

Smart Snacks in School

Nutrition Standards for All Foods Sold in Schools: Information for Administrators

Smart Snacks in School are nutrition standards required by the Healthy, Hunger-Free Kids Act of 2010. This legislation required the United States Department of Agriculture (USDA) to establish nutrition standards for all foods sold in schools except foods and beverages sold under the national school lunch and breakfast programs. These standards represent minimum standards local education agencies, school food authorities and schools are required to meet.

Smart Snacks in School policies must be implemented by **July 1, 2014**.

Healthier Food for Our Children

The new standards allow schools to offer healthier snack foods, while limiting junk food served to students. These standards are based on the 2007 Institute of Medicine's report entitled *Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth* and the 2010 *Dietary Guidelines for Americans*. In response to growing concerns over obesity, national attention has focused on the need to establish school nutrition standards and limit access to competitive foods. As a result, over the past few years, school nutrition policy initiatives have been put into place at federal, state and local levels.

Definitions

Competitive Food – All food and beverages other than meals reimbursed under the national school lunch and breakfast programs on the school campus at any time during the school day.

School Day – The period from the midnight before, to 30 minutes after the end of the official school day.

School Campus – All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Food Authority Responsibilities

The school food authority responsibilities are to maintain records documenting compliance with competitive foods under the umbrella of the nonprofit food service.

Major Provisions

- To be allowable, a competitive **food** item must:
 - Meet all food standards
 - Include 50 percent or more whole grains by weight or have whole grains as the first ingredient
 - Have less than or equal to 35 percent calories from total fat as served
 - Have less than 10 percent calories from saturated fat as served
 - Zero grams trans fat
 - Have less than or equal to 35 percent of weight from total sugar as served
 - Snacks - less than or equal to 230 mg sodium; less than or equal to 200 calories
 - Entrees - less than or equal to 480 mg sodium; less than or equal to 350 calories
 - To be allowable, a competitive **beverage** item includes: (size allowances vary with school level)
 - Plain or carbonated water
 - Low-fat milk (1 percent)
 - Non-fat milk
 - 100 percent fruit/vegetable juice
 - 100 percent fruit/vegetable juice diluted with water
- High School Only:
- Other flavored and/or carbonated beverages (not more than 20 fluid ounces)
 - Less than or equal to 5 calories per 8 oz. or 10 calories per 20 oz.
 - Other flavored and/or carbonated beverages (not more than 12 fluid ounces)
 - Less than or equal to 40 calories per 8 fl. oz. or 60 per 12 fl. oz.
 - Diet sodas are not allowed per Colorado policy

Local Education Agency Responsibilities

The local education agency must establish policies and procedures necessary to ensure compliance. This includes documenting and maintaining records for all competitive food available for sale to students in areas under its jurisdiction and outside the control of the school food authority.

Food and Beverage Fundraisers

Food and beverage fundraisers must meet Smart Snacks in Schools nutrition standards. A special exemption to the standards is allowed. The CDE's Office of School Nutrition will allow up to three exemptions per school building for school year 2014-2015. Exempted fundraiser foods or beverages may not be sold in competition with school meals in the foods serving area during the meal service.

Exemptions

The Smart Snacks in School standards do **not** apply to foods brought into the school by parents or other groups that are provided, not sold.

Colorado-Specific Regulations

Districts must also comply with the current Colorado Healthy Beverage Policy and the Colorado Competitive Foodservice Policy regulations when they are more restrictive than federal policy.

Where can I learn more?

- CDE Office of School Nutrition: www.cde.state.co.us/nutrition/nutricompetitivefoods.htm
- School Nutrition Association compiled a list of competitive food guidelines by state: <http://bit.ly/19NrEbP>
- National Association for State Boards of Education compiled a State School Healthy Policy database: http://www.nasbe.org/healthy_schools/hs/bytopics.php?topicid=3115

The Colorado Department of Education
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