

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools during the school day.

SMART SNACKS IN SCHOOL NUTRITION STANDARDS

Steve.bergonzoni@fns.usda.gov

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Condensed version.
Extended version available.

<http://www.fns.usda.gov/school-meals/smart-snacks-school>

http://www.fns.usda.gov/sites/default/files/allfoods_infographic.pdf

http://www.fns.usda.gov/sites/default/files/allfoods_beverages.pdf

<http://www.fns.usda.gov/school-meals/smart-snacks-school>

<http://www.youtube.com/watch?v=AkvcvUSyDTQ>

http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf

SMART SNACKS IN SCHOOL NUTRITION STANDARDS

This presentation provides a brief overview of the nutrition standards for all foods sold in schools (*to students*) during the school day.

School foodservice

School administration

Improving the nutrition of all foods sold in schools is **critical to**:

- Increasing the overall **health** of American children.
- Helping children reduce their risk of **obesity**.

Foods available will be **nutrition education**.

Does Not Apply

- ⦿ Treats for birthday parties (foods brought-in).
- ⦿ Holiday and other celebrations (foods 'given' to students).
- ⦿ Lunch "boxes", brown-bagging from home.
- ⦿ After-school bake sales and fundraisers.
- ⦿ Food sold to teachers and staff.
- ⦿ NSLunchP, SBreakfastP reimbursable meals.

Applies To

- ⦿ A la carte foods sold during school breakfast and lunch.
- ⦿ Vending machines.
- ⦿ School stores.
- ⦿ Fundraisers.

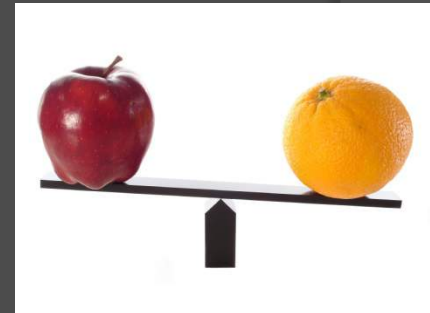
Means test:

Food **Sold** to students on the school campus during the school day.

- ⦿ Stricter standards can be applied locally, by state or school.

Creditable vs. Allowable

- *School Lunch, School Breakfast* reimbursable meals:
 - Are items **creditable**?
 - A food may be creditable for a school meal but may not be allowable as a Smart Snack.
- *Smart Snacks*:
 - Are items **allowable**?
 - A food may be allowable as a Smart Snack but may not be creditable for a school meal.



At What Times Do the Standards Apply?

The **School Day** is the period from the Midnight before, to 30 minutes after the end of the official school day.

Where Do the Standards Apply?

The school **campus**:

All areas under the jurisdiction of the school that are accessible to students during the school day.



Food Standards

Apply to All Grade Levels.

Include *General Standards* and *Specific Nutrient Standards*.

Provide exemptions to Nutrient Standards for Specific Foods.

Allow broader exemptions for fruits and vegetables and some a la carte lunch and breakfast foods.

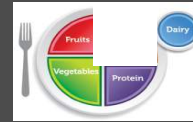
General Standard: First

- To be allowable, a food item must meet the general standard:

- Be a **whole grain-rich** product; **OR**



- Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**



- Be a “combination food” with at least ¼ cup fruit and/or vegetable; **OR**



- Contain 10% of the Daily Value of one nutrient of public health concern:
 - Calcium, potassium, vitamin D, or dietary fiber.
 - **Expires** June 30, 2016.

Protein 6g			
Vitamin A	10%	Vitamin C	4%
Calcium	30%	Iron	0%
Vitamin D	25%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Dairy Example

Dairy

- If the first ingredient in a product is milk (ice cream), is it a dairy product?
- If the first ingredient is milk, then it has met the general standard for the Dairy group.
- The product then needs to meet the nutrient standards.



**Blue Ribbon Classics™
Fudge Bar**

8+1 1 

The classic fudge flavor you've cherished since childhood. One bite will take you back to the good old days of summer vacation.

