

# SMART SNACKS IN SCHOOL

## WHAT'S THE SMART SNACKS IN SCHOOL RULE?

As of this school year, updated nutrition standards mean snacks in vending machines, school stores, à la carte lines and snack bars must be healthy.

### ALL FOOD MUST BE A:

FRUIT



VEGGIE



DAIRY



PROTEIN



WHOLE GRAIN



### ADDITIONALLY, ALL FOOD MUST:

CONTAIN LESS THAN 200 CALORIES

AND BE LOW IN FAT & BE LOW IN SODIUM & BE LOW IN SUGAR

## CAN SCHOOLS STILL SELL FOOD FOR FUNDRAISERS?

**YES!** Schools can sell any item that meets the Smart Snacks standards, and can do things besides sell food to raise money. States also can make exemptions for infrequent fundraisers.

## CAN SCHOOLS STILL MAKE MONEY?

**YES!** Schools generally break even or increase food service revenue when they have healthy snacks.

**YES!** Many kids consume up to **half their calories at school each day**, so improving the standards will have a dramatic effect on their health. And healthy foods can **significantly reduce** children's risk of chronic diseases like **diabetes, heart disease and obesity**.

## WILL THE STANDARDS AFFECT KIDS' HEALTH?

## SMART SNACKS REQUIREMENTS

### Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have a first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or dietary fiber

### Calorie limits:

- Snack item – Less than 200 calories
- Entree Items – Less than 350 calories

USDA Nutritional Guidelines for school meals, snacks and drinks:  
[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

### Sodium limits:

- Snack item – Less than 230 mg
- Entree Items – Less than 480 mg

### Fat limits:

- Total fat – Less than 35% of calories
- Saturated fat – Less than 10% of calories
- Trans fat – Zero grams

Excludes nuts, seeds, nut butters, seafood and reduced fat cheese

### Sugar limits:

- Less than 35% of weight from total sugars in foods

Excludes fresh, frozen, canned & dried fruits/vegetables with no added sugars (except sugar for processing); fruits packed in 100% juice or light syrup; and yogurt with <30 grams of total sugar per 8 oz