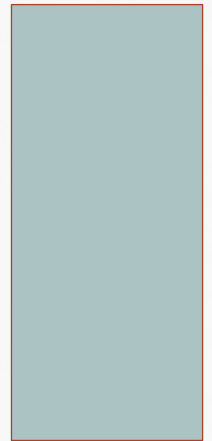


SMART SNACKS IN SCHOOL

EFFECTIVE JULY 1, 2014



INTERIM PROPOSED RULE

- All foods sold on a school's campus, during a school day are required to meet particular nutrient standards.
 - Begins July 1, 2014
 - Provide feedback during this implementation

TERMINOLOGY

- Competitive Food
 - All food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under programs authorized by the CNPs.
- School Campus
 - All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- School Day
 - The period from the midnight before to 30 minutes after the end of the official school day.

STANDARDS

- Include:
 - A la carte in the cafeteria
 - School stores
 - Snack bars
 - Vending machines
 - Culinary Education Programs
 - Other venues

STANDARDS

- These standards do not apply to food:
 - Brought to school in bagged lunches;
 - For birthday parties and special events;
 - Sold in after-school bake sales and after-school fundraisers;
 - Sold with the intent to consume after-school (e.g. frozen cookie dough);
 - Sold to adults only

POP QUIZ!

- Our teachers give students reward tickets when they display good behavior. The reward tickets can be used to purchase snacks and beverages. Must the snacks and beverages meet the Smart Snack standards?
 - Yes. Tickets, tokens, and any other rewards that can be exchanged for food or beverages are considered forms of currency. The food or beverages would need to meet the requirements.
 - If the teacher rewards the class or individual without an exchange of tickets, tokens, etc., then the food does not need to meet the Smart Snacks standards.

LOCAL STANDARDS

- The nutrition standards set by USDA are just minimum standards.
- School districts may establish additional standards.
- These standards must be consistent with Federal standards.

GENERAL FOOD STANDARDS

GENERAL FOOD STANDARDS

- Applies to all grade levels
- Applies to food only, not beverages
- A food item must meet all of the competitive food nutrient standards **and**

WHOLE GRAIN RICH STANDARD

1. Be a whole grain rich product

- Grain products must include 50% or more whole grains by weight or have a whole grain as the first ingredient.



FOOD GROUPS

2. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.)



COMBINATION FOODS

3. Be a “combination food” with at least ¼ cup of fruit and/or vegetable

- Combination foods – product contains two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.



DAILY VALUE

4. Foods that contain 10% of the Daily Value of one nutrient of public health concern.

- Calcium, potassium, vitamin D, or dietary fiber
- This criteria will be removed on July 1, 2016




POP QUIZ!!


- Do all grain products have to be whole grain rich?
 - Not necessarily! If the grain product is part of a combination snack or contain 10% of the daily value of calcium, potassium, vitamin D, dietary fiber.

CALCULATOR

Smart Snacks Product Calculator - Google Chrome

rdp.healthiergeneration.org/calc/calculator/

 SMART SNACKS
PRODUCT CALCULATOR

 ALLIANCE FOR A
HEALTHIER
GENERATION




Product Information

Take the guess work out of your day! Our Smart Snacks Product Calculator will help you determine if your product meets the USDA Smart Snacks in School nutrition standards*. Answer the following series of questions to see whether your product is compliant. Then save and print for your records!

*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools.

NOTE: Please enter information for the product as SOLD (both amount actually portioned, as well as how it is eaten, such as a beef patty on a bun with all of the accompaniments as opposed to just the beef patty).

My Product is a ...

- a) Snack 
- b) Side 
- c) Entree 
- d) Beverage

START OVER **NEXT STEP**



Is the first ingredient* of your product a ...


- a) Fruit
- b) Vegetable
- c) Dairy
- d) Protein food
- e) Whole Grain
- f) None of the above

* Refer to the label's ingredient statement. If the first ingredient is water, is the second ingredient one of the options above.

START OVER

NEXT STEP



Is your product a combination food with at least 1/4 c. fruit and/or vegetable?* 

- a) Yes
- b) No

*Combination products must meet all nutrient standards.

START OVER

NEXT STEP



Does your product contain 10% DV of one or more of the following nutrients?*

- a) Dietary Fiber
- b) Calcium
- c) Vitamin D
- d) Potassium
- e) None of the above

*Effective July 1, 2016 this criterion is obsolete and cannot be used to qualify as a competitive food.