Item #218082
UPC #70640-30009

Unit Size	Case Pack	Case Dimensions	Case Weight	Case Cube	Cases/Pallet	TIH
3 Fl Oz (88.7 mL)	2/2 doz.	9.82 x 7.19 x 10.38	11.15	0.423	196	28 x 7

INGREDIENTS: Milk, Buttermilk, Sugar, Whey, Skim Milk, Corn Syrup, Cocoa, Cocoa Processed with Alkali, Contains 1% or less of Guar Gum, Cellulose Gum, Xanthan Gum.

ALLERGEN INFORMATION: Contains Milk.

Nutrition Facts
Serving Size 1 Bar (92g)
Servings Per Container 24

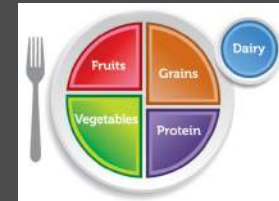
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Values**	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Potassium 250mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber <1g	2%
Sugars 21g	

Nutrients of Public Health Concern

(General Standard)

- Calcium, potassium, vitamin D, dietary fiber.

- Think fortified foods, foods not in



- Expires July 1, 2016.



Chocolate bar fortified with calcium

Specific Nutrient Standards

Linked to Obesity and Subsequent Diseases

- Total Fat: cancer, heart disease.
- Saturated Fat: heart disease, high blood pressure.
- Trans Fat: worse than saturated fat.
- Sodium: high blood pressure, heart disease.
- Calories: most people get too much.
- Total Sugar: extra calories with few nutrients, tooth decay.

Exemptions from All Nutrient Standards

Fruit

- Fresh.
- Frozen.
- Canned:
 - In water.
 - In 100% juice.
 - In light syrup.
 - In extra light syrup.

Vegetables

- Fresh.
- Frozen.
- Canned:
 - **No added ingredients** except water.
 - Small amount of sugar for processing purposes is allowed.

Lunch and Breakfast Programs'

Entrée Exemption

When Sold a la Carte



- ◉ Nutrient Standards Exemption.
- ◉ Exemptions for entrée items only.
- ◉ Entrée exemption for the **day of service** *and* the next **school day**.
 - Meals can be 'crossed': breakfast entrée served at lunch.
- ◉ Side dishes sold as competitive food must meet all standards.

Grain Items as Entrées in the School **Breakfast** Program



- A school is permitted to determine entrée items for breakfast, like grain-only items.
 - Whole-grain rich pancake, bagel, or waffle can be considered entrées.
- Any reimbursable breakfast entrée item is exempt from all nutrient standards if it is offered as a competitive food on the day of, or the next school day from which it was served.
 - Portion sizes for exempt entrées must be the same or smaller.
- If the school does not participate in the School Breakfast Program:
 - Grain-only items sold a la carte, along with their accompaniments, must meet all nutrient standards prescribed for side dishes/snack items.

Smart Snacks Calculator

@



https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/
https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/

“Simply answer a few questions, enter the product information, and determine whether your beverage, snack, side or entrée (not exempted) item meets the new USDA Smart Snacks in School Guidelines. Then **save and print** for your records!”

