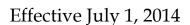


SMART SNACKS IN SCHOOLS SCHOOL GUIDELINES





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:
 - o 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
 - o 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.
 - o PDE reviews and evaluates school compliance.

The Bottom Line

What happens if a school does not comply??

- The state or federal government may <u>withhold funding</u> for the National School Lunch and/or School Breakfast Programs. <u>Fiscal action</u> may result for noncompliance.
- 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.