START OVER

NEXT STEP



⊗ Your product is NOT compliant.

- Your product is not a whole grain product; does not have a first ingredient that is a fruit, vegetable, dairy or protein food; is not combination food with at least 1/4 c. of fruit and/or vegetable; OR does not contain 10% of the Daily Value (DV) of a nutrient of public health concern.

Browse products that meet the [Smart Snacks in School Guidelines](#).

Confused by this result? [Contact us](#) for more information.

START OVER

SPECIFIC NUTRIENT STANDARDS

SPECIFIC NUTRIENT STANDARDS

- Total Fat - $\leq 35\%$ of total calories from fat per item
- Saturated Fat - $< 10\%$ of total calories per item
- Trans Fat - Zero grams of trans fat per portion
- Sodium – Maximum limits depending on item
- Calories – Maximum limits depending on item
- Total Sugar - $\leq 35\%$ of weight from total sugars per item

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (36g)		Total Fat 3.5g	5%	Sodium 135mg	6%	Insoluble Fiber 2g	
Calories 120		Sat. Fat 1g	5%	Potassium 120mg	3%	Sugars 11g	
Calories from Fat 30		Trans Fat 0g		Total Carb. 22g	7%	Other Carb. 8g	
* Percent Daily Values		Cholesterol 0mg	0%	Dietary Fiber 3g	12%	Protein 2g	
(DV) are based on a		Vit. A 6% • Vit. C 35% • Calcium 20% • Iron 10% • Thiamin (B1) 30% • Riboflavin (B2) 15%					
2,000 calorie diet.		Niacin (B3) 20% • Vit. B6 20% • Folate 20% • Vit. B12 10% • Phosphorus 2% • Zinc 15%					

TOTAL SUGAR

- $\leq 35\%$ of weight from total sugars per item
- Same requirement for entrée and snack
- Exemptions include:
 - Dried/dehydrated fruits or vegetables (no added nutritive sweeteners)
 - Dried fruits with nutritive sweeteners for processing and/or palatability (e.g., dried cranberries, tart cherries, and blueberries)
 - Dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)

DEFINITION OF ENTRÉE

- Entrée item means an item that is either:
 - A combination food of meat/meat alternate and whole grain rich food; or
 - A combination food of vegetable or fruit and meat/meat alternate; or
 - A meat/meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters and meat snacks (such as dried beef jerky and meat sticks).

ENTRÉES AT BREAKFAST

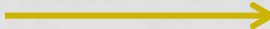
- Grain-only entrees at breakfast are also added to the entrée definition.
- Examples:
 - Waffles
 - Pancakes
 - French Toast

NSLP/SBP ENTRÉE EXEMPTION

- Exemptions for entrée items only
- Entrée exemption for the day of service and the school day after
- Side dishes sold as competitive food must meet all standards

SODIUM

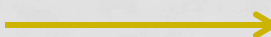
- Entrée items that do not meet NSLP/SBP exemptions
 - ≤480 mg sodium per item
- Snack and side items
 - ≤230 mg (until June 30, 2016)
 - ≤200 mg (after July 1, 2016)



Nutrition Facts	
Serving Size 1 container	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 33g	11%
Sugars 26g	
Protein 5g	10%
Vitamin A 15% • Calcium 20%	
Vitamin D 20% • Phosphorus 15%	
Not a significant source of dietary fiber, vitamin C and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

CALORIES

- Entrée items that do not meet NSLP/SBP exemption:
 - ≤350 calories
- Snack items/Side dishes:
 - ≤200 calories per item



Nutrition Facts	
Serving Size 1 container	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 33g	11%
Sugars 26g	
Protein 5g	10%
Vitamin A 15% • Calcium 20%	
Vitamin D 20% • Phosphorus 15%	
Not a significant source of dietary fiber, vitamin C and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

DON'T FORGET!

- Condiments and other accompaniments must be included in the nutrient profile as a part of the item served.
- Includes:
 - Salad Dressings
 - Butter or Jelly on Toast
 - Cream Cheese on Bagels
 - Garnishes, etc.
- No pre-portioning required – may determine average portion.



