



Smart Snacks & Healthy Vending

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About Me



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Agenda |

- Introduction
- Importance
- Nutrition standards
- Determining compliance
- Fundraisers
- Educational opportunity
- Resources
- Questions



Introduction



Background

- Healthy, Hunger-Free Kids Act of 2010¹
 - Required the United States Department of Agriculture (USDA) to establish minimum standards for foods sold in schools.
- DC Healthy Schools Act of 2010²
 - Required that all beverage and snack foods provided by or sold by schools meet the Smart Snacks in School Standards set forth by the USDA.
 - The Office of the State Superintendent of Education (OSSE) is responsible for enforcing the Smart Snacks guidelines.



Smart Snacks

- Also known as:
 - Smart Snacks in School Standards
 - All Foods Sold in Schools Standards



Smart Snacks (Cont.)

- Science-based nutrition standards for “Competitive Food.”
 - **Competitive Food** = All foods and beverages sold in school other than those provided under the Child Nutrition Programs which are:
 - a) Available for sale on the school campus; and,
 - b) Available for sale during the school day.
 - **School day** = As defined by the DC Healthy Schools Act, the school day is defined as midnight before the school day begins until 90 minutes after the school day ends.
 - **School campus** = All areas under jurisdiction of the school that are accessible to students during the school day.



Foods that Must Follow Smart Snacks

- All foods and beverages sold to students during the school day in the settings below must follow the Smart Snacks in Schools Standard:
 - Vending machines
 - Fundraisers
 - Student incentives, prizes, or awards
 - A la carte lines
 - Snack carts
 - School stores
 - After-school meals
- Third parties shall not be permitted to sell foods or beverages of any type to students on the school campus during the school day.



Foods Exempt from Smart Snacks

- Smart Snacks in Schools Standards do not apply to:
 - Food and beverages available only to staff and faculty;
 - Food provided at no cost by parents;
 - Food sold or provided at official after-school events;
 - Food and beverages served at adult education programs; and
 - Food not consumed or marketed to students.
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Importance of Smart Snacks



Whole School Whole Community Whole Child Model³

- Created by the Centers for Disease Control and Prevention (CDC) and the



Smart Snacks Benefit Our Students

- According to the United States Department of Agriculture⁴:
 - “More than a quarter of kids’ daily calories may come from snacks.
 - Kids who have healthy eating patterns are more likely to perform better academically.
 - Kids consume more healthy foods and beverages during the school day.
 - Smart Snacks Standards are a Federal requirement for all food sold outside the National School Lunch Program and School Breakfast Program”.



Nutrition Standards for Foods and Beverages



Food Smart Snacks Standards⁴

Smart Snacks must meet the following nutrient standards:

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



Food Smart Snacks Standards (Cont.)

- In addition, Smart Snacks must meet the following general nutrition standards:
 - Be a grain product that contains 50 percent or more whole grain by weight or have 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.





Beverage Smart Snack Standards⁴

- Beverages that qualify as Smart Snacks beverages are only:
 1. Water
 - Plain, with or without carbonation
 - Unlimited amounts
 2. Milk
 - Unflavored low-fat, unflavored fat-free, or flavored fat-free
 - Milk alternatives permitted by the National School Lunch and Breakfast Programs
 3. Juice
 - 100 percent fruit or vegetable juice, with or without carbonation
 - Can be diluted in water

Serving Sizes



Elementary



Middle and High



Beverage Smart Snacks Standards (Cont.)

- High school only:
 - Low- and no-calorie beverages
 - with or without caffeine and/or carbonation
 - calorie-free, flavored water



- “Lower calorie”
 - Maximum 40 calories/8 fl oz
 - Maximum 60 calories/12 fl oz
- “No calorie”
 - Less than 5 calories/8 fl oz
 - Maximum 10 calories/20 fl oz



Smart Snacks Standards Exemptions

Smart Snacks Standards Exemptions	Food
Exempt from all nutrient standards	Fresh and frozen fruits and vegetables, with no added ingredients
	Canned fruits packed in 100% juice or light syrup, with no added ingredients except water
	Canned vegetables (no salt added/low sodium), with no added fats
Exempt from the total fat standard , but must meet all other nutrient standards	Seafood with no added fat (e.g., canned tuna packed in water)
Exempt from the total fat, saturated fat, and sugar standards , but must meet all other nutrient standards	Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats



Smart Snacks Standards Exemptions (Cont.)

