Implementing the *Smart Snacks* Standards for All Foods Sold in School

Effective July 1, 2014

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Webinar Overview/Goals:

- Background
- Applicability
- Nutrition Standards for Foods
  - General Standards
  - Specific Nutrient Standards/Exemptions
  - Exemptions to the General Standards
- Nutrition Standards for Beverages
- Fundraisers
- Recordkeeping
- Resources

Why Smart Snacks in School?

- Supplements efforts to implement the new school meal patterns to provide a healthy school nutrition environment.
- Practical, science-based standards to provide children with the opportunity to make healthier choices.

Interim Final Rule

- Healthy, Hunger-Free Kids Act (2010) provided USDA authority to establish minimum nutrition standards for all foods and beverages **sold** outside of the Federal child nutrition programs in schools.
- Title: *Nutrition Standards for All Foods Sold in School (June 28, 2013)*
  http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf
- Implementation: July 1, 2014

State and Local Flexibility

- The nutrition standards included in the interim final rule for all foods sold in school are minimum standards.
- Local educational agencies (LEAs) may establish additional standards.

Definitions and Applicability

Competitive Foods

For the purposes of the Interim Final Rule, Competitive Foods are all foods and beverages **sold** to students:

- Outside the school meal programs;
- On the school campus; and
- At any time during the school day.

Foods **Not** Under Smart Snacks Standards

Foods not offered for sale at school do not have to meet Smart Snacks standards.

- Must be addressed in local wellness policy
- Some examples include:
  - Classroom rewards
  - Foods brought for birthday/holiday celebration

Where and When does Smart Snacks Apply?

School campus: All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School day: The period from the midnight before to 30 minutes after the end of the official school day.

Nutrition Standards for Foods

Smart Snacks Standards for Foods

- Apply consistently to ALL grade levels
- To be allowable, a competitive food item must meet both:
  - General Standards
  - Specific Nutrient Standards
- Exemptions to Nutrient Standards for specific foods to be encouraged
- Allow broader exemptions for fruits and vegetables and some National School Lunch Program (NSLP) and School Breakfast Program (SBP) entrées

General Standards for Foods

Food item must meet ONE of the four General Standards

General Standards for Food

1. Be a whole grain-rich (WGR) product; **OR**
2. Contain one of the other major food groups as the first ingredient, including a fruit, vegetable, dairy product or protein food (meat, legumes, poultry, etc.); **OR**
3. Be a "combination food" with at least ¼ cup fruit and/or vegetable; **OR**
4. Contain 10 percent of the Daily Value of one nutrient of public health concern (only through June 30, 2016)
   Calcium, potassium, vitamin D, dietary fiber

General Standards: Whole Grain-Rich

- **Grain products** must contain 50 percent or more whole grains by weight or have whole grains as the first ingredient.
- Easily identified by reading a product label.
- Consistent with meal pattern standards and the Healthier U.S. School Challenge whole grain requirement.

General Standards: Major Food Groups

General Standards: Combination Foods

- **Combination food** means an item that contains two or more components representing two or more of the recommended food groups:
  - fruit, vegetable, dairy (fluid milk), protein (meat/meat alternate), or grain
- **Examples** of combination foods that may contain ¼ cup fruit and/or vegetable:
  - Blueberry muffin containing ¼ cup of blueberries
  - Hummus and vegetables
  - Fruit and yogurt
  - Fruit cobbler with oatmeal crust
  - Tortilla chips with salsa

General Standards: Nutrients of Public Health Concern

- **Through June 30, 2016**, foods that contain 10 percent of the Daily Value (DV) of one nutrient of public health concern are allowable.
  - Calcium, potassium, vitamin D, dietary fiber
- **Effective July 1, 2016**, allowable competitive foods must meet one of the three previous general standards.

Nutrient Standards for Foods

Food item must meet ALL SIX of the Specific Nutrient Standards

Specific Nutrient Standards

- Total Fat
- Saturated Fat
- Trans Fat
- Sodium
- Calories
- Total Sugar

Accompaniments must be included in the nutrient profile as a part of the item served. NO PRE-PORTIONING REQUIRED!

