

Food and Nutrition Service

Help make the healthy choice the easy choice for kids at school

A Guide to Smart Snacks in School

For School Year 2018-2019









Learn About Smart Snacks

Do you...

Coordinate school fundraisers,
Manage a school store or snack bar,
Sell food during the school day on campus,
Manage school vending machines, or
Want healthier foods on your school's campus?

If you checked any of the boxes above, then the foods and beverages you're selling need to meet the Smart Snacks in School Standards. You play an important role in helping kids get the nutrition they need to grow and learn. Use this guide to learn how!

If you didn't check a box and still want to learn more about encouraging kids to choose Smart Snacks in school, see the resources on page 14.

Why are Smart Snacks important?

- More than a quarter of kids' daily calories may come from snacks.
- 2 Kids who have healthy eating patterns are more likely to perform better academically.
- Kids consume more healthy foods and beverages during the school day. When there are Smart Snacks available, the healthy choice is the easy choice.
- Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.



Which food and beverages sold at school need to meet the Smart Snacks Standards?

- Any food and beverage sold to students at schools during the school day,* other than those foods provided as part of the school meal programs.
- Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.
- Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your State agency.
- * The school day is defined as the midnight before to 30 minutes after the end of the school day.



How can I tell if my snack meets the Smart Snacks Standards?

- See if your snack is listed in the Products section of the Alliance for a Healthier Generation's Smart Foods Planner (https://foodplanner.healthiergeneration.org/products). These products were determined to meet the Smart Snacks Standards based on the product's ingredient statement and Nutrition Facts panel.
- Enter information from the food or beverage's Nutrition
 Facts panel and ingredients list into the Alliance for a
 Healthier Generation's Smart Snacks Product Calculator
 (https://foodplanner.healthiergeneration.org/calculator). It
 is important to note that the standards are for the food items as
 packaged and sold. Therefore, if the item is labeled as having
 two servings per package, then the information in the Nutrition
 Facts panel must be multiplied by two. The Smart Snacks Product
 Calculator does this math for you.
- If your snack doesn't have a nutrition label because it is made from scratch, then you may need to calculate the nutrition information. Your school nutrition program may have nutrient analysis software approved by the United States Department of Agriculture (USDA; https://go.usa.gov/cvNaC) which can be used to evaluate recipes.

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Look for the blue information icons in the Smart Snacks Product Calculator! These helpful bubbles include additional information and regulatory guidance so you can enter product information correctly and get an accurate result.



Does USDA have a list of approved foods and beverages?

- USDA does not approve individual foods or beverages. Even if a food says "Smart Snacks approved," you should still evaluate the Nutrition Facts panel and ingredients list.
- You can find examples of foods and beverages that meet the standards by browsing the Products section of the Alliance for a Healthier Generation's Smart Foods Planner (https://foodplanner.healthiergeneration.org/products).
- If you still have questions about a food or beverage, refer to the Smart Snacks in Schools: Questions and Answers (https://www.fns.usda.gov/sites/default/files/cn/SP23-2014v3os.pdf) and consult your State agency (https://www.fns.usda.gov/school-meals/school-meals-contacts).





How do I find out if my granola bar is a Smart Snack?

Granola bars and other snack bars that have as a first ingredient a whole grain (e.g., whole grain rolled oats), protein food (e.g., nuts), dairy, fruit, or vegetable will meet the general standards. Then, the product must be measured against the nutrient snack standards for calories, sodium, sugar, and fats. You can use the Smart Snacks Product Calculator to assist you with evaluating the product against the snack standards.





Tip:

When checking to see if your snack meets the standards, be sure to consider both how it is packaged as well as how it is sold, including all accompaniments. For example, if butter is added to popcorn, or ranch dressing is sold along with veggies, be sure to count the nutrition information for these condiments when determining if your snack meets the standards.





What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); 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; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
<i>Trans</i> Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

What is an entrée?

