

# Smart Snacks in School Nutrition Standards

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**ALLIANCE FOR A  
HEALTHIER  
GENERATION**



Powered by the American  
Heart Association



# A Brief History of Competitive Food & Beverages In Schools

**2004**  
**Local  
Wellness  
Policy**

**2006**  
Competitive  
Food &  
Beverage  
Guidelines

**2007**  
Institute of  
Medicine  
Standards

**2010**  
Healthy  
Hunger-Free  
Kids Act

**2014**  
Smart  
Snacks in  
School  
Nutrition  
Standards

The history of Competitive Foods and Beverages:

- In 2004, as a result of the Child Nutrition Reauthorization Act, Local Wellness Policies had to be developed.
- In 2006, the Alliance for a Healthier Generation release their guidelines for Competitive Foods and Beverages.
- In 2007, the Institute of Medicine release a report outlining their recommendations for national standards.
- In 2010, the Healthy Hunger Free Kids Act required the establishment of national standards for all foods and beverages sold in schools, other than those sold in the breakfast and lunch programs.
- In the summer of 2013, the **Interim** Final Rule for those standards was released.

# Smart Snacks in School

## Nutrition Standards go into effect nationwide



July  
1st  
2014

The “Smart Snacks in School” nutrition standards go into effect July 1, 2014. The regulations cover all foods and beverages sold in schools other than those sold as part of the school breakfast and lunch programs.

*(Foods sold as part of a school lunch and/or school breakfast already meet strict nutritional requirements implemented in 2012 under the Healthy Hunger Free Kids Act.)*

Standards apply to

All food &  
beverages  
**SOLD**

that are not part  
Of a school lunch  
or breakfast

During the

Entire  
School  
Day

On the  
Entire  
School  
Campus

Standards DO NOT  
apply to

- ◆ Free food  
( classroom  
party foods )

Standards DO NOT  
apply to

- ◆ Evening &  
Weekend Events  
(after school sport  
concessions & community  
events)

# Smart Snacks in School nutrition standards:

- Covers all foods and beverages SOLD to students outside of the breakfast and lunch programs.
- Covers the entire school day, which is defined as 30 minutes before the start of a school day to 30 minutes after the end of the school day.
- Covers the entire school district.
- Does NOT cover foods offered for free, such as classroom parties or event celebrations.
- Does NOT cover evening, weekend or community events.



**So . . .**

# **SMART SNACKS IN SCHOOL NUTRITION STANDARDS**

**apply to all food & beverages sold  
during the school day in . . .**

**Cafeteria  
Ala  
Carte  
Lines**

**School  
Stores**

**Vending  
Machines**

**Fundraising  
Events**

The foods and beverages sold in any cafeteria Ala Carte line, vending machine or school store during the school day must comply with the new nutrition standards.

**But . . .**

**The Smart Snacks in School Nutrition Standards do NOT apply to food & beverages sold as part of a school breakfast or lunch.**

Why not?

Because the foods offered on these menus already meet the strict nutritional requirements implemented in 2012 under the Healthy Hunger Free Kids Act.

# FUNDRAISERS

Nutrition Standards must be met for any food sold that may be consumed during the school day

Food sold that will be consumed after the school day does NOT have to meet the nutrition standards

**All fund raising events that involve the sale of food must receive approval by the District Wellness Committee.**



# Foods sold during fundraisers must

comply IF the food or beverage is to be sold for consumption during the school day. For example, if a group wished to sell ice cream sundaes to students in a school lobby after lunch, the sundaes would have to meet all nutritional standards of the Smart Snacks in Schools regulation. However, if the food item is not sold for consumption during the school day, for example a “pizza kit”, then the food items are exempt from having to meet the regulations.

## WAIVERS

- The PA Dept. of Agriculture Division of Food & Nutrition has determined that a maximum of five exempt fundraisers will be permitted for each elementary and middle school and ten exempt fundraisers will be permitted in each high school per year. Each fundraiser may not exceed one school week.
- There are no limits on foods and beverages sold as fundraisers that meet the standards. There are also no limits on non/ food fundraising events.

