Smart Snacks in School
USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The school day is midnight the night before until 30 minutes after the end of the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.
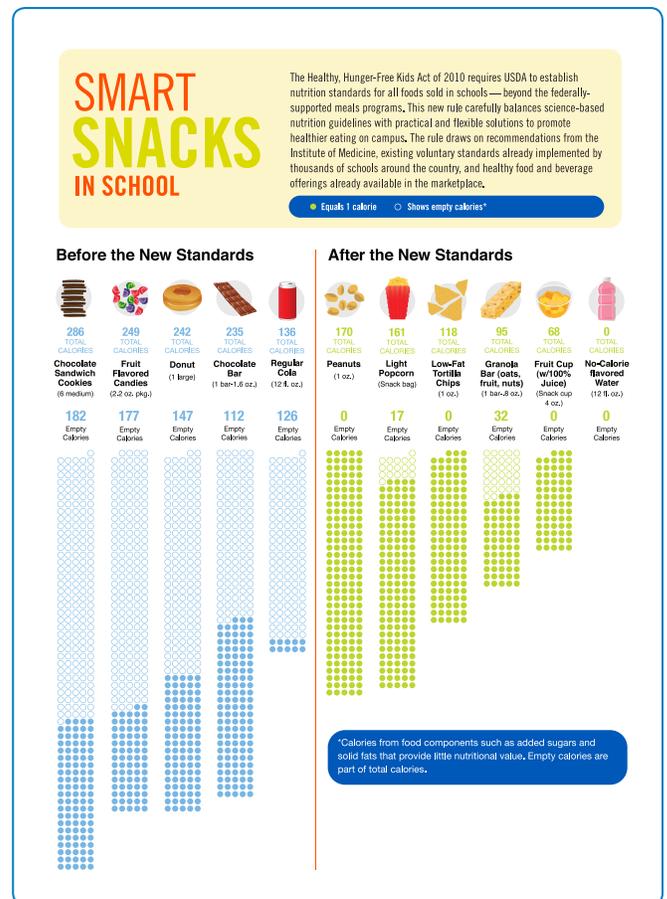
The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Nutrition Standards for Foods

● **Any food sold in schools must:**
- Be a "whole grain-rich" grain product; 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.

● **Foods must also meet several nutrient requirements:**
- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories

- Sodium limits:
  - Snack items: ≤ 200 mg
  - Entrée items: ≤ 480 mg

- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams

- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

SMART SNACKS IN SCHOOL

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie   ○ Shows empty calories*

Before the New Standards

Item	Total Calories	Empty Calories
Chocolate Sandwich Cookies (6 medium)	286	182
Fruit Flavored Candies (2.2 oz. pkg.)	249	177
Donut (1 large)	242	147
Chocolate Bar (1 bar-1.6 oz.)	235	112
Regular Cola (12 fl. oz.)	136	126

After the New Standards

Item	Total Calories	Empty Calories
Peanuts (1 oz.)	170	0
Light Popcorn (Snack bag)	161	17
Low-Fat Tortilla Chips (1 oz.)	118	0
Granola Bar (oats, fruit, nuts) (1 bar-.8 oz.)	95	32
Fruit Cup (w/100% Juice) (Snack cup 4 oz.)	68	0
No-Calorie flavored Water (12 fl. oz.)	0	0

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

Nutrition Standards for Beverages

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
  - The sale of food and beverage items sold at fundraisers during the school day must meet the nutrition standards. The school day is midnight the night before until 30 minutes after the end of the school day.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

For more information visit:

Iowa Department of Education Healthy Kids Act:
https://www.educateiowa.gov/pk-12/learner-supports/healthy-kids-act

USDA Smart Snacks:
http://www.fns.usda.gov/school-meals/smart-snacks-school

Alliance for a Healthier Generation Product Calculator:
https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Allliance for a Healthier Generation Product Navigator:
https://schools.healthiergeneration.org/resources__tools/school_meals/alliance_product_navigator/