is also important to note that the exempt food or beverages sold as part of a fundraiser may not be presented in competition with school meals in the food service area during the meal service.



Nutrition Standards: General

Food sold in schools must meet general and specific criteria as defined by **Smart Snacks in School**. The general criteria is as follows:

- Be a **“whole grain-rich” grain product** such as popcorn, granola bar or whole grain bagel.
- Have as the **first ingredient a fruit, a vegetable, a dairy product, or a protein food** such as a veggie or fruit cup or yogurt.
- Be a **combination food that contains at least ¼ cup of fruit and/or vegetable** such as yogurt and fruit, cheese and crackers, hummus and vegetables.

• Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

*Effective July 1, 2016, foods may not qualify using the 10% DV criteria. Allowable competitive foods must be food-group based after that date.



Nutrition Standards: Specific

Once food is determined to meet the general criteria, it must also qualify according to several specific nutrient requirements as listed below.

To help control the amount of calories, fat, sugar and sodium added to foods, **accompaniments** such as cream cheese, salad dressing and butter must also be included in the nutrient profile of the food item being sold.

CALORIE LIMITS

SNACK ITEMS: ≤ 200 CALORIES

ENTRÉE ITEMS: ≤ 350 CALORIES

SODIUM LIMITS

SNACK ITEMS: ≤ 230 MG**

SNACK ITEMS: ≤ 200 MG (ON JULY 1, 2016)

ENTRÉE ITEMS: ≤ 480 MG

FAT LIMITS

TOTAL FAT: ≤35% OF CALORIES

SATURATED FAT: < 10% OF CALORIES

TRANS FAT: ZERO GRAMS

SUGAR LIMIT

Food and Nutrition Services
 P.O. Box 480, 205 Jefferson Street
 Jefferson City, Mo 65102
 Phone # 573-751-3526
 Fax # 573-526-3897

<http://www.dese.mo.gov/divadm/food>



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