



Carolina Arango, MS, RDN, LD | April 19, 2017



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





- Healthy, Hunger-Free Kids Act of 2010¹
 - Required the United States Department of Agriculture (USDA) to establish <u>minimum</u> 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.



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



- 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

- <u>All</u> foods and beverages sold to students during the school day in the settings below <u>must</u> 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 <u>not</u> 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 <u>not</u> 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.





Part of the Whole Child



Whole School Whole Community Whole Child Model³

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



- 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".





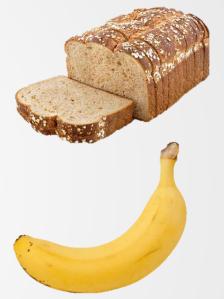
Smart Snacks <u>must</u> meet the following nutrient standards:

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 <u>must</u> meet the following general nutrition standards:
 - Be a grain product that contains 50 percent or more whole grain by weight <u>or</u> have whole grain as the first ingredient; <u>or</u>
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; <u>or</u>
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable.





Beverage Smart Snack Standards⁴

- Beverages that qualify as Smart Snacks beverages are <u>only</u>:
 - 1. Water
 - Plain, with or without carbonation
 - <u>Unlimited</u> 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





Middle and High



- High school <u>only:</u>
 - Low- and no-calorie beverages
 - with or without caffeine and/or carbonation



- "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

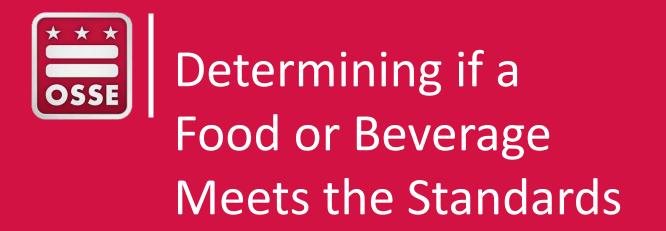


Smart Snacks Standards Exemptions

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	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
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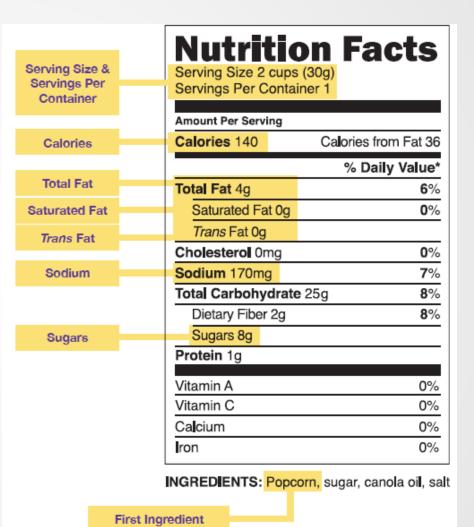




 Check if the product is listed in the Products section of the Alliance for a Healthier Generation's Smart Food Planner⁵:

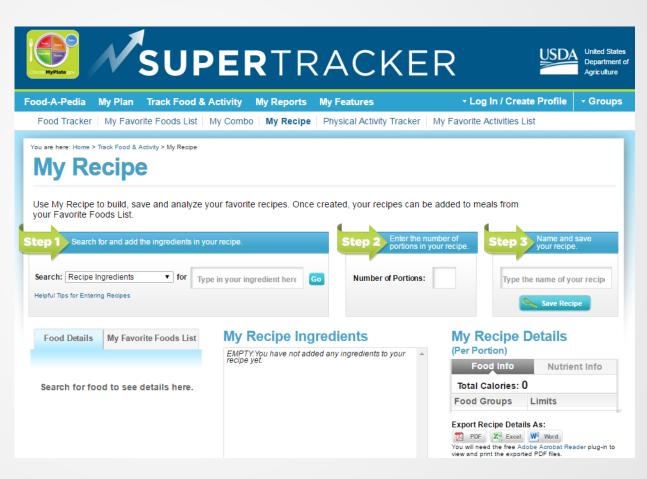
https://foodplanner.healthie rgeneration.org/products

2. Smart Snacks Product Calculator by the Alliance for a Healthier Generation⁶: <u>https://foodplanner.healthie</u> <u>rgeneration.org/calculator/</u>



Compliance of Homemade Products

3. Use the MyRecipe feature in SuperTracker⁷ to calculate the nutrition information of a product that does bot have a food label because it was made from scratch: www.supertracker.u sda.gov/myrecipe.a SDX







- Fundraisers are <u>not</u> 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





- 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 <u>infographics</u> 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!





- Healthy fundraising:
 - <u>Best Practices for Healthy School Fundraisers</u>
 - Healthy fundraising <u>resources compiled by USDA</u>
- <u>Team Nutrition</u>
- USDA Food and Nutrition Services' <u>Tools for Schools</u>



- United States. Cong. House. <u>Healthy Hunger-Free Kids Act</u>. 111th Cong. Congressional Record, Vol. 156 (2010). Web March 14, 2017.
- 2. D.C. Council. *Healthy Schools Amendment Act of 2011.* Web March 14, 2017
- Centers for Disease Control and Prevention. Whole School, Whole Child, Whole Community Model. (2014). Retrieved from https://www.cdc.gov/healthyyouth/wscc/
- U.S. Department of Agriculture Smart Snacks. A Guide to Smart Snacks in Schools.
 (2016). Retrieved from <u>https://www.fns.usda.gov/tn/guide-smart-snacks-schools</u>
- 5. Alliance for a Healthier Generation. *Smart Foods Planner.* (2017). Retrieved from <u>https://foodplanner.healthiergeneration.org/products</u>
- 6. Alliance for a Healthier Generation. Alliance Product Calculator. (2016). Retrieved from

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages /smart_snacks/alliance_product_calculator/?gclid=CNxsrmF69ECFZIXDQodyR4Ctg

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



