

Nutrition Standards in the Wellness Policy

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Smart Snacks & Your Role

Do you...

- Coordinate school fundraisers,
- Manage a school store or snack bar,
- Sell food during the school day on campus,
- Manage school vending machines, or
- Want healthier foods on your school's campus?




Why are Smart Snacks Important?

1. More than a $\frac{1}{4}$ of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume more healthy foods and beverages during the school day.
When there are Smart Snacks available, the healthy choice is the easy choice.
4. Smart Snack Standards are a Federal requirement for all foods sold outside the NSLP and SBP.



Which foods & beverages does this rule refer to?

1. Any food and beverage sold to students at schools during the school day, other than those foods provided as a part of the school meal programs.
 2. Examples include a la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.
 3. Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your State agency.
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Smart Snack Standards for Foods

Step #1

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); 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; and ...



Smart Snack Standards for Foods

Step #2

- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

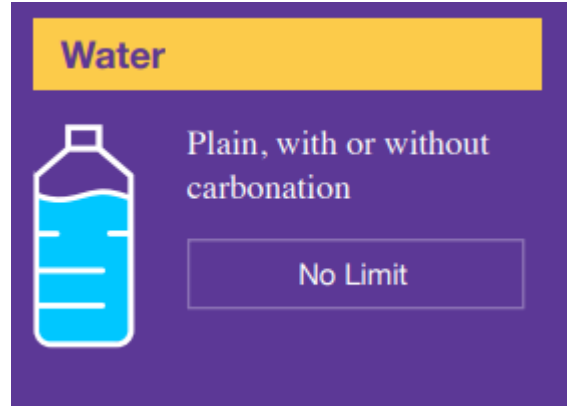
Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

Smart Snack Standards for Beverages

Remember in NV's SWP carbonated beverages are not allowed

Water

- No limit for any age/grade group.
- Currently no carbonated water in NV.



The infographic is a purple rectangle with a yellow header bar at the top containing the word "Water" in white. Below the header, on the left, is a white outline of a water bottle with blue liquid inside. To the right of the bottle, the text "Plain, with or without carbonation" is written in white. At the bottom right, there is a white rectangular box with the text "No Limit" inside.

Water

Plain, with or without carbonation

No Limit

Milk

Milk*

Unflavored or flavored low-fat and fat-free milk; milk alternatives as permitted by the National School Lunch Program/School Breakfast Program



Elementary School



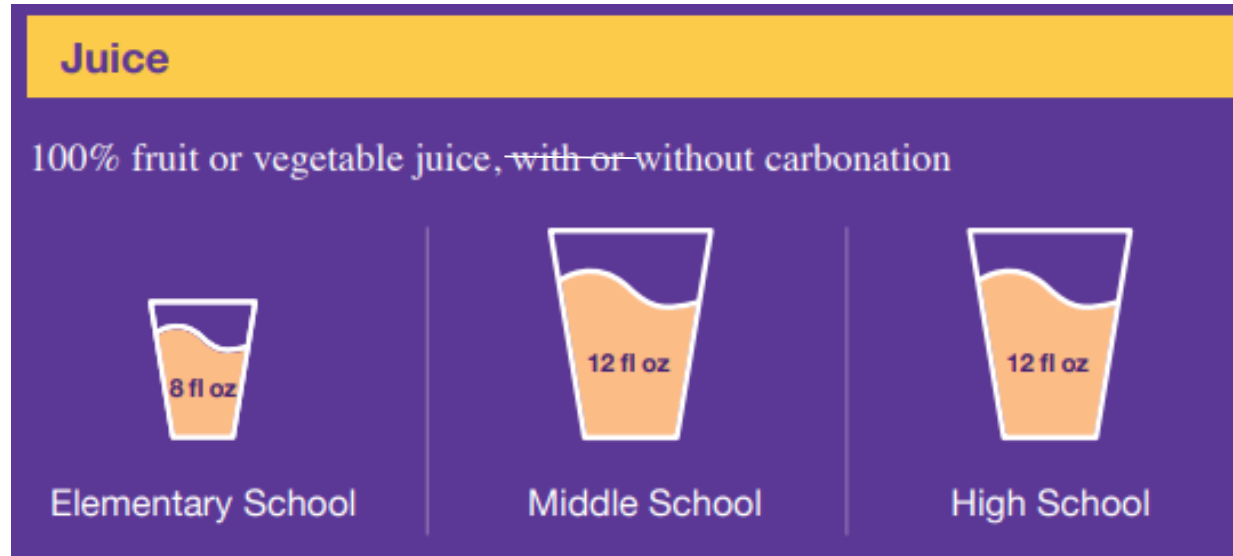
Middle School



High School



Juice



- Can be diluted with water
- No added sweeteners

Low & No-Calorie Beverage (HS Only)

Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine ~~and/or carbonation~~; calorie-free, flavored water



Low Calorie Maximums:*

40 calories/8 fl oz

60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*

10 calories/20 fl oz

*Less than 5 calories per 8 fluid ounces.