Total Fat

- ≤ 35 percent of total calories per item as packaged/served.

Exemptions include:

- Reduced-fat cheese and part-skim mozzarella;
- Nuts, seeds, and nut/seed butters;
- Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat; and
- Seafood with no added fat.

Saturated Fat

- <10 percent of total calories per item as packaged/served.

Exemptions include:

- Reduced-fat cheese and part-skim mozzarella;
- Nuts, seeds, and nut/seed butters;
- Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.

Trans Fat

- Zero grams of trans fat per portion as packaged/served.

Example of Fat Calculations

There are **two** acceptable methods for calculating **Total Fat**.

1. Calories from fat x 100
   Total calories

2. Total fat (g) x 9 cal/g x 100
   Total calories

If either method results in ≤35 percent (DO NOT ROUND), then item meets total fat standard

Example of Fat Calculations

There are **two** acceptable methods for calculating **Total Fat**.

1. Calories from fat x 100
   Total calories

2. Total fat (g) x 9 cal/g x 100
   Total calories

***To calculate percent of calories from total fat*:**

Method 1: 50 calories ÷ 140 calories x 100 = **35.7%**

Method 2: 5g x 9 cal/g ÷ 140 calories x 100 = **32.1%**

Item PASSES total fat requirement

Example of Fat Calculations

There is one method for calculating **Saturated Fat**.

Saturated fat (g) x 9 cal/g x 100
Total calories

DO NOT ROUND results. Products up to 9.9 percent of calories from saturated fat will meet the standard

Example of Fat Calculations

To calculate Saturated Fat:

Saturated fat (g) x 9 cal/g x 100
Total calories

To calculate percent of calories from saturated fat:

0.5g x 9 cal/g ÷ 140 calories x 100 = **3.2%**

****Item PASSES saturated fat requirement because it is <10 percent of calories from saturated fat****

Entrées

Entrée item means:

- A combination food of meat/meat alternate (M/MA) and WGR food; *or*
- A combination food of M/MA and fruit or vegetable; *or*
- A M/MA served alone
  Exceptions: yogurt, low-fat or reduced fat cheese; nuts, seeds, and nut or seed butters; and meat snacks

Grain-Only Breakfast Entrées

- SFAs are permitted to determine which item(s) are the entrée items for breakfasts offered as part of the SBP.
- USDA memo SP 35-2014: "Grain Entrées Related to the Smart Snacks in School Standards."

Sodium

- Snack items and side dishes as packaged/served:
  - ≤230 mg sodium (until June 30, 2016)
  - ≤200 mg sodium (beginning July 1, 2016)
- Entrée items that do not meet NSLP/SBP exemptions:
  - ≤480 mg sodium per item as packaged/served

Calories

- Snack items and side dishes:
  - ≤200 calories per item as packaged/served
- Entrée items that do not meet NLSP/SBP exemptions:
  - ≤350 calories per item as packaged/served

Total Sugars

- ≤35 percent of weight from total sugars per item as packaged/served.

Exemptions include:

- Dried/dehydrated fruits or vegetables (with no added nutritive sweeteners);
- Dried fruits with nutritive sweeteners for processing and/or palatability (e.g., dried cranberries, tart cherries, and blueberries);
- Exempt dried fruit with only nuts and/or seeds (with no added nutritive sweeteners or fat.