EXEMPTIONS

NSLP/SBP ENTRÉE EXEMPTION

- Exemptions for entrée items only
- Entrée exemption for the day of service and the school day after
- Side dishes sold as competitive food must meet all standards

FRUIT AND VEGETABLE EXEMPTION

- The following are exempt from meeting all nutrient standards:
 - Fresh, frozen and canned fruit packed in water, 100% juice, light syrup or extra light syrup
 - Fresh, frozen and canned vegetables with no added ingredients except water
 - Canned vegetables with small amount of sugar for processing purposes

CHEWING GUM

- Sugar-free chewing gum is exempt from the standards

SMART SNACKS CALCULATOR

PRODUCT CALCULATOR

- https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/



Ingredients: Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Salt, Natural Flavor, and Maltodextrin (Made From Corn).

CONTAINS A WHEAT INGREDIENT.

Nutrition Facts

Serving Size 1 oz (28g/About 16 chips)

Amount Per Serving

Calories 140 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1g **4%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3.5g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **10%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower.



Nutrition Facts

Serving Size 55 pieces (30 g)

Per Serving	% Daily Value*
Calories 140	
Calories from Fat 45	
Total Fat 5.0g	8%
Saturated Fat 1.0g	5%
Cholesterol 3mg	1%
Sodium 250mg	10%
Carbohydrates 20.0g	7%
Dietary Fiber 0.7g	3%
Sugars 0.0g	
Protein 4.0g	

Vitamin A 0% · Vitamin C 0%

Calcium 4% · Iron 2%

INGREDIENTS

MADE WITH SMILES AND UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, AUTOLYZED YEAST, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), PAPRIKA, SPICES (CONTAINS CELERY) AND DEHYDRATED ONIONS.

NATURE VALLEY

Protein

CHEWY BARS

10g of
PROTEIN

ENLARGED
TO SHOW
DETAIL

5
BARS

**Peanut, Almond
& Dark Chocolate**
NATURALLY FLAVORED

PER BAR

190
CALORIES

3.5
SAT FAT
9% DV

180
SODIUM
7% DV

6
SUGARS

6-1.42002 (10g) BARS NET WT 7.1 OZ (201g)

Nutrition Facts

Serving Size 1 bar (40g)
Servings Per Container 5

Amount Per Serving

Calories 190 Calories from Fat 110

% Daily Value*

Total Fat 12g **19%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 6g

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Total Carbohydrate 14g **5%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 10g **15%**

Calcium 4% • Iron 8%

Not a significant source of vitamin A and vitamin C.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients: Roasted Peanuts, Almonds, Soy Protein Isolate, Chicory Root Extract, Sugar, Vegetable Oils (palm kernel, palm, canola), Roasted Sunflower Seeds (sunflower seeds, sunflower oil), Toasted Coconut, Whey Protein Concentrate, Tapioca Syrup, High Maltose Corn Syrup, Fructose, Cocoa, Vegetable Glycerin, Rice Starch, Rice Maltodextrin, Salt, Soy Lecithin, Dextrose, Natural Flavor, Baking Soda.
CONTAINS PEANUT, SOY, ALMOND, SUNFLOWER, MILK AND COCONUT INGREDIENTS.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

© 2013 General Mills

Carbohydrate Choices: 1

3854575108



Cool Daze® Low Fat Ice Cream Sandwich



Low fat vanilla ice cream layered between two classic chocolate wafers.

Item #779838
UPC #70640-32299



Unit Size	Case Pack	Case Dimensions	Case Weight	Case Cube	Cases/Pallet	TiHi
3 Fl Oz (88.7 mL)	4/2 doz.	13.94 x 10.5 x 6.63	13.43	0.561	121	11 x 11

INGREDIENTS: Ice Cream: Milk Fat and Nonfat Milk, Buttermilk, Sugar, Whey, Corn Syrup, Calcium Carbonate, Mono & Diglycerides, Vanilla Extract, Guar Gum, Calcium Sulfate, Carob Bean Gum, Polysorbate 65, Carrageenan, Vitamin A Palmitate, Artificial Flavor, Annatto (For Color). Wafer: Bleached Wheat Flour, Sugar, Caramel Color, Dextrose, Canola Oil, Yellow Corn Flour, Cocoa, High Fructose Corn Syrup, Corn Syrup, Food Starch-Modified, Baking Soda, Salt, Mono & Diglycerides, Soy Lecithin.