A screenshot of the Smart Snacks Product Calculator web application running in Mozilla Firefox. The page title is "Smart Snacks Product Calculator - Mozilla Firefox". The URL in the address bar is "http://schools.healthiergeneration.org/smart_snacks/product_calculator/". The page features the Alliance for a Healthier Generation logo at the top right. The main content area is titled "SMART SNACKS PRODUCT CALCULATOR" and contains a question: "Is the first ingredient* of your product a ...". Below the question are six radio button options: a) Fruit, b) Vegetable, c) Dairy, d) Protein food, e) Whole Grain (which is selected with a red dot), and f) None of the above. A footnote at the bottom left states: "* Refer to the label's ingredient statement. If the first ingredient is water, is the second ingredient one of the options above." At the bottom of the form are two orange buttons: "START OVER" and "NEXT STEP". The footer includes copyright information: "© 2014 ALLIANCE FOR A HEALTHIER GENERATION" and "Alliance for a Healthier Generation" logo.A screenshot of the Smart Snacks Product Calculator web application running in Windows Internet Explorer. The page title is "Smart Snacks Product Calculator - Windows Internet Explorer". The URL in the address bar is "http://schools.healthiergeneration.org/smart_snacks/product_calculator/". The page features the Alliance for a Healthier Generation logo at the top right. The main content area is titled "SMART SNACKS PRODUCT CALCULATOR" and contains a question: "Enter your product's nutrition information per amount SOLD (including all components and accompaniments).". To the right of the question is a "Nutrition Facts" label. The label includes fields for: Serving Size (oz (about) g), Amount Per Serving, Calories, Total Fat (g), Saturated Fat (g), Trans Fat (g), Sodium (mg), Carbohydrates, and Sugars (g). At the bottom of the form are two buttons: "START OVER" and "NEXT STEP". The footer includes copyright information: "© 2014 ALLIANCE FOR A HEALTHIER GENERATION" and "Alliance for a Healthier Generation" logo.

Total Fat Percentage

- Food needs to be $\leq 35\%$ of total calories from fat as packaged or served.

DC Healthy Schools Act

When competitive foods are served:

Anywhere in the school; and

At any time during the school day (including meal periods);

- Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters, and reduced-fat cheese);
- "Trans fat-free" foods must contain less than 0.5g of trans fat per serving;
- Calories from saturated fat must be below 10% (reduced-fat cheese is exempt); and
- Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars; fruits and vegetables are exempt).

Exemptions:

- Reduced fat cheese.*
- Nuts and seeds and nut/seed butters.*
- Dried fruit with nuts or seeds, with no added nutritive sweeteners or fat.
- Seafood with no added fat.
- Part-skim mozzarella.

Saturated Fat

- ◉ <10% of total calories per item as packaged/served.
- ◉ Exemptions:
 - Reduced fat cheese*, part-skim mozzarella.
 - Nuts, seeds and nut/seed butters.
 - Dried fruit with nuts and/or seeds, with no added nutritive sweeteners or fat.

When competitive foods are served:


Anywhere in the school; and

At any time during the school day (including meal periods);

- Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters, and reduced-fat cheese);
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- Calories from saturated fat must be below 10% (reduced-fat cheese is exempt); and
- Total sugar must be at or below 35% by weight (includes naturally occurring and

Trans Fat

- ◉ Zero grams of trans fat per portion as packaged/served.



Nutrition Facts		Ingredients: Enriched Flour Bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Water, Partially Hydrogenated Soybean Oil, Baking Powder (baking soda, sodium aluminum phosphate, sodium acid pyrophosphate), Contains 2% or less of: Sugar, Whey, Salt, Sodium Caseinate, DATEM, Wheat Protein Isolate, Cream, Natural Flavor, Artificial Color.
Serving Size 1 biscuit (59g) Servings Per Container 12		
Amount Per Serving		
Calories	170	
Calories from Fat	60	
% Daily Value*		
Total Fat 7g	11%	
Saturated Fat 2g	9%	
Trans Fat 3.5g		
Cholesterol 0mg	0%	
Sodium 560mg	23%	
Total Carbohydrate 23g	8%	
Dietary Fiber less than 1g	2%	
Sugars 2g		
Protein 4g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000
		2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

CONTAINS WHEAT AND MILK INGREDIENTS.

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DC Healthy Schools Act

Sodium

⦿ Entrées:

- ≤ 480 mg sodium per item.

⦿ Snack and side items:

- ≤ 230 mg (until June 30, 2016).
- ≤ 200 mg (after July 1, 2016).

⦿ Exemptions:

- Lunch and breakfast entrées if sold a la carte (same/next day).

Calories

- ⦿ **Entrées:**

- ≤ 350 calories.

- ⦿ **Snack and side items:**

- ≤ 200 calories.

- ⦿ **Exemptions:**

- Lunch and breakfast entrées if sold a la carte (same/next day).

