



# SMART SNACKS IN SCHOOLS SCHOOL GUIDELINES

Effective July 1, 2014



## What is it?

- The Healthy Hunger Free Kids Act of 2010 required USDA to establish nutrition standards for all foods and beverages sold on school grounds during the school day.
  - The school day has been identified as from midnight of the school day to 30 minutes after the school day ends.

## What are the new Smart Snack standards?

- The Smart Snacks in School standards stipulate that all snack foods sold in school must be “whole grain rich”
  - Must contain 50% whole grains (or have whole grains as the first ingredient)
- The standards impose limits on various nutritional aspects of foods and beverages sold in schools including:
  - Calories: Less than or equal to 200 calories.
  - Sugars: Less than or equal to 35% sugar by weight
  - Sodium: Less than or equal to 230mg
  - Fats:
    - Total Less than or equal to 35% of calories
    - Saturated fats: Less than or equal to 10%
    - No trans-fat
  - Beverages: Plain water, unflavored low-fat milk, flavored nonfat milk, full strength fruit or vegetable juices
    - Portion Limits: 8 oz. for Elementary Schools (caffeine free)  
12 oz. for Middle Schools (caffeine free) and  
High Schools (Caffeine allowed)

## How will it impact my school?

- School Stores
- School Fundraisers
  - A fundraiser is considered an activity in which currency/tokens/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities.
- Fundraiser exceptions:
  - Fundraisers that do not have to meet the Smart Snacks Standards.
    - Elementary & Middle Schools: 5 per year
    - High School: 10 per year
      - Fundraiser duration – no longer than one week
      - May not occur in food service areas during meal times
- Schools must ensure that the number of exempt fundraisers is not exceeded.
  - PDE reviews and evaluates school compliance.

## The Bottom Line

### What happens if a school does not comply??

- The state or federal government may withhold funding for the National School Lunch and/or School Breakfast Programs. Fiscal action may result for non-compliance.
- Schools must ensure that they comply with the limits imposed.

**Please note: The Smart Snacks in School rules do not apply to foods brought from home as bagged lunches or for birthday/ school celebrations, off-campus fundraisers, athletic events school plays, etc. or foods sold during non-school hours (30-mins. after the school day ends).**

**Does not apply to adult sales.**