

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Competitive Foods are any food or beverage sold to students on the school campus, during the school day, outside of the federally reimbursable meal programs (i.e. vending machines accessible to students, campus stores, etc.)

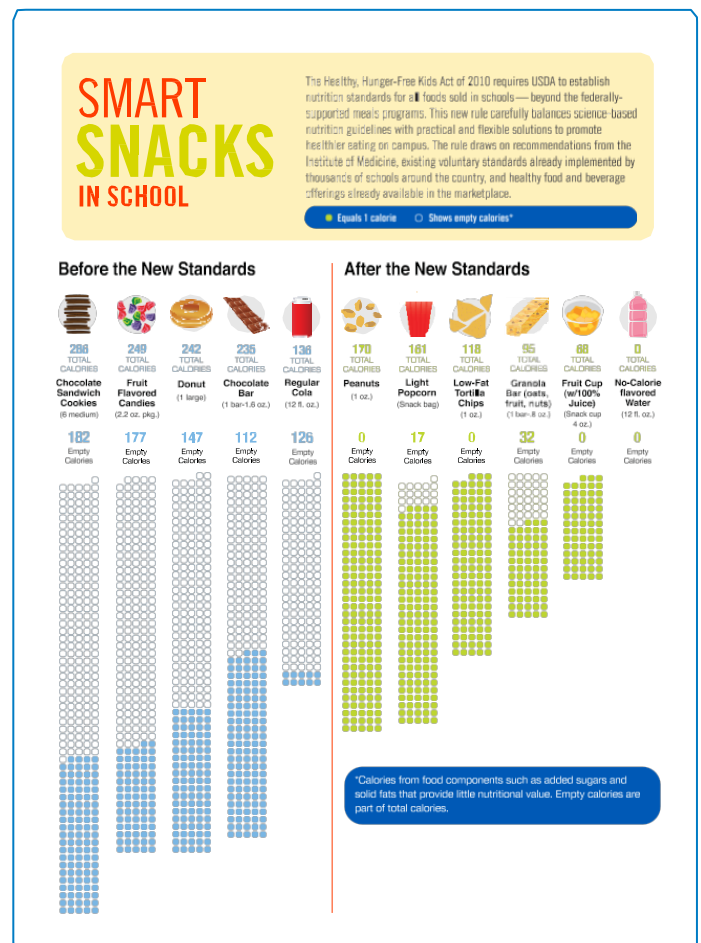
Elementary School- Food service department only.

Middle School- The food service department may sell competitive foods. Individuals and groups may only sell competitive foods 30 minutes after the last meal service period on the school campus.

High School- The food service department may sell competitive foods. Individuals and groups may only sell competitive foods 30 minutes after the last meal service period on the school campus.

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



*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

- **Middle and High 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.
- **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.

Smart Snack Examples

- Whole grain Rice Krispies Treat bar
- Whole grain reduced fat Doritos
- Original Baked Lays Potato Chips
- Whole grain reduced fat Cheetos Puffs
- Whole grain Frosted Strawberry Poptart
- Trix Strawberry Banana Yogurt
- Quaker Chewy Granola Low Fat S'Mores Bar
- Whole grain Cinnamon Toast Crunch Cereal Bar
- Whole Apple, Orange, or Banana
- Whole grain Animal Crackers
- Whole grain reduced sugar Cocoa Puffs cereal
- Baby carrots or raw broccoli pieces
- Skim chocolate milk
- 100% Fruit Juice Capri Sun Berry Blast
- Scooby Doo Fruit Snacks
- Hershey's Chocolate Scooter Bar
- Hershey's Strawberry Scooter Bar
- Hershey's Cookies and Cream Low Fat Cone
- Hershey's Reduced Fat Ice cream Sandwich
- Hershey's Sour Apple Twist Cup



MS-HS Beverages:

Tropicana Pure Premium Orange Juice
Bottled Water

HS Beverages:

G2 Gatorade
Propel Water
Fruit 2o
Snapple Diet Tea