Total Sugars & Sugar Exemptions

- Weight of all sugars is $\leq 35\%$ of the serving size weight.
- Exemptions:
 - Dried/dehydrated fruits or vegetables.
 - No added nutritive sweeteners.
 - Dried fruits with nutritive sweeteners for processing and/or palatability.
 - Only dried cranberries, tart cherries, and blueberries.
 - Dried fruit with only nuts/seeds.
 - No added nutritive sweeteners or fat.



10 – 20%

Standards for Beverages



- ⦿ Grade Level.
- ⦿ Specific Types Allowed.
- ⦿ Container Size.
- ⦿ No restriction on the sale of any **allowable beverage** at any grade level, during the school day, anywhere on the school campus.

Beverages for All Grades - Water

- ⦿ Plain water, **carbonated** or noncarbonated.
- ⦿ No size limit.

Beverages for All Grades - Milk

- ⦿ Unflavored nonfat and lowfat milk.
- ⦿ Flavored nonfat milk.
- ⦿ **Maximum** serving sizes:
 - 8 fluid ounces in elementary school.
 - 12 fluid ounces in middle and high schools.

Beverages for All Grades - Juice

- ⦿ 100% fruit and/or vegetable juice.
- ⦿ 100% juice diluted with water (carbonated or noncarbonated) – **no added sweeteners.**
- ⦿ Maximum serving sizes:
 - 8 fluid ounces in elementary school.
 - 12 fluid ounces in middle and high schools.

Other Beverages in High School

● Calorie-Free Beverages:

- Maximum Serving Size 20 fluid ounces.
- Calorie-free flavored water, with or without carbonation.
- Other “calorie-free” beverages with less than 5 calories per 8 fluid ounces, or up to 10 calories per 20 fluid ounces.

Other Beverages in High School

- Lower-Calorie Beverages.
- Maximum Serving Size 12 fluid ounces.
- Up to 60 calories per 12 fluid ounces; or
- Up to 40 calories per 8 fluid ounces.



Nutrition Facts	
Serving Size 8 fl oz (240ml)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	
	% Daily Value*
Total Fat 0g	0%
Sodium 110mg	5%
Potassium 30mg	1%
Total Carbohydrate 14g	5%
Sugars 14g	
Protein 0g	
Not a significant source of Calories From Fat, Saturated Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium, Iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

NO FRUIT JUICE
INGREDIENTS: WATER, SUCROSE SYRUP, GLUCOSE-FRUCTOSE SYRUP, CITRIC ACID, NATURAL GRAPE FLAVOR WITH OTHER NATURAL FLAVORS, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, RED 40, BLUE 1.
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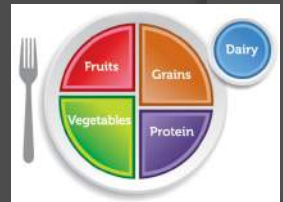
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“Sports drink”

Smoothies in Smart Snacks

- ◉ Depending on ingredients, smoothies can be allowed.
- ◉ If smoothie is a breakfast entrée, it is exempt from nutrition standards a la carte (same and next day).
- ◉ Smoothie **as a food**:
 - Meet general standard of food group categories.
 - Entrée or snack.
- ◉ Smoothie **as a beverage**:
 - Allowable milk, 100% juice, (ice/water).
 - High school, if other ingredients, then:
 - Max. 5 calories per ounce, 12 ounce limit.



Caffeine

◉ Elementary and Middle School:

- Foods and beverages must be **caffeine-free**, with the exception of trace amounts of naturally-occurring caffeine substances.



◉ High School:

- No caffeine restrictions.

Running Fundraisers to **Meet** Smart Snacks

- Sell foods during the school day that meet the Smart Snacks standards.
- Sell ANY items after school, weekends, or off-campus.
- Have **non-food** fundraisers anytime.
 - <http://www.extension.iastate.edu/publications/pm2039a.pdf>
 - http://www.pasasf.org/nutrition/pdfs/nonfood_fundraising.pdf

Recordkeeping

- Schools/Districts and School Foodservices maintain records such as receipts, nutrition labels and product specifications.
- **School Foodservices** maintain records for competitive foods sold under the nonprofit school food service account.
- **Schools/Districts** maintain records for all other competitive food sales.

