SMART SNACKS IN SCHOOLS

- Smart Snacks nutrition standards are now a federal law and must be implemented in all schools across the country.
- The Smart Snacks in School nutrition standards apply to all foods and beverages sold and consumed by students in and outside of the school meals programs – including vending machines, a la carte, school stores and fundraising.
- Smart Snacks will be in effect for the entire school day (midnight to 30 minutes after the end of the school day) across the entire school campus.
- Smart Snacks will not apply to foods served as part of classroom celebrations, evening events, or weekend events.

Fundraising: Smart Snacks will affect some fundraising. Foods and beverages sold to students as fundraisers during the school day must meet Smart Snacks nutrition standards and comply with the non-compete regulation governing School Breakfast & Lunch programs. Non-food fundraisers or fundraisers that include food and beverages that meet the nutrition standards may be held as often as district guidelines allow. The Kansas State Board of Education is determining in May whether to provide exemptions, but currently there are no exemptions. Our department staff will be happy to assist your team in determining if their products meet the Smart Snacks nutrition standards.

A la Carte options in the Cafeteria: The Smart Snacks in School nutrition standards also impact what food can be sold as an a la carte item within the Food and Nutrition Services program. Our goal is to provide the same level of choices and service to our customers.

What’s the goal? As you know, students who are well nourished are better prepared to learn. Consistent nutrition standards within the entire school will enhance the learning environment and contribute to the overall health and well-being of our students.

Smart Snacks in School
USDA’s “All Foods Sold in Schools” Standards
Nutrition Standards for Foods

Any food sold in schools must:
- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- 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).*

Foods must also meet several nutrient requirements:
- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 230 mg**
  - Entrée items: ≤ 480 mg
- Fat limits:
  - Total fat: ≤35% of calorie
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.
**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Nutrition Standards for Beverages

- All schools may sell:
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
  - No more than 20-ounce portions of Calorie-free, flavored water (with or without carbonation); and
  - Other 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 Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Is Your Snack a Smart Snack?
Take the guesswork out of nutrition guidelines with the new Alliance for a Healthier Generation Smart Snacks Product Calculator! Simply enter the product information, answer a few questions, and determine whether your snack, beverage, side, or entrée item meets the new USDA Smart Snacks in School Guidelines.
https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/