ALLERGEN INFORMATION: Contains Milk, Soy, Wheat.

Nutrition Facts

Serving Size 1 Sandwich (55g)

Servings Per Container 1

Amount Per Serving

Calories 130 Calories from Fat 25

% Daily Values**

Total Fat 2.5g **4%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 105mg **4%**

Potassium 85mg **2%**

Total Carbohydrate 25g **8%**

Dietary Fiber <1g **3%**

Sugars 12g

Protein 3g **6%**

Vitamin A 2% • Vitamin C 0%

Calcium 20% • Iron 0%

*Contains less than 2% of these values

**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower

depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g



Cool Daze® Low Fat Chocolate Sundae Crunch Bar



Low fat vanilla ice cream with a chocolate center all dipped in chocolate & vanilla crunch coating.

Item #796296
UPC #70640-00081



Unit Size	Case Pack	Case Dimensions	Case Weight	Case Cube	Cases/Pallet	TIH
3 Fl Oz (88.7 mL)	6/2 doz.	20.63 x 10.01 x 10.26	27.16	1.223	70	10 x 7

INGREDIENTS: LOW FAT ICE CREAM: Milk Fat and Nonfat Milk, Sugar, Corn Syrup, Calcium Carbonate, Milk Protein Concentrate, Cellulose Gel, Cellulose Gum, Mono & Diglycerides, Vanilla Extract, Polysorbate 80, Carrageenan, Annatto (For Color), Vitamin A Palmitate. FLAVORED CENTER: Water, Sugar, Corn Syrup, Whey, Cocoa Processed with Alkali, Mono & Diglycerides, Guar Gum, Calcium Sulfate, Carob Bean Gum, Cellulose Gum, Carrageenan. CAKE CRUNCH: Bleached Wheat Flour, Sugar, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Caramel Color, Cocoa Powder Processed with Alkali, Corn Syrup, Salt, Natural and Artificial Flavor, Sodium Bicarbonate, Soy Lecithin. DIP COATING: Soybean Oil, Partially Hydrogenated Soybean and/or Cottonseed Oil, Soy Lecithin, Artificial Flavor.

ALLERGEN INFORMATION: Contains Milk, Soy, Wheat.

Nutrition Facts

Serving Size 1 Bar (75g)

Servings Per Container 1

Amount Per Serving

Calories 160 Calories from Fat 45

% Daily Values**

Total Fat 5g **8%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 75mg **3%**

Potassium 150mg **4%**

Total Carbohydrate 25g **8%**

Dietary Fiber <1g **2%**

Sugars 16g

Protein 3g **6%**

Vitamin A 2% • Vitamin C 0%

Calcium 20% • Iron 2%

Riboflavin 6% • Vitamin B12 4%

Phosphorus 8% • Thiamin 2%

*Contains less than 2% of these values

**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

STANDARDS FOR BEVERAGES

STANDARDS FOR BEVERAGES

- Varies by grade level
- Standards on types of beverages and container size



STANDARDS FOR BEVERAGES

- Allowed:
 - Water
 - Any size
 - Plain water, carbonated or noncarbonated
 - Milk
 - 8 fl. oz. in elementary schools
 - 12 fl. oz. in middle and high schools
 - Unflavored nonfat and low-fat milk, flavored nonfat milk
 - Juice
 - 8 fl. oz. in elementary schools
 - 12 fl. oz. in middle and high schools
 - 100% fruit and/or vegetable juice, 100% juice diluted with water (carbonated or noncarbonated), no added sweeteners

OTHER BEVERAGES IN HIGH SCHOOL

- Calorie-Free Beverages
 - Maximum serving size 20 fluid ounces
 - Calorie-free flavored water, with or without carbonation
 - Other “calorie-free” beverages with less than 5 calories per 8 fluid ounces or up to 10 calories per 20 fluid ounces

OTHER BEVERAGES IN HIGH SCHOOL

- Lower-calorie beverages
 - Maximum serving size 12 fluid ounces
 - Up to 60 calories per 12 fluid ounces; or
 - Up to 40 calories per 8 fluid ounces

REMEMBER!

- The container of the beverage cannot exceed the maximum fluid ounces allowed.



