

# Smart Snacks

- Effective 7/1/14 for the 2014-2015 school year
- Healthy Hunger-Free Kids Act of 2010 (USDA)

All food / beverages sold outside of the school meal programs, on the school campus and at any time during the school day must meet the nutrition standards set forth in the “Smart Snacks” rule.

# Smart Snacks – Nutrition Standards

## Nutrition standards for food include:

Specific calorie, fat, sugar, and sodium limits **AND**  
a whole grain or fruit/veg/dairy/protein or combination food or  
10% of Daily Value of calcium, potassium, vitamin D, dietary fiber

## Nutrition standards for beverages include:

Types and sizes for water, milk and juice for elementary vs. high  
Restrictions on calorie-free and lower-calorie beverages at high  
Caffeine free at elementary and no caffeine restrictions at high  
Smart Snacks Calculator:

<http://rdp.healthiergeneration.org/calc/calculator/>

# Smart Snacks - Definitions

USDA does set standards for all foods and beverages sold to students on school campus during the school day.

## **Definitions:**

Sold – currency/token/tickets exchanged for the sale/purchase of a product

School campus – All areas of the property under jurisdiction of the school accessible to students

School day – midnight before, to 30 minutes after the end of the official school day

# Smart Snack - Exclusions

Excluded from the requirements:

1. Individual entrées offered as part of lunch or breakfast when sold a la carte the day of or the day after they are served as part of a reimbursable meal.
2. Fundraisers where students take home order forms and foods not intended for consumption at school

# Smart Snacks - Fundraisers

**Fundraiser**: an event that includes an activity which currency/token/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities (such as school band or sports team).

Examples: bake sales, snack bars, school store, vending machines, a la carte in the cafeteria

Standards do not apply to items sold during non-school hours, weekends or off-campus fundraising events, such as concessions during sporting events and school plays.

# Smart Snacks - Fundraiser

## Exemptions from Standards

1. Elementary/Middle Schools – five per year
2. High Schools – ten per year
3. Can not exceed one school week
4. Can not occur in the food service area during the meal period.
5. Must complete a Fundraiser Exemption Approval Form and submit to Kim Lytle, Dir. of Curriculum

# Smart Snacks - Monitoring

- PDE will not approve district/diocesan policies or procedures.
- PDE will monitor compliance during the Administrative Review of the School Nutrition Programs.

Recordkeeping: maintain records such as receipts, nutrition labels, and product specs