Nutrition Standards in School Wellness

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School Nutrition Supervisor

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Breakout Session

Please quickly introduce yourself and your role / position 😊
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?
What is the primary goal(s) rationale for Nutrition Standards in School Wellness?
Nevada School Wellness Policy
Background

• 2004
  – Child Nutrition Reauthorization required each LEA to have a wellness policy via stakeholder group: crafted a State policy

• 2005/2006: Policy in Place
  – Each District was required to follow the state policy OR create one that was no less restrictive
  – Progressive for that time...
    • No soda in schools
    • Nutrition standards for all foods sold
    • Recess before lunch
    • Physical Activity
Revising, Updating the policy

- **2010 Healthy Hunger Free Kids Act (HHFKA)**
  - 2014 Local School Wellness Policy Proposed Rule
  - 2014 USDA’s Smart Snacks Nutrition Standards
    - Need for determination on fundraising exemption

- **2014 NV School Wellness Policy Committee**
  - Brought together key stakeholders
  - Utilized a professional meeting facilitator
  - Focused the group on consensus
    - Not everyone had to agree on everything
    - 2 day long meetings
Background

Stakeholder Group Members:

- Large School District
- Small School District
- Academics (Nutrition/PA)
- Association of School Administrators
- Association of School Boards
- Association of Health, PE, Recreation & Dance
- Division of Public Health and Behavioral (State)
- Health Districts (Local)
- Food Banks
- Dairy Council
- Industry Representative
- Non-Profits
- Association of School Nurses
- Parent Teacher Association
- State Education Association
- Student
- Inter-Tribal Council
- School Nutrition Association
- Nevada Dept. of Education
Requirements:

• District School Wellness Policy Coordinator
• School District or School Wellness Advisory Group
• Record Keeping, Annual and Triennial Progress Report.
• School Wellness Policy Goals
Incentives and Rewards

• School districts determine in their Wellness Policy whether or not going to use food as a reward

• Must also establish exemption days for special occasions
Marketing limitations

• Only for foods and beverages that may be sold on the school campus during the school day.

agri.nv.gov
• Starting in school year 2014-15, all foods sold at school during the school day are required to meet nutrition standards.

• The “Smart Snacks in School” regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students.
Which food and beverages sold at school need to meet the “Smart Snacks” Standards?

• Any food and beverage sold to students at schools during the school day, other than those foods provided as part of the school meal program.

  Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.

• Foods and beverages sold during fundraisers - unless these items are not intended for consumption at school or are otherwise exempt by your State agency.
Apply to All Grade Levels

Include General Standards and Specific Nutrient Standards

- NOT School Meals
- Entire school day
- NOT evenings, weekends or community events
- All products SOLD OR GIVEN AWAY
- Entire school campus
# IS IT A SMART SNACK?

<table>
<thead>
<tr>
<th>Questions to ask:</th>
<th>Yes or No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is it a food or beverage?</td>
<td></td>
</tr>
<tr>
<td>Is it sold or given away to students?</td>
<td></td>
</tr>
<tr>
<td>Is it sold or given away before the school day, during the school day, or up to 30 minutes after the school day?</td>
<td></td>
</tr>
<tr>
<td>Is it sold or given away on the school campus?</td>
<td></td>
</tr>
</tbody>
</table>

If you answered yes to all these questions—Your product needs to meet the Smart Snacks Nutrition Standards.
SMART SNACKS NUTRITION STANDARDS

- Requirements for all foods sold or given away on the school campus, during the school day
  - 1st ingredient must be: Fruit, Vegetable, Whole Grain, dairy product or protein food OR Must contain ¼ cup fruit/vegetable
  - Limits calories, fat, sodium, and sugar content of foods
“Smart Snacks”
Must be ≤ 200 calories

- ≤ 230 mg of sodium,
- ≤ 35% of total calories from fat,
- ≤ 10% of total calories from saturated fat,
- zero trans fat, and
- ≤ 35% total sugar by weight.

Must be either ≥ 50% whole grain, have fruit, vegetable, dairy or protein as its first ingredient, OR be a combination food that includes at least ¼ cup fruit or vegetable.
Source: USDA FNS Guide to Smart Snacks in School
Is this Snack Compliant?
Why or Why Not...

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enriched Corn Meal</td>
<td></td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td></td>
</tr>
<tr>
<td>Spicy Seasoning</td>
<td></td>
</tr>
<tr>
<td>Partially Hydrogenated Soybean and Cottonseed Oil</td>
<td></td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td></td>
</tr>
<tr>
<td>Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes)</td>
<td></td>
</tr>
<tr>
<td>Corn Syrup Solids</td>
<td></td>
</tr>
<tr>
<td>and Salt</td>
<td></td>
</tr>
</tbody>
</table>

For educational purposes only. This label does not meet the labeling requirements described in 21 Code of Federal Regulations 101.9.
<table>
<thead>
<tr>
<th>Snack name</th>
<th>Weight in grams per package</th>
<th>Calories per package</th>
<th>Food group</th>
<th>% Daily Value for Saturated Fat per package</th>
<th>Grams of Trans Fat per package</th>
<th>Milligrams of Sodium per package</th>
<th>Added Sugars in first three ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sample:</strong> Spicy Cheese-Flavored Puffs</td>
<td>84g</td>
<td>540</td>
<td>Grains; not a whole grain</td>
<td>30% (too high)</td>
<td>0g</td>
<td>750mg (too high)</td>
<td>None. (corn syrup solids shown at end of ingredients list)</td>
</tr>
</tbody>
</table>
ALLOWABLE BEVERAGES

- Vary by Grade Level
- All Beverages **MUST BE** Non-Carbonated
- Caffeine is Potentially Permitted at the High School level
  - District/School Level Decision
How do I find out if my granola bar is a “Smart Snack”?