Example of Sugar Calculation

Percentage of total sugar by weight of item:

$$\frac{\text{Sugars (grams)}}{\text{Serving size (grams)}} \times 100$$

DO NOT ROUND results

Example of Sugar Calculation

$$\frac{\text{Sugars (grams)}}{\text{Serving size (grams)}} \times 100$$

***To calculate percent of total sugar by weight*:**

$\frac{2 \text{ grams}}{28 \text{ grams}} \times 100 = 7.14\ \%$

Item PASSES sugar requirement because percentage is ≤35 percent

Fruit and Vegetable Exemption

The following are exempt from meeting all nutrient standards:

- Fresh, frozen and canned fruit packed in water, 100 percent juice, light syrup or extra light syrup
- Fresh, frozen and canned vegetables with no added ingredients except water
- Canned vegetables that contain a small amount of sugar for processing purposes (i.e., canned corn, canned peas)
- Combinations of fresh, frozen or canned fruits and vegetables are exempt as long as there are no other added ingredients except for water

Entrée Exemption

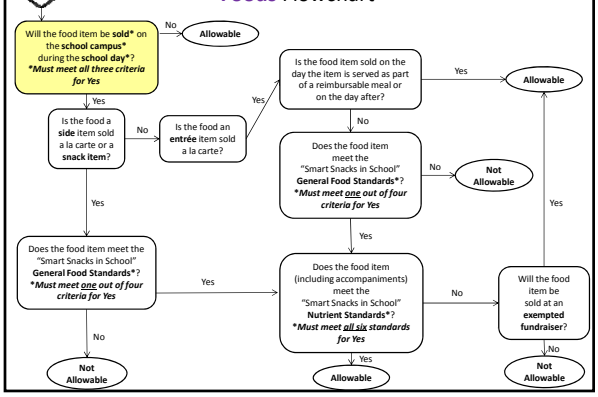
- Entrée items offered as part of the reimbursable meal are exempt from all competitive food standards on the day they are served and the school day after service.
- Side dishes sold as competitive food must meet all standards.

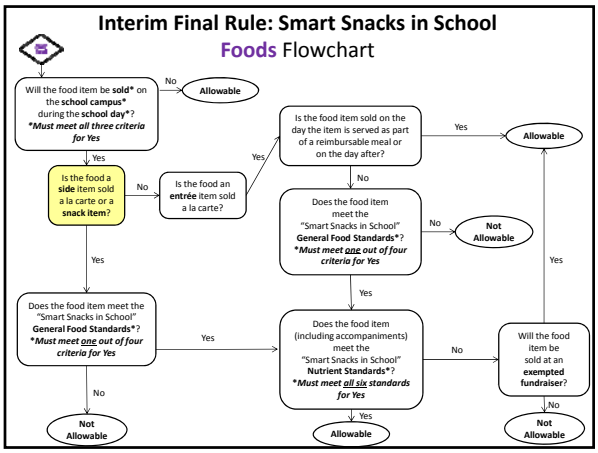
Chewing Gum Exemption

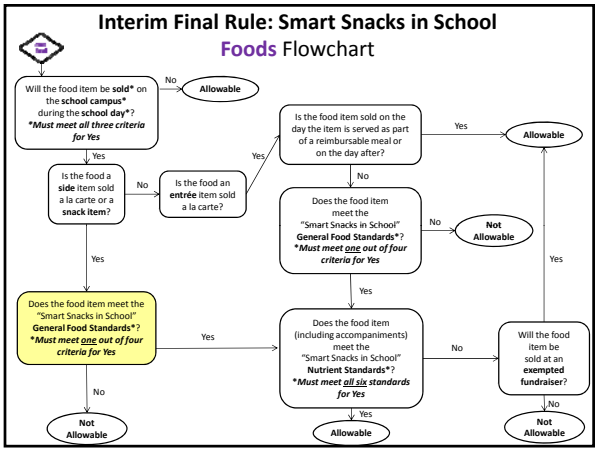
Sugar-Free Chewing Gum is also exempt from all competitive food standards.

