

# USDA “Smart Snacks in School” Standards & Rules Applying to All Foods Sold in School

As part of the Healthy Hunger Free Kids act of 2010, USDA is implementing regulations for all food sold in school to children. The goal is to limit junk food and offer healthier snacks. Nutrition Standards have been established for foods sold in school to instill healthy eating habits in students. The State of CT has decided not to allow exemptions for fundraisers. Thus all food sold during the school day must meet the Smart Snacks nutrition standards.

*These standards do not apply during non-school hours, on weekends and at off campus fundraising events. Non-school hours are defined as 30 minutes after the school day until 11:59 PM. In addition to those time restrictions, CT has an additional competitive food regulation that states: Any income from food items sold 30 minutes prior to the start of any state or federally subsidized milk or food service program until 30 minutes after such program, shall accrue to the school food authority for the benefit of state and federally subsidized milk or food service programs.*

*To avoid compliance issues conduct a nutrient analysis of recipes to determine if the serving complies with each standard. Review each recipes nutrient analysis for compliance with each standard.*

**Snack sales apply if SOLD. This means the exchange of foods or beverages for a determined amount of MONEY or TOKENS or TICKETS of any sort. Snack sales do not apply if GIVEN. This means foods and beverages are provided to students free of any charge or contribution or the exchange of tokens or tickets of any sort. Snack sales do not apply to adults as long as they are not accessible to 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 consist of at least 1/4c of fruit or vegetable; OR
  - ✓ Contain 10% of the Daily Value(DV) of one of the nutrients of health concern (calcium, potassium, vit 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 Limits:

≤ 35% of weight from total sugars in foods

### **Nutrition Standards for Beverages**

➤ All Schools may sell:

- ✓ Plain water
- ✓ Unflavored low fat milk
- ✓ Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- ✓ 100% fruit or vegetable juice
- ✓ 100% fruit or vegetable juice diluted with water

Elementary schools may sell up to 8 oz portions

Middle/High schools may sell up to 12 oz portions

High schools are allowed to serve calorie free beverages in up to 20 oz container provided there are less than 5 calories per 8 oz servings or ≤ 10 calories per 20 oz fluid oz. Lower calorie drinks are acceptable with up to 40 calories per 8 oz or 60 calories per 12 oz.

All Beverages must be caffeine free

### **Other Requirements from Sources of Competitive Foods**

**When foods are available for purchase by students during the regular school day, nutritious and low fat foods must also be available for sale. This includes but not limited to low-fat dairy products and fresh or dried fruit.**

➤ Vending Machines

- ✓ Anything sold in vending machines available to students on school grounds must meet the standards
- ✓ Vending machines can sell foods and beverages that do not meet Smart Snacks only AFTER the school day.

➤ School Store

- ✓ Foods that meet the standards may be sold at the school store on school campus during school hours if they also comply with
  - State competitive foods regulationAND
  - Section 10-221p of CT General Statues

➤ Fundraisers

- ✓ Standards do not apply to items sold for fundraisers during
  - Non-school hours
  - Weekends
  - Off campus fundraising
- ✓ Foods that meet the standards may be sold at fundraisers on school campus during school hours if they also comply with
  - State competitive foods regulationAND
  - Section 10-221p of CT General Statues
- ✓ Catalog sales that are made off campus are allowed provided the
  - Child takes it home on the bus and does not have access to the non-compliant food item during the school day

- ✓ Fundraisers sponsored by OUTSIDE GROUP on school premises during the school day must always meet Smart Snacks
- Family and Consumer Science Classes/ Culinary Arts Programs
  - ✓ Smart Snacks apply only if foods and beverages are SOLD to students during the school day
  - ✓ Smart Snacks do not apply if foods and beverages are GIVEN to students at no charge
- Afterschool Programs & Activities/Sports Team Practices
  - ✓ Smart Snacks apply only if foods and beverages are SOLD to students during the school day
  - ✓ Smart Snacks do not apply if foods and beverages are GIVEN to students at no charge
- Classroom Parties
  - ✓ Smart Snacks apply only if foods and beverages are SOLD to students during the school day
  - ✓ Smart Snacks do not apply if foods and beverages are GIVEN to students at no charge

## Helpful links:

Connecticut Nutrition Standards: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322422>

Healthy Food Certification: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420>

Fundraisers:

[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/nutrition/nslp/fundraisers\\_nonhfc.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/nutrition/nslp/fundraisers_nonhfc.pdf)

Acceptable Food & Beverage lists:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>