How do I tell if my snack is a Smart Snack?

1. See if your snack is listed in the Products section of the Alliance for a Healthier Generation's Smart Foods Planner (<https://foodplanner.healthiergeneration.org/products>).
2. Use the nutrition facts label enter the info into the Alliance for a Healthier Generation's Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>).
3. If your snack doesn't have a nutrition label because it is made from scratch, then you may need to calculate the nutrition information.



Reading Nutrition Facts Labels

The image compares two versions of a Nutrition Facts label. The 'Current Label' (left) has a yellow header and lists serving size as 2 cups (30g) with 1 serving per container. The 'New Label' (right) has a purple header and lists serving size as 2 cups (30g) with 1 serving per container. Callouts point to differences: 'Serving Size & Servings Per Container' (now 1 serving), 'Calories' (now 140), 'Total Fat' (now 4g, 5% DV), 'Saturated Fat' (now 0g, 0% DV), 'Trans Fat' (now 0g), 'Sodium' (now 170mg, 7% DV), and 'Sugars' (now 8g, 7% DV, with 16% DV of added sugars). The 'New Label' also includes Vitamin D, Calcium, and Potassium. Both labels list ingredients: Popcorn, sugar, canola oil, salt, with 'Popcorn' highlighted as the first ingredient.

Current Label		New Label	
Nutrition Facts		Nutrition Facts	
Serving Size 2 cups (30g) Servings Per Container 1		1 serving per container Serving size 2 cups (30g)	
Amount Per Serving		Amount per serving	
Calories 140	Calories from Fat 36	Calories 140	
% Daily Value*		% Daily Value*	
Total Fat 4g	6%	Total Fat 4g	5%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 170mg	7%	Sodium 170mg	7%
Total Carbohydrate 25g	8%	Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%	Dietary Fiber 2g	7%
Sugars 8g		Total Sugars 8g	
		Includes 8g Added Sugars	16%
Protein 1g		Protein 1g	
Vitamin A	0%	Vitamin D 0mcg	0%
Vitamin C	0%	Calcium 0mg	0%
Calcium	0%	Iron 0mg	0%
Iron	0%	Potassium 0mg	0%

Current Label

Ingredients: Popcorn, sugar, canola oil, salt

First Ingredient

New Label

Ingredients: Popcorn, sugar, canola oil, salt

First Ingredient

Smart Snack Calculator

- <https://foodplanner.healthiergeneration.org/calculator>



G2® Glacier Freeze - 12oz.



Doritos® Reduced Fat
Cool Ranch® Flavored
Tortilla Chips - 1oz.




Tropicana® Apple Juice -
10oz.















Entree Foods

For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
 - vegetable + meat/meat alternate;
 - fruit + meat/meat alternate;
 - meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, cheese, nuts, seeds, and nut or seed butters; and
 - a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.
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Healthy Exemptions to Nutrition Requirements

- A few foods or combinations of foods are exempt from certain nutrient standards.

Food	Smart Snacks Standards Exemptions
 <p>Fresh and frozen fruits and vegetables, with no added ingredients</p>	
 <p>Canned fruits packed in 100% juice or light syrup, with no added ingredients except water</p>	Exempt from all nutrient standards
 <p>Canned vegetables (no salt added/low sodium), with no added fats</p>	
 <p>Reduced-fat cheese (including part-skim mozzarella)</p>	
 <p>Nuts, seeds, or nut/seed butters</p>	
 <p>Apples with reduced-fat cheese*</p>	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
 <p>Celery with peanut butter (and unsweetened raisins)*</p>	
 <p>Whole eggs with no added fat</p>	
 <p>Seafood with no added fat (e.g., canned tuna packed in water)</p>	Exempt from the total fat standard, but must meet all other nutrient standards
 <p>Dried fruits with no added sugars</p>	
 <p>Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats</p>	Exempt from the sugar standards, but must meet all other nutrient standards
 <p>Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats</p>	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

Exemption Days/Special Occasions

NV SWP states: Each school district must establish a policy that outlines which special occasions or holidays and the frequency that foods that exceeding the established nutrition parameters may be allowed.

- DCSD started 2 exemptions day per month this school year
- WCSD has a 2 exemption day/month policy
- Do you know what your district's policy is?
- Is it being followed? Challenges with a policy like this?



Resources

- USDA Smart Snacks website <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
- A Guide to Smart Snacks in Schools
<https://healthymeals.fns.usda.gov/sites/default/files/uploads/USDA Smart Snacks.pdf>
- Alliance for a Healthier Generation
<https://www.healthiergeneration.org/resources/smart-snacks>



Questions