Why Participate?

Participating schools can:

- Get recognized nationally and earn monetary awards!

Gold Award of Distinction	\$2,000
Gold Award	\$1,500
Silver Award	\$1,000
Bronze Award	\$500

- Build school spirit, cooperation, and proudly display the HealthierUS banner and plaque as a symbol of their school's achievement.
- Be a leader in efforts to end childhood obesity. The HealthierUS School Challenge helps you form a school team and learn from what's worked at other schools.



Smart Snacks Calculator Will be Used for HUSSC Competitive Foods Criteria



**HealthierUS
School Challenge**





U. S. Department of Agriculture
Food and Nutrition Service
FNS-413

HUSSC Application Standards for Food Labels and Recipes

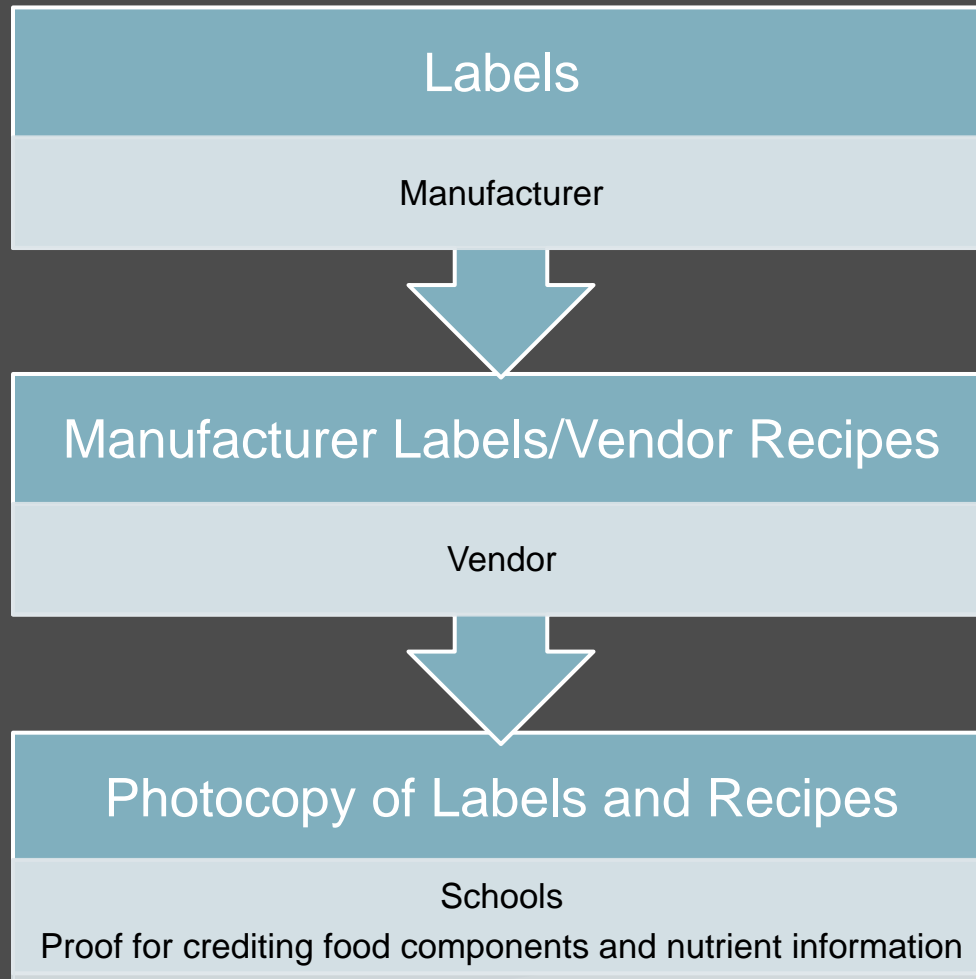
- ① Applicants are required to document how they meet or exceed HUSSC food criteria:
 - Whole grain-rich foods:
 - Portion size and creditable ingredients.
 - Vegetable subgroups:
 - Portion size and weekly servings.
 - Fruit:
 - Portion size.
 - Competitive foods:
 - Portion size and nutrition facts.