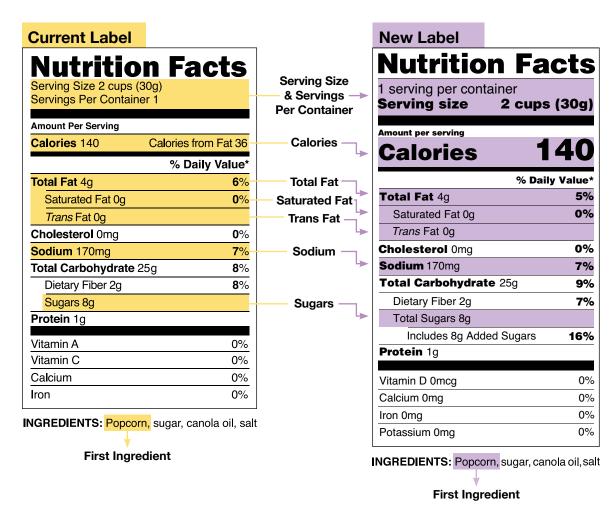
For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate;
- meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters; and
- a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.



Finding Information on the Nutrition Facts Panel and Ingredients List

Enter this information into the Smart Snacks Product Calculator (https://foodplanner.healthiergeneration.org/calculator) to see if your snack meets the standards.





Why Two Labels?

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. Full implementation is expected by January 1, 2021. For more information visit https://www.fda.gov.

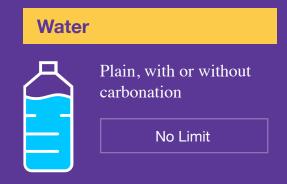
Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions. For additional information, refer to the Smart Snacks Summary Chart at https://fns-prod.azureedge.net/sites/default/files/cn/allfoods-summarychart.pdf.

Smart Snacks Food Standards Exemptions Fresh and frozen fruits and vegetables, with no added ingredients Canned fruits packed in 100% juice or light syrup, with no Exempt from all nutrient standards added ingredients except water Canned vegetables (no salt added/low sodium), with no added fats Reduced-fat cheese (including part-skim mozzarella) Nuts, seeds, or nut/seed butters Exempt from the total fat and saturated fat standards, but Apples with reduced-fat cheese* must meet all other nutrient standards Celery with peanut butter (and unsweetened raisins)* Whole eggs with no added fat Exempt from the total fat Seafood with no added fat (e.g., canned tuna packed standard, but must meet all in water) other nutrient standards Dried fruits with no added sugars Exempt from the sugar standards, but must meet all Dried cranberries, tart cherries, or blueberries, sweetened other nutrient standards only for processing and/or palatability, with no added fats Exempt from the total fat, Trail mix of only dried fruits and nuts and/or seeds, with no saturated fat, and sugar standards, but must meet all added sugars or fats other nutrient standards

^{*}Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

What are the Smart Snacks Standards for Beverages?



Milk*

Unflavored or flavored low-fat and fat-free milk; milk alternatives as permitted by the National School Lunch Program/School Breakfast Program



Juice

100% fruit or vegetable juice, with or without carbonation



^{*} As a reminder, this publication is reflective of guidance for School Year 2018–2019 only.

Diluted Juice

100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners



Elementary School



Middle School



High School

Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water



Low Calorie Maximums:*
40 calories/8 fl oz
60 calories/12 fl oz
*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*
10 calories/20 fl oz
*Less than 5 calories per 8 fluid ounces.



Do you have questions about Smart Snacks Standards? Get more information by reviewing the *Smart Snacks in School: Questions and Answers* (https://fns-prod.azureedge.net/sites/default/files/cn/SP23-2014v3os.pdf) or contact your State agency (https://www.fns.usda.gov/school-meals/school-meals-contacts).

How do the Smart Snacks Standards affect school fundraisers?

- Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
- Fundraising activities that occur during nonschool hours, on weekends, or at off-campus events are not limited under the Federal policy.
- Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
- Some State agencies allow a certain number of in-school fundraisers to be exempt from the Smart Snacks Standards. Contact your State agency for more information.



What if my school district wants to have stricter standards?

These Federal standards are the minimum requirements. State agencies and/ or local school districts can establish stricter standards, if desired. Consult your school's Local School Wellness Policy for more information.

What are some other resources?

Team Nutrition

https://teamnutrition.usda.gov

Access free nutrition education resources like this Guide to Smart Snacks in School handout.

School Meals: Focusing on Smart Snacks

https://www.fns.usda.gov/healthierschoolday/tools-schools-focusingsmart-snacks

Read more about Smart Snacks regulations and policies and get answers to common questions.

Best Practices for Healthy School Fundraisers

https://www.fns.usda.gov/best-practices-healthy-school-fundraisers

Get ideas for healthier fundraising activities.

U.S. Department of Agriculture Food and Nutrition Service

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