• Granola bars and other snack bars that have as a first ingredient a whole grain (e.g., whole grain rolled oats), protein food (e.g., nuts), dairy, fruit, or vegetable will meet the general standards.
• Then, the product must be measured against the nutrient snack standards for calories, sodium, sugar, and fats.
• You can use the Smart Snacks Product Calculator to assist you with evaluating the product against the snack standards.
*When checking to see if your snack meets the standards, be sure to consider both how it is packaged as well as how it is sold, including all accompaniments.

E.g. if butter is added to popcorn, or ranch dressing is sold along with veggies, be sure to count the nutrition information for these condiments when determining if your snack meets the standards.
SMART FOODS CALCULATOR

Alliance for a Healthier Generation

https://foodplanner.healthiergeneration.org/calculator/

Product Information

Take the guess work out of your day! Answer a series of questions to see if your product meets the USDA's Smart Snacks in School nutrition standards*. Then save and print for your records!

*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

CHECK OUT THE BLUE INFORMATION BUBBLES FOR ASSISTANCE! If unable to view, please update your browser or try a different browser. Please refer to USDA’s Q&A document for additional guidance on specific products.

Enter product information as SOLD (as portioned and eaten, such as a beef patty on a bun with accompaniments).

NOTE: As of July 1, 2016, %DV is no longer a qualifying standard for compliance.

My Product is a ...

- a) Snack
- b) Side
- c) Entree
- d) Beverage

START OVER  NEXT STEP
<table>
<thead>
<tr>
<th>Beverage</th>
<th>Elementary School</th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain water</td>
<td>No Size Limit</td>
<td>No Size Limit</td>
<td>No Size Limit</td>
</tr>
<tr>
<td>Low fat milk, unflavored</td>
<td>≤ 8 fl. oz.</td>
<td>≤ 12 fl. oz.</td>
<td>≤ 12 fl. oz.</td>
</tr>
<tr>
<td>Non-fat milk, unflavored or flavored</td>
<td>≤ 8 fl. oz.</td>
<td>≤ 12 fl. oz.</td>
<td>≤ 12 fl. oz.</td>
</tr>
<tr>
<td>100% Fruit/Vegetable juice</td>
<td>≤ 8 fl. oz.</td>
<td>≤ 12 fl. oz.</td>
<td>≤ 12 fl. oz.</td>
</tr>
<tr>
<td>Calorie-Free Beverages*</td>
<td>Not Allowed</td>
<td>Not Allowed</td>
<td>≤ 20 fl. oz.</td>
</tr>
<tr>
<td>Lower-Calorie Beverages**</td>
<td>Not Allowed</td>
<td>Not Allowed</td>
<td>≤ 12 fl. oz.</td>
</tr>
<tr>
<td>Caffeinated Beverages</td>
<td>Not Allowed***</td>
<td>Not Allowed***</td>
<td>Allowed, At the Discretion of the SFA</td>
</tr>
</tbody>
</table>

*≤5 calories per 8 fl. oz.; ≤10 calories per 20 fl. oz.
**≤ 60 calories per 12 fl. oz.; ≤ 40 calories per 8 fl. oz.
***With the exception of trace amounts of naturally-occurring caffeine substances
NDA created a Smart Snack Approved Food List

