



**Smart Snacks**

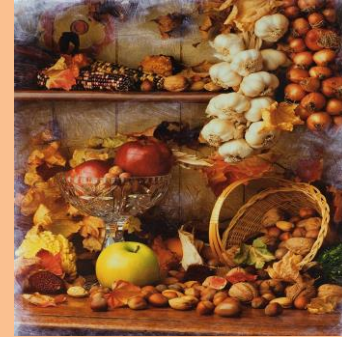
### **School Lunches Get a Makeover**

You may have heard that nutrition standards for school meals have been updated recently. What does that mean for your child?

The National School Lunch Program (NSLP) provides meals to tens of millions of children each day, accounting for a significant portion of students' recommended daily calorie needs. In exchange for participating in the NSLP, schools receive a reimbursement for each qualifying meal provided in school.

### **Why new school lunch standards?**

You've probably heard the facts before: Over the past 30 years, childhood obesity rates in the US have tripled. Today, more than 23 million children and teens are overweight or obese, which places them at increased risk for serious diseases such as diabetes, heart disease, cancer and stroke. Ensuring that school meals are healthy and in line with current nutrition science is important for kids' health as well as for academics. Research shows that students who do not have reliable, healthy meals in kindergarten are noticeably behind their peers in reading and math by the third grade. Given these concerns, school nutrition standards have been updated and go into effect this school year.

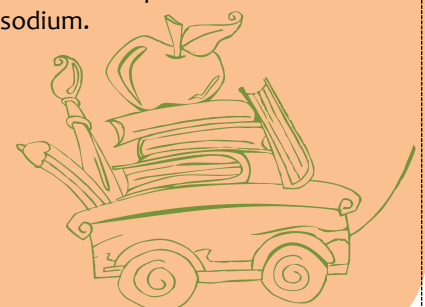


### **Healthy, Hunger-Free Kids Act of 2010**

The Healthy, Hunger-Free Kids Act of 2010 was signed into law by President Barack Obama on 12/13/10 as part of the reauthorization of funding for the Child Nutrition Act. The legislation sets funding and policy for USDA programs, including the National School Lunch Program and the School Breakfast Program. Part of the Act called for the USDA to make changes to school nutrition that were aligned with the Dietary Guidelines for Americans. The National School Lunch Program changed its standards which created Smart Snacks In School.

### **Smart Snacks in School**

On June 27, 2013, the USDA passed its interim final rules for competitive foods called, Smart Snacks In School. Competitive foods are snacks and beverages that are sold apart from the National School Lunch Program (NSLP) and compete with breakfast and lunch for student spending. It sets limits on what can be sold in school vending machines, a la carte lunch lines, in student stores and fundraising. There are two components for snacks- one is a restriction on the ingredients of the snacks, which requires whole grains, dairy, fruit, vegetables and other protein sources; the other component sets specific limits on calories, sugar, fat, and sodium.



## What does this mean for our schools?

These standards stipulate that all snack foods sold in school must be whole grain rich, meaning they contain 50% whole grains as the first ingredient, or have as the first ingredient a fruit, a vegetable, a dairy product or a protein-rich food.

### Calorie limits

- \*Snacks contain less than or equal to 200 calories
- \*A la carte entrees contain less than or equal to 350 calories

### Sugar limits

- \*Snacks contain less than or equal to 35% sugar by weight

### Sodium limits

- \*Snacks contain less than or equal to 230 mg sodium
- \*A la carte entrees contain less than or equal to 480 mg

### Fat limits

- \*Total fats less than or equal to 35% of calories
- \*Saturated fat less than or equal to 10% of calories
- \*There must be no trans fat in the package as served

### Beverage limits

\*Allowable beverages for all students are limited to plain water, lowfat milk, nonfat milk, nutritionally equivalent milk alternatives, and full strength fruit or vegetable juices and full strength fruit and vegetable juice diluted with water or carbonated water.

\*Portion size limits- 8 fluid ounces for elementary schools \*12 fluid ounces for middle schools and high schools

With the exception of trace naturally occurring caffeine, beverages must be caffeine-free for elementary and middle schools.

\*For high schools, calorie-free beverages are allowed in up to 20-oz containers; lower calorie drinks are accepted with up to 40 calories per 8 ounces or 60 calories per 12 ounces; caffeine is permitted in beverages.



## Healthy Meals

### School Lunch Makeover: 2014-15

Fruits:  $\frac{1}{2}$  - 1 cup per day

Vegetables:  $\frac{3}{4}$  - 1 cup per day

Meat: K - 5 - 1 oz. per day; 6 - 8 - 1 oz. per day;  
9 - 12 - 2 oz. per day

Grains: K - 5 - 1 oz. per day; 6 - 8 - 1 oz. per day;  
9 - 12 - 2 oz. per day

Whole Grains: At least half of grains served should be whole grain-rich

Milk: 1 cup per day of low fat or nonfat milk

Calories: K - 5 - 650; 6 - 8 - 700; 9 - 12 - 850

Sodium: K - 5 - less than 1230 mg per lunch; 6 - 8 - less than 1360 per lunch; 9 - 12 - less than 1420 per lunch

Fat: Saturated fat- less than 10% of calories

Trans fat- 0 grams

Future SHAC meetings: 201 N Saint Mary's St 12:00 - 1:00 2/5/15 & 4/2/15 Public invited! Contact Cindy Clendennen 362-6021 xt 2041