Interim Final Rule: Smart Snacks in School

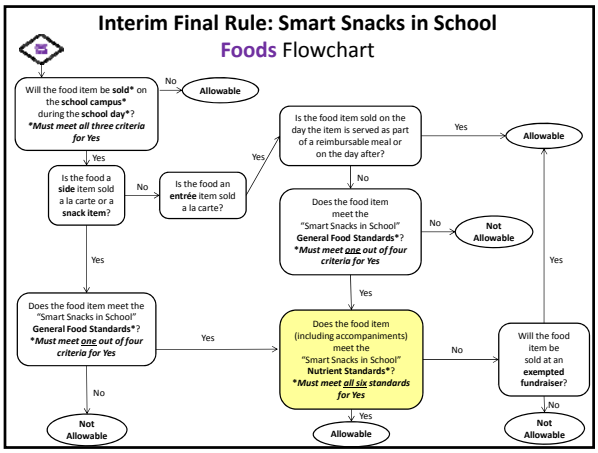
Foods Flowchart







Flow Chart Example (Granola Bar)



Flow Chart Example (Granola Bar)

- **Calories: 140** (may be up to 200) ☑
- **Trans Fat: 0 g** (must be < 0.5 g) ☑
- **Sodium: 65 mg** (may be up to 230 mg) ☑

Flow Chart Example (Granola Bar)

- **Percent of calories from Total Fat:**

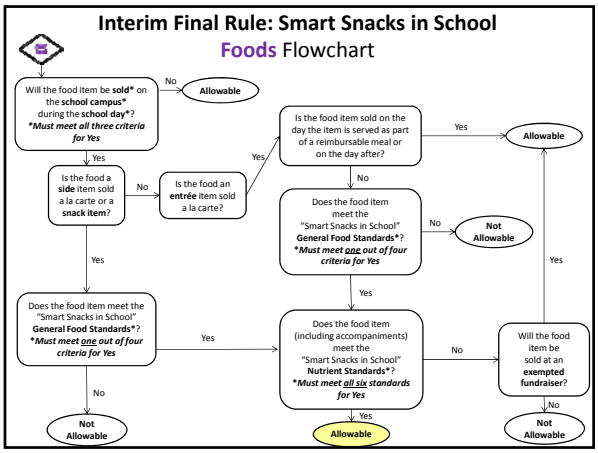
  35 cal ÷ 140 cal x 100 = **25%**

- **Percent of calories from Saturated Fat:**

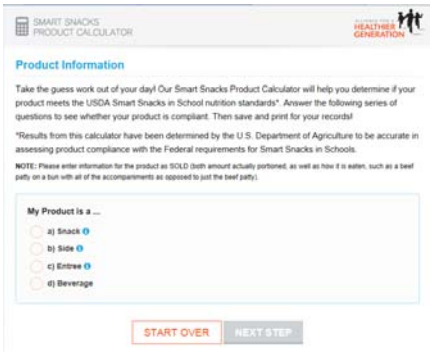
  0.5 grams x 9 cal/gram ÷ 140 cal x 100 = **3.2%**

