

Smart Snacks in School
USDA's "All Foods Sold in Schools" Standards
Effective 7-1-2014

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 calories

Saturated fat: < 10% of calories

Trans fat: zero grams

Sugar limit:

≤ 35% of weight from total sugars in foods

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.

Other Requirements

- Fundraisers
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - 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. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. **NCDPI does not plan to allow any exempt fundraisers during the school day. In addition, North Carolina General Statutes and policies of the State Board of Education are still in effect and in force in North Carolina.**

Consistent with General Statute, vending of any kind is not allowed in elementary schools.

Consistent with State Board Policy, all revenues from the sale of foods and/or beverages to students from 12:01 AM until the cafeteria closes for the day must accrue to the non-profit School Nutrition Program. Subsequently, foods and/or beverages may not be sold to students in competition with the School Nutrition Program from 12:01 AM until the cafeteria closes for the day.

- **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 by accompaniments, which can be significant.

Culinary Programs

Under the current SBE policy, academic culinary programs that prepare foods and beverages as part of the curriculum may not sell these items to students from 12:01 AM until after the cafeteria closes for the day. Foods or beverages prepared by the culinary class may be sold to adults at any time as long as the sale of such foods and/or beverages are approved by the local board of education. Items prepared as part of the curriculum may be offered to students for taste testing or evaluation as part of the instructional experience.

Foods and/or beverages prepared by the culinary class may be sold to students after the cafeteria closes for the day. Foods and/or beverages sold to students from the time the cafeteria closes for the day until 30 minutes after the dismissal bell rings are required to comply with the Smart Snacks nutrition standards. Foods and/or beverages prepared by the culinary class and sold to students thirty minutes after the dismissal bell rings, in the evenings and on weekends are not required to meet the Smart Snacks nutrition standards.

Rutherford County Schools will follow the following procedures for implementation of the Smart Snacks standards:

The LEA will be responsible for purchasing all items to be sold to students outside the school nutrition program and will be responsible for determining whether the products sold in school-owned vending machines, school stores, and other venues anywhere on the school campus comply with the Smart Snacks nutrition standards. **LEA personnel will be responsible and accountable for obtaining and maintaining documentation for all purchases (including but not limited to procurement specifications, bid awards, contracts, nutrition facts labels, allergen labels and ingredient lists) for each school within the LEA.** In addition, LEA personnel outside the school nutrition program will be responsible for compliance during an Administrative Review or audit. Consistent with SBE policy, under this option, foods and beverages may not be sold in competition with the school nutrition program from 12:01 AM until after the cafeteria closes for the day.

Each principal, or their designee, will be responsible for all aspects of Smart Snack compliance at their respective school.

Smart Snacks Calculator

https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/