Serving Size: 8 fl. oz. (240ml)	
Servings Per Container: About 2	
0 Calories Per Serving	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	0%
Vitamin D	10%
Vitamin B3	10%
Vitamin B6	10%
Vitamin B12	10%
Biotin	10%
Vitamin B5	10%

CAFFEINE

- Elementary and Middle Schools
 - Foods and beverages must be caffeine-free
 - Exception of trace amounts of naturally-occurring caffeine substances
- High School
 - No caffeine restrictions

BEVERAGE POP QUIZ!

- Will schools be able to sell Crystal Light packages (and other similar items) that are sold to flavor bottled water?
 - Additives are not to be sold alone, since the additives do not meet the nutrient standards.
 - If you pair the additives with a bottle of water, then this could be sold as a no-calorie or low-calorie beverage. So this would only be allowable for High School Students.

CALCULATOR!



Nutrition Facts

Serving Size 12 fl oz (355 mL)
Servings Per Container About 2.5

Amount Per Serving

Calories 30

% Daily Value*

Total Fat 0g 0%

Sodium 160mg 7%

Potassium 45mg 1%

Total Carbohydrate 7g 2%

Sugars 7g

Protein 0g

Not a significant source of calories from fat, saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

WATER, SUGAR, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, YELLOW 5, RED 40

Last updated on April 25, 2014.

Nutrition Facts

Serving Size 20 oz (591 mL)
Servings Per Container 1

Amount Per Serving

Calories 10

	% Daily Value*
Total Fat 0g	0%
Sodium 85mg	4%
Total Carbohydrate <1g	0%
Sugars -1g	
Protein 0g	

Not a significant source of other nutrients.

*Percent Daily Values are based on a 2,000 calorie diet.

CARBONATED WATER, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, CITRUS PECTIN, POTASSIUM BENZOATE (PRESERVES FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM CITRATE, ACESULFAME POTASSIUM, SUCRALOSE, GUM ARABIC, SODIUM BENZOATE (PRESERVES FRESHNESS), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), BROMINATED VEGETABLE OIL, YELLOW 5

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Last updated on April 25, 2014.



FUNDRAISERS

FUNDRAISERS

- All food that meet the regulatory standards may be sold at fundraisers on the school campus during school hours.
- The standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events.

EXEMPT FUNDRAISERS

- Indiana only allows 2 exempt fundraisers per school per year.
- An exempt fundraiser is one school day.
- Schools can set stricter standards.

FUNDRAISER EXEMPTION

- No “Time and Place” Restriction on foods and beverages, except:
 - **No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.**

POP QUIZ!

- Fundraisers meeting the Smart Snack Standards are allowed to be sold during meal periods? True or False?
 - **True**

ADMINISTRATION

RECORDKEEPING

- Maintain receipts, nutrition labels and product specifications
- Maintain records for competitive foods sold under the nonprofit school food service account
- Maintain records for all other competitive food sales
- Print off compliance pages off of the Alliance for a Healthier Generation Calculator

MONITORING AND COMPLIANCE

- State agencies will monitor compliance with the standards through a review of local educational agency records as part of the State agency administrative review.
- If violations have occurred, technical assistance and corrective action plans would be required.
- USDA is considering assigning fiscal action to repeat violations.

SUPPORT

ALLIANCE FOR HEALTHIER GENERATION

Alliance Product Calculator

Share



Smart Snacks

Fundraisers

Celebrations

Non-Food Rewards

Is Your Snack a Smart Snack?

Take the guesswork out of nutrition guidelines with the new Alliance Product Calculator for Smart Snacks! Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines. You can also [add a link to the Alliance Product Calculator to your website](#). Click the button below to launch the Alliance Product Calculator.

[Launch the Product Calculator](#)

WELLNESS POLICY TOOLKIT

School Wellness Policy




Posted: Thu, 09/22/2011 - 3:17pm Updated: Fri, 05/09/2014 - 3:51pm

School and Community Nutrition (SCN) – Information for the creation and/or enhancement of School Wellness Policies



History of Legislation

- [Past and Current Laws Regarding Wellness Policies](#) 
- [Local School Wellness Policies](#) 

Requirements

- [Wellness Policy Requirements](#) 
- [USDA Proposed Rule on Local Wellness Policies](#) 
- [HealthierUS School Challenge \(HUSSC\) Local Wellness Policy Criteria PowerPoint Presentation](#) 

