

## Smart Snacks in School USDA's "All Foods Sold in Schools" Standards

### To what do the Smart Snack standards apply?

The new standards apply to all grade levels for all food and beverages sold outside of the reimbursable school meal programs on school campus from midnight the night before the school day until 30 minutes after the end of the official school day. This includes all a la carte sales, food and beverages sold in school stores, in vending machines, snack bars, and other venues.

### When do the standards begin?

Beginning July 1, 2014, all Smart Snack standards will take effect.

## All Competitive Food Sold in Schools Must:

Be a “whole grain-rich” grain product, meaning it contains 50% or more whole grains by weight or has whole grains listed as the first ingredient

Or

Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) listed as the first ingredient

Or

Be a combination food that contains at least ¼ cup of fruit and/or vegetable

\*If water is the first ingredient, the second ingredient must be “whole grain-rich,” a fruit, vegetable, dairy, protein food, or a combination food as listed to the left

Or

Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or dietary fiber.

\* The 10% Daily Value criteria may **not** be used to qualify food beginning July 1, 2016

### AND must meet the following nutrient requirements:

Entrées	Snacks	Exemptions & Notes
≤ 350 Calories	≤ 200 Calories	Entrée items served as an NSLP or SBP entrée are exempt from nutrient standards on the day of or day after service.
≤ 480 mg Sodium	≤ 230 mg Sodium	Snack items must contain ≤ 200 mg sodium July 1, 2016
Total Fat: ≤ 35% of calories per item as packaged/served		Reduced fat cheese, including part-skim mozzarella, nuts, seeds, nut/seed butters, products consisting of only dried fruit, nuts, and/or seeds with no added nutritive sweeteners or fats, and seafood with no added fat are exempt from the total fat standard.
Saturated Fat: < 10% of calories per item as packaged/served		Reduced fat cheese, including part-skim mozzarella, nuts, seeds, nut/seed butters, products consisting of only dried fruit, nuts, and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.
Trans Fat: Zero grams		< 0.5 grams trans fat per portion as packaged/served
Sugar: ≤ 35% of weight from total sugars per item as packaged/served		Dried/dehydrated fruits or vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners required for processing (e.g. cranberries, tart cherries, blueberries) are exempt from the sugar standard. Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.

All accompaniments must be included in the nutrient profile as part of the food item served and meet all standards. Pre-portioning is not required; you may determine the average portion.

## Other Exemptions:

All fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.

Canned and frozen fruits with no added ingredients except for water, or those that are packed in 100% juice, extra light or light syrup are exempt from all nutrient standards.

Canned vegetables with no added ingredients except water, or that contain a small amount of sugar for processing are exempt from all nutrient standards.

Any entrée item offered as part of the NLSP or SBP is exempt from all competitive food standards if it is sold on the day or day after being served in the lunch or breakfast program.

Sugar-free chewing gum is exempt from all competitive food standards.

The Smart Snack standards do not apply to items brought from home by students, including those items brought from home for a special event such as a birthday party.

## Definitions

Combination Food: products that contain 2 or more components representing 2 or more food groups – cheese and crackers, hummus and vegetables, or yogurt and fruit, for example.

Entrée: any product that is a) a combination of a meat/meat alternate and a whole grain-rich food, or b) a combination of a fruit or vegetable and a meat/meat alternate, or c) a meat/meat alternate alone (except yogurt, low-fat or reduced fat cheese, nuts, seeds, nut/seed butters, and meat snacks like beef jerky sticks) is considered an entrée item.

## What about Fundraisers?

- Any items that meet the Smart Snack standards can be sold at fundraisers on school campus during school hours.
- The standards do not apply to items sold off school campus or outside school hours. School hours are defined as midnight the night before to 30 minutes after the end of the official school day.
- State agencies may establish rules for the number of fundraising activities that allow the sale of items that do not meet the Smart Snack standards. If your state agency does not establish limits, no fundraisers involving foods that do not meet the standards may take place in schools.
- Exempt fundraiser items are not to be sold in competition with school meals in the food service area during meal service.

## State and Local Regulations

The new Smart Snack standards are the minimum standard to which schools must adhere. State agencies and school districts may establish additional, stricter, standards as long as they are still compliant with the federal standards.

## Beverage Standards

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or non-carbonated	no size limit	no size limit	no size limit
*Free potable water is required to be available in the location of lunch during meal service, at breakfast time when served in the cafeteria, and is encouraged, but not required, for afterschool snacks and breakfast served in other locations.			
Low fat milk, unflavored	≤ 8 ounces	≤ 12 ounces	≤ 12 ounces
Non fat milk, unflavored or flavored	≤ 8 ounces	≤ 12 ounces	≤ 12 ounces
*Nutritionally equivalent low fat and non fat milk alternatives are permitted as per the school meal requirements			
100% fruit/vegetable juice	≤ 8 ounces	≤ 12 ounces	≤ 12 ounces
* 100% juice diluted with water (with or without carbonation) and with no added sweeteners are allowable			
Other calorie-free beverages	Not allowed	Not allowed	≤ 20 ounces
*Calorie-free beverages include flavored water, with or without carbonation, and other beverages with < 5 calories per 8 oz, or up to 10 calories per 20 oz.			
Other lower calorie beverages	Not allowed	Not allowed	≤ 12 ounces
*Lower-calorie beverages include those with up to 40 calories per 8 oz, or up to 60 calories per 12 oz.			
What about Caffeine?			
Beverages at the elementary and middle school level must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances. There are no restrictions on caffeine at the high-school level.			