<http://www.fns.usda.gov/hussc/healthierus-school-challenge>
http://www.fns.usda.gov/sites/default/files/2012criteria_chart.pdf

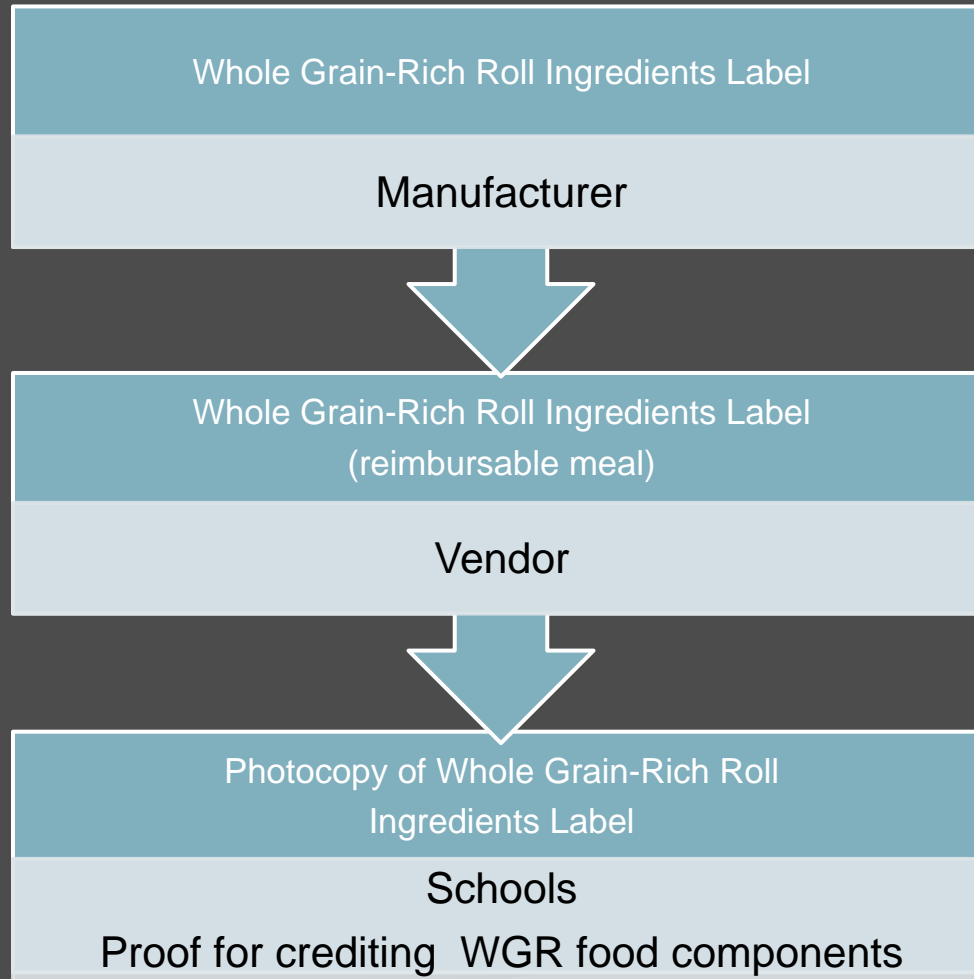
HUSSC Application Standards for Food Labels and Recipes

- Some food items require photocopies of **ACTUAL** ingredient, CN or nutrition facts labels:
 - Whole grain-rich items.
 - Mixed dishes containing fruits or vegetables.
 - Competitive foods.
- Label 'information' from other sources is not accepted because it is not regulated (FDA) like food labels, and product formulations change:
 -  Manufacturer internet sites.
 -  Product sell sheets.
- Contact our office when a label is not available:
 - For examples on how documentation needs to be manufacturer-verified.
- Standardized recipes usually are needed, with relevant ingredient or CN labels, for:
 - Vendor/school made whole grain-rich items, mixed dishes containing fruits or vegetables.
 - Portion sizes, exact amounts of ingredients, recipe yield (portions).

