

# ***USDA Smart Snacks in Schools***

## ***Competitive Foods and A La Carte Sales***

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 **Notes**

## USDA Smart Snacks in Schools - Nutrition Standards for All Foods Sold in Schools

As of July 1, 2014, all schools that participate in the National School Lunch and/or School Breakfast Programs are required to follow standards for all foods and beverages sold outside of or in addition to the reimbursable meal must meet the standards listed below. These standards apply during the school day anywhere on school campus/grounds. A school day is defined as midnight to 30 minutes after the end of the school day.

Foods and beverages that **do not** meet the following standards may only be sold:

- In the evenings, 30 minutes after the end of the school day;
- On weekends;
- Off campus; or
- On approved exempted fundraising days. See the *Illinois* "Exempted Fundraising Days" information at the end of this section.

### 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  $\frac{1}{4}$  cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*

Foods must also meet several nutrient requirements:

- Calorie limits:
  - Snack items:  $\leq 200$  calories
  - Entrée items:  $\leq 350$  calories
- Sodium limits:
  - Snack items:  $\leq 230$  mg\*\*
  - Entrée items:  $\leq 480$  mg
- Fat limits:
  - Total fat:  $\leq 35\%$  of calories
  - Saturated fat:  $< 10\%$  of calories
  - Trans fat: zero grams
- Sugar limit:
  - $\leq 35\%$  of weight from total sugars in foods

\* On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\* On July 1, 2016, snack items must contain  $\leq 200$  mg sodium per item

## **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.**

**Middle schools and high schools may sell up to 12-ounce portions.**

**There is no portion size limit for plain water.**

### High schools may sell additional “no calorie” and “low calorie” beverage options:

- 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 items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply 30 minutes after the end of the school day, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. See the *Illinois” Exempted Fundraising Days* information at the end of this section.

### 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.

## **Alliance for A Healthier Generation Smart Snacks Product Calculator**

The calculator is designed to help school food service quickly and easily determine which products meet the new USDA standards.

- [Smart Snacks Product Calculator](#)

## **Exempted Fundraising Days – Illinois 305 School Food Service Rules**

Annually, a participating NSLP/SBP school may have no more than the number of exempted fundraising days as listed below.

### School year 2015-16 and Beyond

The number of exempted fundraising days shall be limited to:

- *Grades 8 and below*, **prohibited**; and
- *Grades 9 through 12*, limited to no more than nine days.

The provisions listed above **do not** limit the number of foods and beverages that may be sold to students on an exempted fundraising day nor do they limit the number of organizations or clubs to which a participating school may grant permission to offer competitive food for sale to students on an exempted fundraising day.

In order to have exempted fundraising days, a participating school shall:

- Adopt a policy stating the procedures to be used to request an exempted fundraising day, and the process and criteria to review and approve or deny a request;
- Include the fundraising policy in the participating school's local school wellness policy; and
- Maintain for no less than three years a listing of the exempted fundraising days held.

### Revenue from Sale of Competitive Foods

All revenue from the sale of any food or beverage that is sold to students in the food service areas during the meal period shall accrue to the nonprofit school lunch program account.