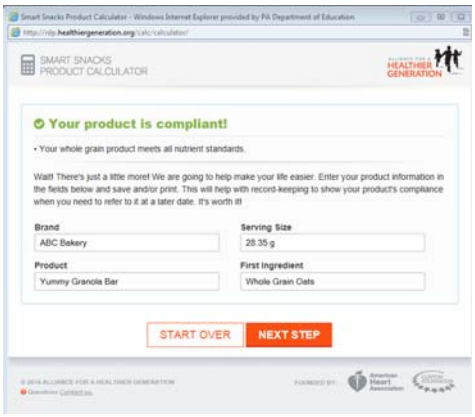
- **Percent of Sugar by weight:**

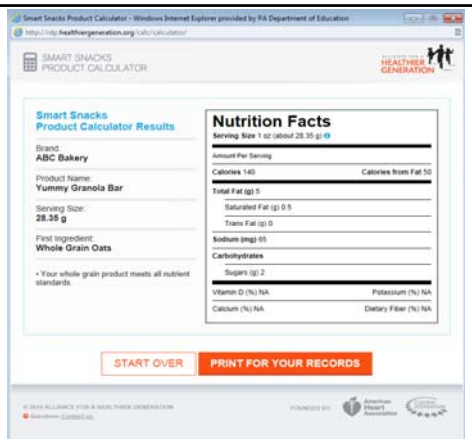
  12 grams ÷ 35 grams x 100 = **34%**

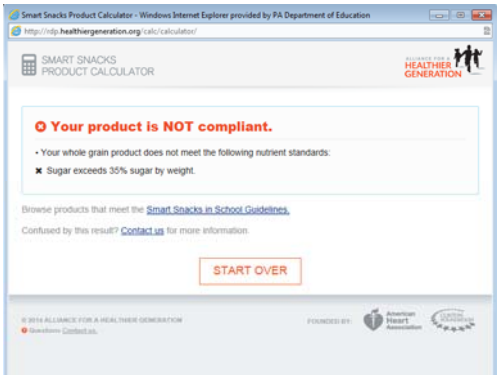


Online Calculator









Nutrition Standards for Beverages

Smart Snacks Standards for Beverages

- VARY by grade level
- Include water, milk and juice for all grade levels
- Address container size
- High school level allows for some additional beverage options
- No restriction on the sale of any allowable beverage, at any grade level during the school day, anywhere on the school campus

Beverages for All Grades

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	no size limit	no size limit	no size limit
Low fat milk, unflavored *	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non fat milk, unflavored or flavored *	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice **	≤ 8 oz	≤ 12 oz	≤ 12 oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP
**May include 100% juice diluted with water (with or without carbonation) & with no added sweeteners.

Other Beverages in High School

- **Calorie-Free Beverages:** Maximum Serving Size 20 fluid ounces
  - Calorie-free flavored water, with or without carbonation
  - Other "calorie-free" beverages with less than 5 calories per 8 fluid ounces, or up to 10 calories per 20 fluid ounces
- **Lower Calorie Beverages:** Maximum Serving Size 12 fluid ounces
  - Up to 60 calories per 12 fluid ounces; or
  - Up to 40 calories per 8 fluid ounces

Caffeine

Elementary and Middle School

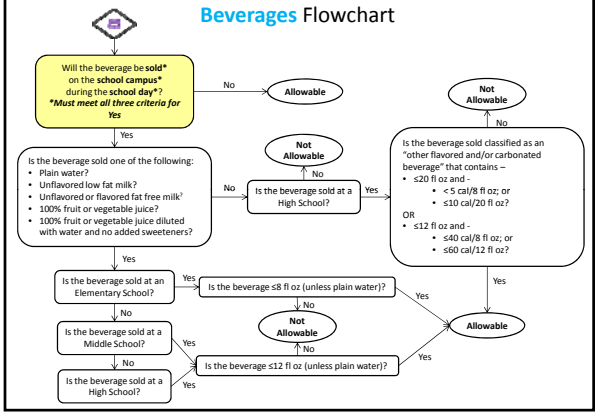
Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally- occurring caffeine substances.

High School

No caffeine restrictions.