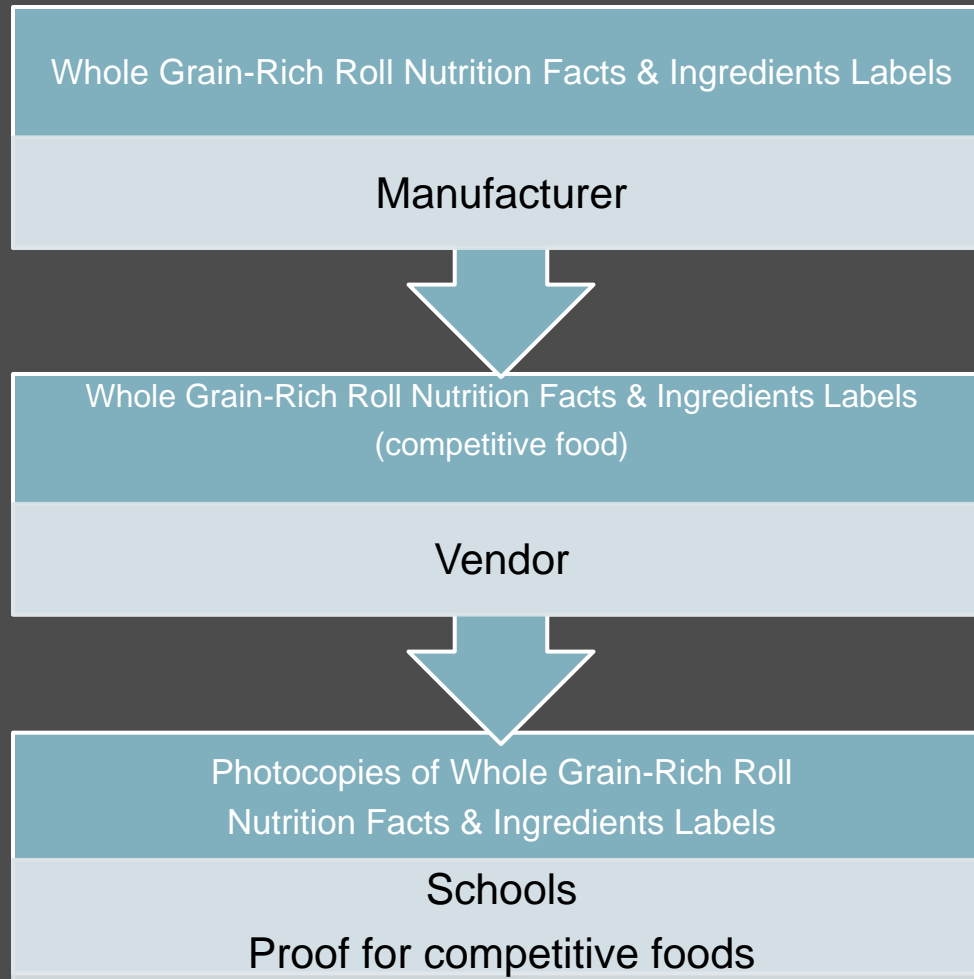
HUSSC Application Standards for Food Labels and Recipes