Indiana Healthy Schools Toolkit

- [Indiana Healthy Schools Toolkit](#) 
- [Indiana School Board Model Wellness Policy](#) 
- RCCI Model Wellness Policy (Coming Soon)
- CACFP Model Wellness Policy (Coming Soon)

Getting Started

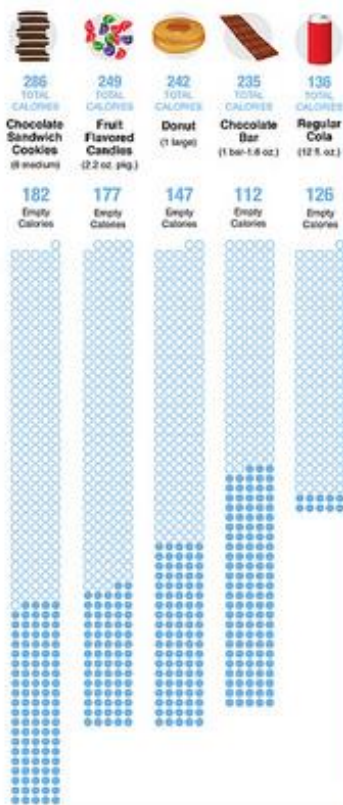
- [Wellness Policy Fact Sheet](#) 

SMART SNACKS IN SCHOOL

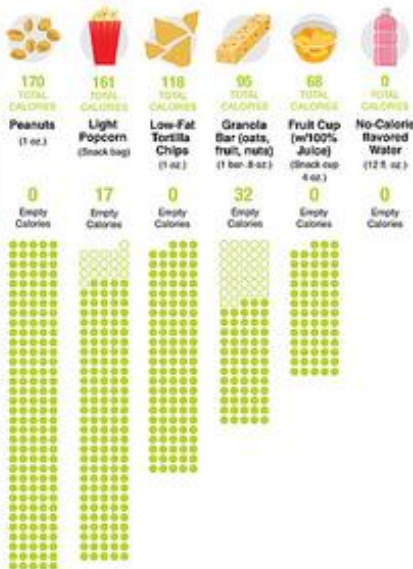
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



After the New Standards



*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

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.

Nutrition Standards for Foods

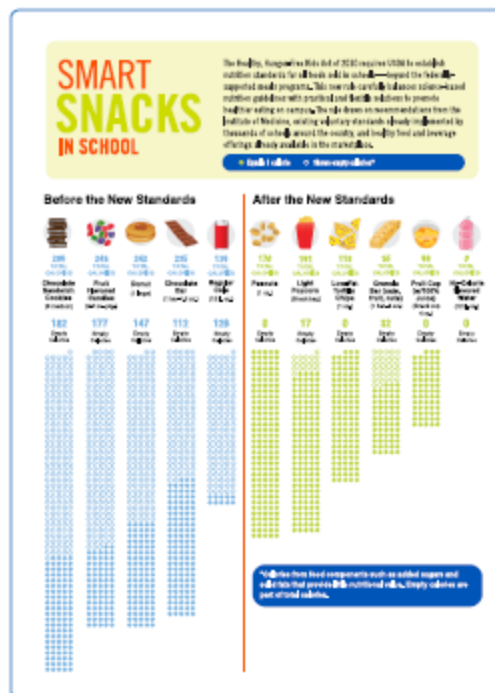
- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of 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 All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.

REVIEW THE RULE

- Federal Register
- FNS Website – www.usda.gov/healthierschoolday

IMPLEMENTATION AND SUPPORT

- State agencies and schools must implement the provisions of this interim rule beginning July 1, 2014.
- USDA will provide guidance and technical assistance to State agencies and local educational agencies prior to and during the implementation period.

RESOURCES

- USDA's Website
 - Smart Snacks in School Standards – handout
 - Summary of Standards – quick view of changes
- Alliance for a Healthier Generation
 - Product Calculator
 - Product Navigator
 - Fundraising Ideas
- IDOE's Website
 - Now available!

HEALTHY FUNDRAISING

- “Cuties” for Valentine’s Day
- Fun Runs – donations per lap (30 minutes -\$3,000)
- Promotion Motion – students performed healthy activities and were paid by sponsors (\$31,322)
- Gardening Starter Plants – school partnered with landscaping company (\$7,000)
- Basketball Game – teachers vs. parents (\$800)

QUESTIONS?

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