

the USDA's
SMART
SNACKS in
SCHOOL
RULES

Objective

Review USDA's Smart Snacks in Schools and the impact on Fulton County Schools.

Smart Snacks in School

Healthy, Hunger-Free Kids Act of 2010

New USDA
regulations for
ALL foods and
beverages sold
to students
during the
school day.

All food/beverage products

Entire School Day

*(from midnight before to 30 minutes
after the end of the official school day)*

Entire School Campus

NOT evenings, weekends,
off-campus or items sold to adults

EFFECTIVE JULY 1, 2014

What Does it NOT Affect?

**Concession
Stands (not
open during
school day)**

**Birthday
Treats**

**Food
Brought
From
Home**

**Vending
Machines
in Teacher's
Lounges**

**Foods Sold
to Adults**

What Does it Affect?

**Cafeteria
a la carte**

Fundraisers

**Vending
Machines**

**School
Stores/
Snack Bars**

Any entity that is selling foods/beverages to students during the school day.

District Policy: Sales of Food on School Premises; Number EED

“The sale of any food or beverages will be compliant with federal and state requirements, including 7 CFR 210 and 220 nutrition guidelines and reporting requirements for all foods and beverages available for sale on the school campus during the school day.

The sale of any vended food or beverages in competition with the school nutrition program is prohibited within 100 feet of the cafeteria and school nutrition program food service area 30 minutes before meal periods, during meal periods and 30 minutes after the end of meal periods.

The sale of any non-vended foods or beverages in competition with the school nutrition program is prohibited on the school premises during the school day, except and unless approved by the central staff person responsible for the school nutrition program and the area superintendent.”

District Policy: Fundraising Number KEB

“No food or beverages may be sold as a fundraising activity during the school day, except as permitted by Policy EED, Sales of Food.”

Smart Snacks

If a school has documented approval, per Board Policy EED and/or KEB, to sell food or beverages to students, during the school day, the items must meet USDA's Smart Snacks in Schools nutrient guidelines.

Any food sold in school 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

Foods must also meet 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: $\leq 35\%$ of calories
- saturated fat: $\leq 10\%$ of calories
- trans fat: zero grams

– Sugar Limit

- $\leq 35\%$ of weight from total sugars in foods



Amount Per Serving	Calories	% Daily Value
Total Fat 7 g		
Saturated Fat 4 g		20%
Trans Fat 0 g		
Polyunsaturated Fat 1 g		
Monounsaturated Fat 0g		
Cholesterol 15 mg		
430 mg		
90 mg		
hydrate		

Accompaniments:

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.



All Schools May Sell (per approval)

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by the National School Lunch Program
- 100% fruit or vegetable juice
- 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 of milk and juice.
- Middle & High Schools may sell up to 12-ounce portions of milk and juice.
- There is no portion size limit for plain water.

High Schools May Sell (per approval)

- 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.

Fundraisers

- In the event a fundraiser with food is approved (per Board Policy KEB), it must meet the Smart Snack nutrition requirements.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- Food items that will not be consumed on-site are exempt, such as: cookie dough or pizza dough.

Who must be in Compliance?

ANYONE who is involved with selling food to students during the school day must play a role in meeting Smart Snacks in Schools rules, including record keeping requirements (ex. café staff, Principal, bookkeeper, athletic director, PTO, or other personnel).

What is required?

During a State and USDA administrative review, schools must be able to provide the following documentation for the school year for every food and beverage item sold to students during the school day on the school campus:

- Nutrition fact label and ingredient statement
- Product specification sheets
- Receipts

Marketing & Advertising



For schools to be eligible for USDA's HealthierUS School Challenge recognition program, schools should not advertise or market foods and beverages that do not meet Smart Snacks criteria to students.

Questions?

**Contact the Fulton County
School Nutrition Program**

470-254-8960

schoolnutrition@fultonschools.org

Resources

USDA Guide to Smart Snacks in Schools

<https://www.fns.usda.gov/tn/guide-smart-snacks-schools>

Fulton County School Nutrition website

www.fcsnutrition.com

Georgia Department of Education – Smart Snacks

<http://snp.wpgadoe.org/units/rtau/smart-snacks-schools/cp-competitive-foods-smart-snacks-all-foods-2014-edits-6-july-17-2014/>

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