Interim Final Rule: Smart Snacks in School

Beverages Flowchart



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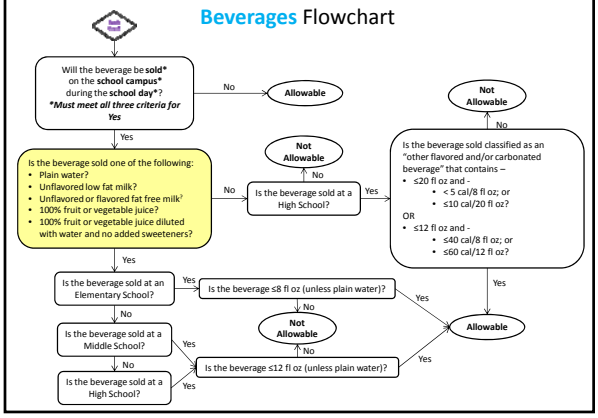
Will the beverage be sold* on the school campus* during the school day*? *Must meet all three criteria for Yes
No
Allowable
Yes
Is the beverage sold one of the following:
• Plain water?
• Unflavored low fat milk?
• Unflavored or flavored fat free milk?
• 100% fruit or vegetable juice?
• 100% fruit or vegetable juice diluted with water and no added sweeteners?
No
Not Allowable
Is the beverage sold at a High School?
Yes
Is the beverage sold classified as an "other flavored and/or carbonated beverage" that contains –
• ≤20 fl oz and -
• < 5 cal/8 fl oz; or
• ≤10 cal/20 fl oz?
OR
• ≤12 fl oz and -
• ≤40 cal/8 fl oz; or
• ≤60 cal/12 fl oz?
Not Allowable
Yes
Is the beverage sold at an Elementary School?
Is the beverage ≤8 fl oz (unless plain water)?
Not Allowable
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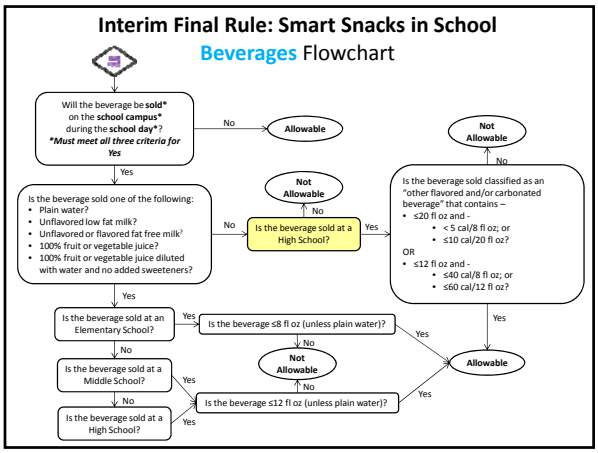
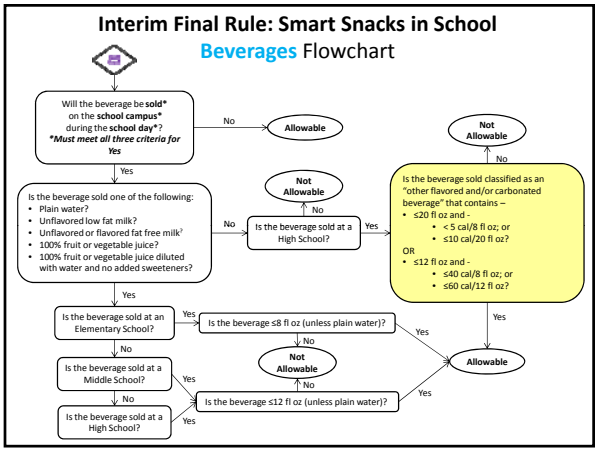
Is the beverage sold at a High School?
Is the beverage ≤12 fl oz (unless plain water)?
Allowable





Flow Chart Example (Beverage)

Nutrition Facts

Serving Size 16.9 oz
Serving Per Container 1

Amount Per Serving	
Calories 5	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 140mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