<table>
<thead>
<tr>
<th>BRAND / MANUFACTURER</th>
<th>PRODUCT ITEM</th>
<th>Product Code or UPC Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bake Crafters</td>
<td>Mini Treats, Animal Crackers, WG, Packs, 1 oz.</td>
<td>526</td>
</tr>
<tr>
<td></td>
<td>Mini Treats, Alphabet, WG, Packs 1.1 oz.</td>
<td>525</td>
</tr>
<tr>
<td></td>
<td>Mini Treats, Chocolate Chip, WG, Packs, 1.1 oz.</td>
<td>527</td>
</tr>
<tr>
<td>Barrel O'Fun</td>
<td>Maple Crunch Stix, 0.875 oz.</td>
<td>10076721267708</td>
</tr>
<tr>
<td>Bonzers</td>
<td>Vanilla Sugar Cookie, Reduced Fat, Frozen, 1 oz.</td>
<td>91021</td>
</tr>
<tr>
<td></td>
<td>Oatmeal Raisin Cookie, Reduced Fat, Frozen, 1 oz.</td>
<td>51075</td>
</tr>
<tr>
<td></td>
<td>White Chocolate Chip Cookie, Reduced Fat, Frozen, 1 oz.</td>
<td>51077</td>
</tr>
<tr>
<td></td>
<td>Chocolate Chip Cookie, Reduced Fat, Frozen, 1 oz.</td>
<td>51071</td>
</tr>
<tr>
<td></td>
<td>Carnival Cookie, Reduced Fat, Frozen, 1 oz.</td>
<td>71035</td>
</tr>
<tr>
<td></td>
<td>Double Chocolate Chip Cookie, Reduced Fat, Frozen, 1 oz.</td>
<td>71026</td>
</tr>
<tr>
<td>Buzz Strong's Bakery</td>
<td>Whole Grain, Chocolate Chip Cookie, 1.5 oz.</td>
<td>54119</td>
</tr>
<tr>
<td>Darlington</td>
<td>Appleways Waffle Snaps, WG, Apple Cinnamon</td>
<td>675825-721005</td>
</tr>
<tr>
<td></td>
<td>Appleways Waffle Snaps, WG, Strawberry</td>
<td>675825-722002</td>
</tr>
<tr>
<td>Dessert Innovations Bakery</td>
<td>Cool Brownie, Gold Edition, 1.4 oz.</td>
<td>751595307455</td>
</tr>
<tr>
<td>JJ's</td>
<td>Oatmeal Raisin BeneFIT Reduced Fat Cookie, 1.85 oz.</td>
<td>024497149271</td>
</tr>
<tr>
<td></td>
<td>Chocolate Chip BeneFIT Reduced Fat Cookie, 1.85 oz.</td>
<td>024497149219</td>
</tr>
<tr>
<td></td>
<td>Candy BeneFIT Reduced Fat Cookie, 1.85 oz.</td>
<td>024497149226</td>
</tr>
<tr>
<td></td>
<td>Sugar BeneFIT Reduced Fat Cookie, 1.85 oz.</td>
<td>024497149257</td>
</tr>
<tr>
<td>Keebler</td>
<td>Scooby Doo Graham Cracker Sticks, Cinnamon 1 oz.</td>
<td>10594</td>
</tr>
<tr>
<td>MJM</td>
<td>Lemon Dinosaur Grahams, 1 oz.</td>
<td>409901</td>
</tr>
<tr>
<td></td>
<td>Strawberry Dinosaur Grahams, 1 oz.</td>
<td>407001</td>
</tr>
<tr>
<td></td>
<td>All-Sports Bites, Apple Grahams, 1 oz.</td>
<td>513150</td>
</tr>
</tbody>
</table>
Alliance for a Healthier Generation Smart Snack Approved Tool

https://foodplanner.healthiergeneration.org/products/?keywords=s%26m%26category=&smart_snacks=true

Smart Foods Planner

Products

Find a Product

Keyword
Enter Keywords Here

Category
- Select -

Smart Snacks Compliant Only
YES

CACFP Compliant Only
NO

Search

Products

SideKicks, BlueRaspberry-Lemon, 100
SideKicks, Kiwi-Strawberry, 100% Fr
SideKicks, Strawberry-Mango, 100% F
SideKicks, SourCherry-Lemon, 100% F

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FUNDRAISING

- All items sold or given away to students on campus during the school day must meet the Smart Snacks nutrition standards, there are no exemptions.

This does not apply to foods that are sold with the intention of being consumed outside of the regular school day.
True or False

• It is allowable for schools to sell napkins and give away donuts, during the school day, and be within the School Wellness Policy guidelines.
False
• It is not allowable for schools to sell napkins and give away donuts, during the school day, and be within the School Wellness Policy guidelines.
True or False?

The Smart Snacks Standards include places like the teachers’ lounge.
False

• The Smart Snacks Standards apply only to locations on the school campus that are accessible to students. So, this does not include places like the teachers’ lounge, although you may choose to vend healthy snacks there too.
True or False?

Chewing gum is allowed to be sold on campus.
True

Sugar-free chewing gum is exempt from Smart Snacks Nutrition Standards and may be sold at the discretion of the school district or school.
SPECIAL OCCASIONS

- Must establish a policy that addresses special occasions or holidays and may allow foods that exceed the established nutrition parameters.
  - These may include:
    - Holidays
    - Birthdays
    - Learning Experiences

Not Considered a Special Occasion:
- Pep Rallies
- Student Organization Meetings
AVAILABLE RESOURCES

- Wellness Webpage
- Policy Document
  - “One Stop Shop”
- Approved Smart Snacks list

http://nutrition.nv.gov/Programs/Wellness/
AVAILABE RESOURCES CONT.

- Webinar Series
  - Posted on YouTube
  - Slides available on SlideShare

- FAQ Document

- A PTA’s Guide to Smart Snacks in Schools
  
PUBLIC COMMENTS

- NDA website for public comments for the school wellness policy
  - Entered by specific school
  - http://nutrition.nv.gov/Programs/Wellness/Comments/
Question:

• Have you established a policy designating which special occasions or holidays to allow foods and beverages exceeding the Smart Snacks Nutrition Standards?
Q&A Session
Thank you for your attention!

Contact Information:

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