

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

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
- **Foods must also meet several nutrient requirements:**

Calorie limits:

 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories

Sodium limits:

 - Snack items: ≤ 200 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, snack items must contain ≤ 200 mg sodium per item
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Exemptions

- Fresh, canned or frozen fruits with no added ingredients
- Fresh and canned vegetables with no added ingredients
- NSLP/SBP Entrée items when sold on day of service or day after
- Sugar-Free Chewing Gum

Definitions

- 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

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.** *NOTE: Caffeinated beverages are only permitted at the High School level.*
- **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

No more than 12-ounce portions of

 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food and Beverage Sales

- **Fundraisers / Vending Machines**
 - The sale of food items that meet Smart Snacks requirements 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.
- **Exempt Fundraiser Days**
 - Texas allows up to 6 fundraisers per campus, per year.
 - Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

Alternative standards must be included in the Local Wellness Policy but must not be less restrictive than the federal standards