

# SMART SNACKS IN SCHOOLS



The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish nutrition standards for all foods and beverages sold to students in school during the school day, including foods sold through school fundraisers. The new “**Smart Snacks in School**” nutrition standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging - whole grains, fruits and vegetables, leaner protein, lower-fat dairy - while limiting foods with too much sugar, fat and salt. These standards for snack sales are in effect from any time before school through 1 hour after school.

USDA understands that fundraisers are time-honored traditions that support local school activities, including class trips, athletic programs and the purchase of school supplies. Under the "Smart Snacks in School" nutrition standards, USDA has sought to balance the needs of schools to conduct **occasional** fundraisers, while still ensuring that students have access to healthier foods and beverages during the school day.

## **Nutrition Standards for Foods**

Any food sold in school must:

- Be a whole grain rich product or
- Have as the first ingredient a fruit, 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 total calories
- Saturated fat ≤ 10% of calories
- Trans fat: zero grams

**Sugar limit** ≤ 35% weight from total sugars in foods

## **Accompaniments**

Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat sugar, and sodium added to foods.

## **Nutrient 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 or vegetable juice diluted with water (with or without carbonation) and added sweeteners

Elementary schools may sell up to 8 ounce portions, while middle 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” 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 carbonated beverages that are labeled to contain  $\leq 5$  calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces.
- No more than 12-ounce portions of beverage with  $\leq 40$  calories per 8 fluid ounces or  $\leq 60$  calories per 12 fluid ounces

#### **Healthy Fundraisers**

- Food items that meet nutrition standards are not limited
- The standards do not apply during non-school hours, on weekends, and at off campus fundraising events
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State Agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.



#### **LINKS and Resources**

<http://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/Administering-Your-Nutrition-Program/National-School-Lunch-Program/Wellness-Policies/Healthy-School-Teams>  
[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)  
<http://healthymeals.nal.usda.gov/smartsnacks>  
[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)  
<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>  
<http://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/Administering-Your-Nutrition-Program/National-School-Lunch-Program/Smart-Snacks>  
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<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>