

MUSD CHILD FOOD & NUTRITION

SMART SNACKS/COMPETITIVE FOODS RULE

Nutrition Standards for All Foods Sold or Served in School

(Effective July 1, 2014)

What are Competitive Foods?

All food and beverages sold or served to students on the school campus during the school day, other than those served in a reimbursable meal through NSLP/SP.

School Campus – Any area that is accessible by students during the school day

School Day – Midnight the night before to 30 minutes after the last bell rings

This includes:

- A la carte sales in the cafeteria
- Sales in school stores (students stores)
- Snack Bars
- Vending machines
- Other venues during the school day
- Fundraisers
- School events during the school day

The Smart Snacks Rule requires all competitive foods to meet a set of Nutrition Standards **AND** at least one of the General Standards.

Nutrition Standards (must meet ALL):

- 200 calories or less
- 230 mg Sodium or less
- 35% or less of total calories from fat
- 10% or less of total calories from saturated fat
- No more than 35% total sugar by weight
- No trans fat

General Standards (must ALSO meet at least one):

- Whole grain rich (at least 50%)

- Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry etc.)
- Be a “combination food” with at least ¼ cup fruit and/or vegetable

Beverage Requirements

Beverage	Elementary/Middle School	High School
Plain water, carbonated or not	No size limit	No size limit
Low fat milk, unflavored	8 oz	12 oz
Nonfat milk, unflavored or flavored*	8 oz	12 oz
100% fruit/vegetable juice**	8 oz	12 oz
Calorie-free flavored water, with or without carbonation	Not allowed	Maximum 20 fl oz <ul style="list-style-type: none"> • Up to 5 cal/8 fl oz • Up to 10 cal/20 fl oz
Lower calorie beverages	Not allowed	Maximum 12 fl oz <ul style="list-style-type: none"> • Up to 40 cal/8 fl oz • Up to 60 cal/12 fl 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.

Class Parties

- Parties held in an individual classroom by a single class are exempt
- Common areas are NOT exempt
- Multiple classrooms participating in a combined party or event are subject to nutrition standards.
- Field days, group recognitions, etc., are NOT considered classroom parties and are NOT exempt

Fundraisers

- Fundraisers held during the school day are required to follow the nutrition standards set forth by the USDA
- Distribution of food sold for fundraisers (ie: cookie dough) may NOT be distributed during the school day

Recordkeeping

Each school administration is now required to keep on file any receipts, nutrition labels and product specifications for all foods sold on campus, outside of those foods sold through Child Nutrition Services.

We are here to assist! We are a resources and can help you through the process. Never hesitate to call our office as we can provide guidance, product information, alternatives and solutions! Contact Suzette Moe at 520-568-5100 x 1034 or smoe@musd20.org.