Smart Snacks Standards Exemptions	Food
Exempt from the sugar standards , but must meet all other nutrient standards	Dried fruits with no added sugars
	Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats
Exempt from the total fat and saturated fat standards , but must meet all other nutrient standards	Reduced-fat cheese (including part-skim mozzarella)
	Nuts, seeds, or nut/seed butters
	Apples with reduced-fat cheese
	Celery with peanut butter (and unsweetened raisins)
	Whole eggs with no added fat



Determining if a
Food or Beverage
Meets the Standards



Compliance of Packaged Products

1. Check if the product is listed in the Products section of the Alliance for a Healthier Generation's Smart Food Planner⁵:

<https://foodplanner.healthiergeneration.org/products>

2. Smart Snacks Product Calculator by the Alliance for a Healthier Generation⁶:

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

Nutrition Facts

Serving Size 2 cups (30g)
Servings Per Container 1

Amount Per Serving

Calories 140 Calories from Fat 36

% Daily Value*

Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

INGREDIENTS: Popcorn, sugar, canola oil, salt

First Ingredient

Callouts from the left side of the label:

- Serving Size & Servings Per Container
- Calories
- Total Fat
- Saturated Fat
- Trans Fat
- Sodium
- Sugars



Compliance of Homemade Products

3. Use the MyRecipe feature in SuperTracker⁷ to calculate the nutrition information of a product that does not have a food label because it was made from scratch: www.supertracker.usda.gov/myrecipe.aspx

The screenshot shows the 'My Recipe' page on the SuperTracker website. The page is titled 'My Recipe' and includes a navigation menu with options like 'Food-A-Pedia', 'My Plan', 'Track Food & Activity', 'My Reports', and 'My Features'. The main content area is divided into three steps: Step 1: Search for and add the ingredients in your recipe. Step 2: Enter the number of portions in your recipe. Step 3: Name and save your recipe. Below the steps, there are input fields for searching ingredients, entering the number of portions, and naming the recipe. The page also features sections for 'My Recipe Ingredients' (currently empty) and 'My Recipe Details (Per Portion)', which shows 'Total Calories: 0' and options to export the recipe details as PDF, Excel, or Word.



Fundraisers



Fundraisers⁴

- Fundraisers are not exempt from Smart Snacks standards.
 - Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited.
 - Sales of foods and beverages that meet the Smart Snacks Standards are not limited.
 - Sales of nonfood items are not limited.
 - Healthy fundraising ideas include selling:
 - Books
 - Fresh produce
 - School spirit merchandise
 - Other non-food items
 - Raising funds through a physical activity competition
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Smart Snacks as an Educational Opportunity



Educational Opportunities

- Using Smart Snacks as a guide, you can teach your students about nutrition! Students will not only learn new concepts, but can understand why and how snack standards have changed.
 - In math:
 - Use the nutrition food label to calculate the nutritional differences between snacks pre and post the Smart Snacks requirements
 - In health/science class
 - Teach students about the some of the fat Smart Snacks exemptions and tie these to the different types of fats and their functions
 - Teach students about the food groups and how these relate to Smart Snacks



Educational Opportunities (Cont.)

- Around the school
 - Display [infographics](#) that illustrate the positive changes implemented by Smart Snacks talk about the importance of Smart Snacks
 - Display educational/motivational messages about healthy eating in the school store and/or by the vending machine
- With parents
 - Share Smart Snacks resources and guidelines so that they, too, can implement these at home!



Resources and References



Resources

- Healthy fundraising:
 - [Best Practices for Healthy School Fundraisers](#)
 - Healthy fundraising [resources compiled by USDA](#)
- [Team Nutrition](#)
- USDA Food and Nutrition Services' [Tools for Schools](#)



References

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7. U.S. Department of Agriculture. SuperTracker. (2016). Retrieved from <https://www.supertracker.usda.gov/>



| Thank you!