

## SMARTS SNACKS IN SCHOOLS REGULATION

The USDA Smart Snacks in School<sup>1</sup> nutrition standards aim to improve student health and well-being, increase consumption of healthful foods sold during the school day<sup>2</sup> and create an environment that reinforces the development of healthy eating habits. The Superintendent shall ensure that all foods and beverages sold to students during the school day meet the Smart Snacks standards. These standards apply in all school locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

To qualify as a Smart Snack, foods sold in school must:

1. Be a “whole grain rich” grain product; or
2. Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
4. The food must meet the nutrient standards (except a vegetable or fruit with minimal added sugar) for calories, sodium, sugar, and fats.

Entrees originally sold as part of the reimbursable meal are exempt for that day and the next day.

### Calorie Limits

1. Snack items must be less than 200 calories
2. Entree items must be less than 350 calories

### Sodium Limits

1. Snack items must be less than 200 mg
2. Entrée items must be less than 480 mg

### Sugar Limits

1. Less than 35% of weight from total sugars

### Fat Limits

1. Total fat must be less than 35% of calories
2. Zero grams trans-fat (< 5 grams)
3. Saturated fat must be less than 10% of calories. Exemptions for: reduced fat cheese, part skim mozzarella cheese, nuts, seeds, nut or seed butters.

Schools are encouraged to use the Smart Snacks product calculator<sup>3</sup> to ensure foods and beverages served during school meet Smart Snack compliance.

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<sup>1</sup> <https://www.fns.usda.gov/school-meals/smart-snacks-school>

<sup>2</sup> The school day is defined as the midnight before to 30 minutes after the end of the school day.

<sup>3</sup> <https://foodplanner.healthiergeneration.org/>

## **Beverage Standards**

Schools may sell the following beverages:

1. Plain Water (with or without carbonation). There is no portion size limit for water.
2. Unflavored and flavored fat free milk, 1% milk, and milk alternatives permitted by the National School Lunch Program and School Breakfast Program.
3. 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.
4. Elementary schools may sell up to 8-ounce portions of milk and juice, while middle and high schools may sell up to 12-ounce portions.<sup>4</sup>

The Smart Snack rule for beverages does not allow soda to be sold to students in grades K-8.

High schools may sell caffeinated beverages and beverages up to 20 ounces within the following calorie limits:

1. < 40 calories per 8 ounces or
2. < 60 calories per 12 ounces
3. 20-ounce beverages must be < 10 calories per 20 ounces.

This would allow the sale of diet soda, diet teas and some coffee drinks in high schools if the beverage meets the calorie limits.

When evaluating coffee beverages, the calories added by any ingredients that are not allowable beverages must be counted. Flavored and unflavored fat-free milk and 1% milk are allowable beverages that may be combined with coffee, therefore, the calories from those milk types are not counted in the total calories. Any syrups or other flavorings such as cream and sugar are counted towards the 60-calorie limit for a 12-ounce cup. The use of accompaniments may be averaged over the total number of drinks sold.

## **Fundraisers, Food Brought from Home and Classroom Parties**

1. The standards do not apply to food brought in for birthdays, parties, and other classroom activities, or a student's cold lunch brought from home.
2. The standards do not apply during non-school hours, on weekends, at off-campus fundraising events, or for food ordered during the school day and taken home.
3. States have the flexibility to set a certain number of fundraisers that can sell foods or beverages that do not meet the nutrition standards. North Dakota has set the limit at 3 exemptions per school building per year with a duration of one day.
4. There is no limit on fundraisers that do meet the new standards.

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<sup>4</sup> [https://fns-prod.azureedge.net/sites/default/files/cn/SP07\\_CACFP04\\_SFSP05-2010os.pdf](https://fns-prod.azureedge.net/sites/default/files/cn/SP07_CACFP04_SFSP05-2010os.pdf)

5. Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and the sale of foods not intended for consumption at school may continue.

### **Vending Machines**

Vending machines may be in operation all day if all the items in the machine meet the Smart Snacks nutrition standards. Vending machines with non-smart snacks must be turned off until 30 minutes after the school day ends.

**End of Jamestown Public School District Administrative Regulation ABEA-AR3...Adopted 5/2/2022**