

# Smart Snacks- Foods Sold in Schools/Competitive Foods

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

**Elementary Schools**

campus **may not serve competitive foods**<sup>(1)</sup> (or provide access to them through indirect sales) to students anywhere on the school campus<sup>(2)</sup> throughout the school day<sup>(3)</sup> **except for those food items made available by the school food service department**

Competitive Foods<sup>(1)</sup> are not allowed during the School Day

## Definitions

- Competitive Foods**- All food and beverages sold to students on the School Campus<sup>(2)</sup> during the school day<sup>(3)</sup>, other than those meals reimbursable under the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).
- School Campus**- All areas of the property under the jurisdiction of the school that is accessible to students during the school day<sup>(3)</sup>.
- School Day**- The period from Midnight before to 30 minutes after the end of the official school day.
- A La Carte**- Menu items sold individually and, therefore, not part of the school nutrition program's reimbursable meal.

**Record-Keeping** Schools must keep accurate documentation of compliance with the Smart Snacks rule- Purchase Receipts, Nutrition Labels, & Product Specifications. Compliance will be determined during the time of the district's Administrative Review. Refer to Smart Snack Calculator to help you determine if you are within guidelines (can print and file to present upon Administrative Review): <http://rdp.healthiergeneration.org/calc/calculator/>

**Middle Schools**

campus may not serve competitive foods<sup>(1)</sup> (or provide access to them through indirect sales) to students anywhere on the school campus<sup>(2)</sup> from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department (**Refer to new nutritional standards for competitive foods**)<sup>(1)</sup>

Competitive foods<sup>(1)</sup> made available to students 30 minutes before to 30 minutes after meal periods must meet these guidelines

## Competitive Foods Nutritional Standards

### General Criteria (must be one of these 4 items)

- Whole grain-rich (50% or more whole grains by weight or first ingredient whole grain); OR
- Have as the first ingredient fruit, vegetable, dairy or protein (meat, beans, nuts, eggsetc.); OR
- A combination food with at least ¼ cup fruit and/or vegetable; OR
- Contain 10% of the Daily Value of one of the four nutrients of public health concern: calcium, potassium, vitamin D, dietary fiber. *will not apply as of June 2016*

### AND Meet the following additional nutrient standards:

Nutrient	Standard
Calories	Entrée: ≤350 calories per item Snack/Side Dish: ≤200 calories per item
Sodium	Entrée: ≤480 mg sodium per item Snack/Side Dish: ≤230 mg sodium per item (≤200 mg after July 1, 2016)
Total Fat	≤35% of total calories from fat per item as packaged/served
Sat. Fat	≤10% of total calories per item as packaged/served
Trans Fat	Zero (<0.5 g) grams of trans fat per portion as packaged/served
Total Sugar	≤35% of weight from total sugars per item (dried/dehydrated fruits/vegetables exempt)

**High Schools**

may not serve competitive foods<sup>(1)</sup> (or provide access to them through indirect sales) to students during meal periods in areas where reimbursable school meals are served and/or consumed except for those food items made available by the school food service department (**Refer to new nutritional standards for competitive foods**)<sup>(1)</sup>

COMPETITIVE FOODS MADE AVAILABLE TO STUDENTS IN AREAS WHERE REIMBURSABLE MEALS ARE NOT SERVED MUST MEET THESE GUIDELINES

## NUTRITION STANDARDS FOR BEVERAGES

Beverage	Elementary School	Middle School	High School
Plain water without carbonation	No size limit	No size limit	No size limit
Low fat milk (1%), unflavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
Nonfat milk, unflavored or flavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice <sup>(A)</sup>	≤ 8 oz	≤ 12 oz	≤ 12 oz
Caffeinated beverages	Not allowed <sup>(B)</sup>	Not allowed <sup>(B)</sup>	Not Allowed
Calorie free <sup>(C)</sup> and low-calorie beverages <sup>(D)</sup>	Not allowed	Not allowed	Limited Allowability per State Regulations <sup>(E)</sup>

- (A) 100% fruit/vegetable juice and 100% fruit/vegetable juice diluted with water, with or without carbonation, and no added sweeteners  
 (B) Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances  
 (C) Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz  
 (D) Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz  
 (E) Texas regulations do not allow certain calorie free and low calorie beverages to be sold during the school day<sup>(3)</sup>

**Fundraisers** Schools may use foods and beverages that meet the competitive foods<sup>(1)</sup> standards to raise funds for school sponsored events, clubs, and activities. These standards do not apply to items sold off-campus or during non-school hours. Schools may adopt stricter standards through their Local School Wellness Policy. Fundraisers for food and beverage items that do not meet Smart Snacks may not occur at any time during the school day<sup>(3)</sup>. Parent organizations and extracurricular groups that wish to sell foods or beverages for fundraising purposes should be appraised of these standards.