# General Standards For Competitive Foods

Foods must be a whole grain product (first ingredient is a whole grain or contains 50% or more whole grains by weight). If the first ingredient is water, the second must be a whole grain;

**OR**

The first ingredient must be a fruit, vegetable, protein or dairy food. If the first ingredient is water, the second must be a fruit, vegetable, protein or dairy;

**OR**

The product is a combination food with at least  $\frac{1}{4}$  c. fruit or vegetable;

**OR**

The product must have 10% DV of at least one nutrient of public health concern (fiber, vitamin D, calcium or potassium). *This qualification standard will become obsolete July 1, 2016.*

IF a product meets at least one of the standards, then its nutrition information will determine if it also meets all nutrient standards.

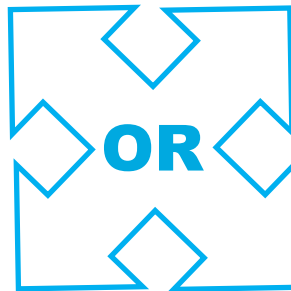
If it meets all nutrient standards, then the product is a compliant competitive food.

# COMPETITIVE FOODS MUST:

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**Be Whole  
Grain Rich**

**Have Fruit, Vegetable,  
Protein or Dairy as the  
first ingredient**



**Be a  
“Combination  
Food”**  
(at least  $\frac{1}{4}$  c. fruit or  
vegetable)

**Contain 10% daily  
value of certain  
nutrients**  
(until July 1, 2016)

SOME fresh, canned or  
frozen... **FRUITS  
& VEGGIES**

are exempt from the  
nutrient standards..

# CALORIE

## Limits

Entrees  $\leq 350$

Snacks/Sides  $\leq 200$

# FAT

## Limits

Zero Trans Fat

Total Fat  $\leq 35\%$  of calories

Saturated Fat  $< 10\%$  of calories

# SUGAR

## Limits

Must be  $\leq 35\%$  by weight

# SODIUM

## Limits

|              |         |
|--------------|---------|
| Entrees      | <480 mg |
| Snacks/Sides | <230 mg |

*(Sodium limits will decrease further in 2016)*





SMART  
SNACKS  
IN SCHOOL  
BEVERAGE  
STANDARDS

# ALL SCHOOLS

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**WATER**

(with or without carbonation)

**NON FAT  
MILK**

(white or flavored)

**LOW FAT  
MILK**

(white only)

**100% FRUIT  
OR  
VEGETABLE  
JUICE**

(no added sweeteners)

**100% FRUIT  
OR  
VEGETABLE  
JUICE**  
*diluted with  
water*

(with or without carbonation)

There are serving size limits for milk and juice at all schools.

At Elementary schools milk and juice serving sizes are limited to 8 oz. or less. At the Middle and High schools, milk and juice serving sizes are limited to 12 oz. or less.

In addition, NO caffeinated beverages are permitted at Elementary schools or Middle Schools. Only plain water, non-fat and low fat milk and 100% fruit or vegetable juice will be allowed at these schools

# At the Senior High

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**20 oz.  
Diet  
Beverages**  
<5 kcal/8 oz.  
OR  
≤10 kcal/20  
oz.

**12 oz. Low-  
Calorie  
Beverages**  
≤40 kcal/8  
oz. OR  
≤60 kcal/12  
oz.

**Caffeine**  
Okay

*(all with or without carbonation)*

# Beverage Summary

## Elementary

**8 oz.  
Maximum**

**No Caffeinated  
Beverages**

## Middle School

**12 oz.  
Maximum**

**No Caffeinated  
Beverages**

## Sr. High

**12 oz. Max  
OR**

**up to 20 oz Diet**  
( $<5$  kcal/8 oz. OR  
 $\leq 10$  kcal/20 oz.)

**OR**

**12 oz. Low-  
Calorie**  
( $\leq 40$  kcal/8 oz. OR  
 $\leq 60$  kcal/12 oz. )

**Caffeine - OK**



**LuAnn Fee**

Armstrong School District

laf@asd.k12.pa.us

ALLIANCE FOR A  
**HEALTHIER  
GENERATION**

A black silhouette of a man and two children running towards the right. The man is in the center, holding the hands of two children on either side. They are all in a running or jumping pose. Below them are three light gray shadows on the ground, suggesting movement.

**JOIN THE MOVEMENT! [HealthierGeneration.org](http://HealthierGeneration.org)**

 /HealthierGeneration

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