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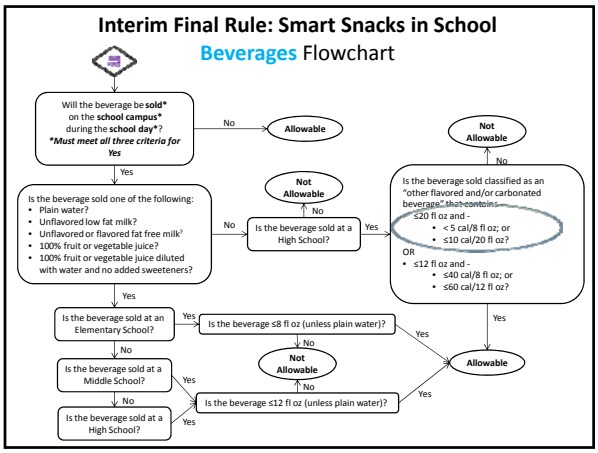
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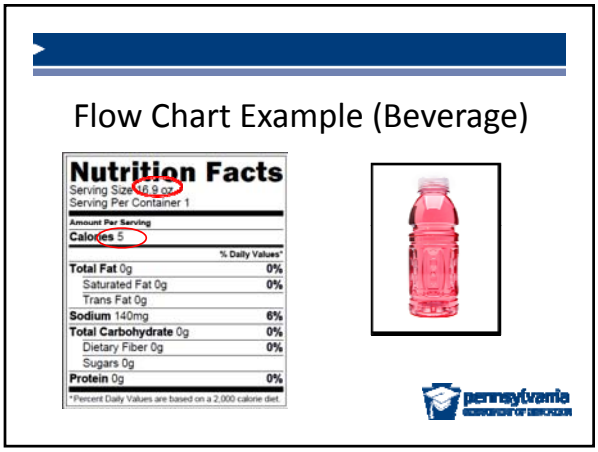
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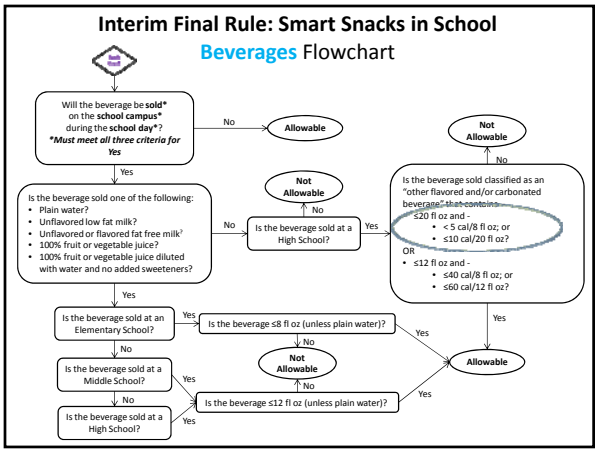
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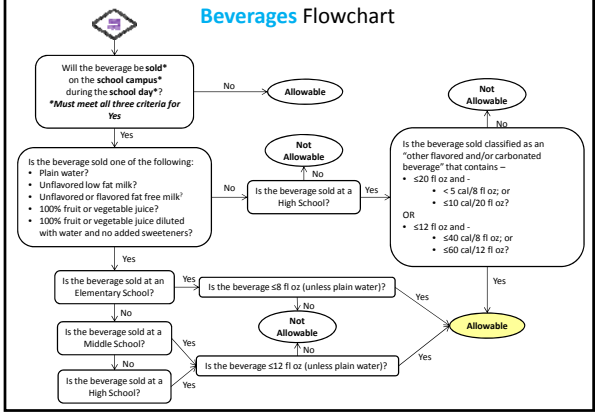
Interim Final Rule: Smart Snacks in School Beverages Flowchart



Fundraisers

So What About Fundraisers?

- All foods that meet the Smart Snacks standards may be sold at fundraisers on the school campus during the school day without a limit on frequency.
- Smart Snacks standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events.

So What About Fundraisers?

- Fundraiser Exemption:
  - PDE can establish a policy to allow a specific number of exemptions.
  - PDE will make a policy decision regarding whether to allow exempt fundraisers during the school year by July 1, 2014.
- No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

Administrative Provisions

Recordkeeping

LEAs and school food authorities (SFAs) maintain records, such as receipts, nutrition labels and product specifications:

- SFAs maintain records for competitive foods sold under the nonprofit school food service account
- LEAs maintain records for all other competitive food sales

Monitoring and Compliance

- State agencies will monitor compliance with the standards through a review of LEA records as part of the state agency administrative review.
- If violations have occurred, technical assistance and corrective action plans would be required.

Ongoing Feedback

- USDA will consider your feedback:
  - To develop further guidance and technical assistance
  - To determine if additional modifications to the requirements are needed

Questions?

Resources

Alliance for a Healthier Generation's Online Smart Snacks Calculator:
http://rdp.healthiergeneration.org/calc/calculator/

USDA/FNS Smart Snacks in School resource page:
http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm

SNA/Alliance for a Healthier Generation's Smart Snacks resource page:
https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/

USDA FAQs Smart Snacks in Schools FAQs
PEARS→Applications→Download Forms→Smart Snacks in School→PDE-SNP-400

PDE Contact Information

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