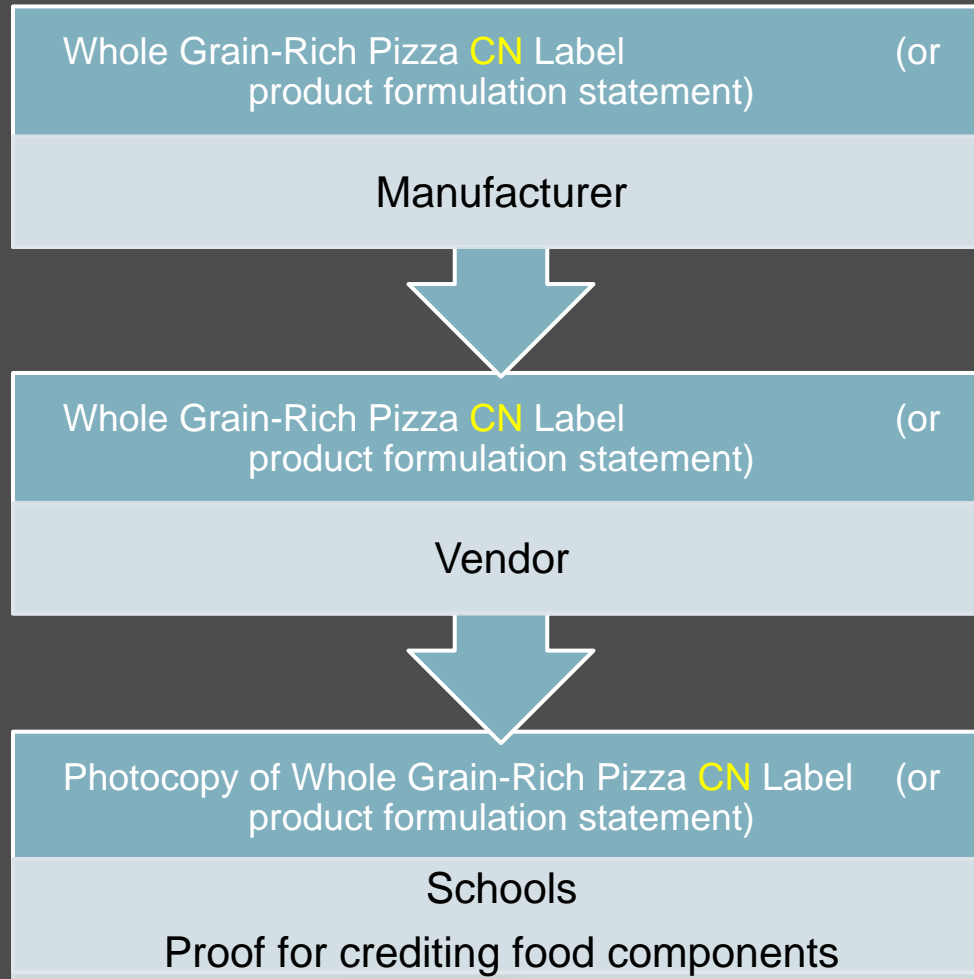
HUSSC Application Standards for Food Labels and Recipes



HUSSC Application Standards for Food Labels and Recipes



HUSSC Application Standards for Food Labels and Recipes



SMART SNACKS IN SCHOOL NUTRITION STANDARDS

Smart Snacks Q&As: <http://www.fns.usda.gov/sites/default/files/SP23-2014os.pdf>

Contact me if you want the extended version of this PowerPoint.

Steve.bergonzoni@fns.usda.gov

https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/

http://www.pasasf.org/nutrition/pdfs/nonfood_fundraising.pdf

<http://healthymeals.nai.usda.gov/hsmrs/SmartSnacks/BeverageGuidelines.pdf>

<http://www.fns.usda.gov/school-meals/smart-snacks-school>

<http://www.fns.usda.gov/sites/default/files/SP36-2014os.pdf>

<http://www.fns.usda.gov/sites/default/files/SP40-2014os.pdf>

<http://www.fns.usda.gov/sites/default/files/SmartSnacks2014.pdf>

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http://www.fns.usda.gov/sites/default/files/allfoods_beverages.pdf

<http://www.youtube.com/watch?v=AkvcvfUSyDTQ>

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http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf

USDA United States Department of Agriculture
Food and Nutrition Service
Mid-Atlantic Regional Office
300 Corporate Blvd.
Robbinsville, NJ 08691-1598
<http://www.fns.usda.gov>

STEVEN F. BERGONZONI, MPA, RD, LDN
Nutritionist
Steve.Bergonzoni@fns.usda.gov
609-259-5053 (Voice)
609-259-5196 (Fax)

