



# Smart Snacks & Healthy Vending



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# Agenda

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



# Introduction



# Background

- Healthy, Hunger-Free Kids Act of 2010<sup>1</sup>
  - Required the United States Department of Agriculture (USDA) to establish minimum standards for foods sold in schools.
- DC Healthy Schools Act of 2010<sup>2</sup>
  - 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 Model<sup>3</sup>

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



# Smart Snacks Benefit Our Students

- According to the United States Department of Agriculture<sup>4</sup>:
  - “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 Standards<sup>4</sup>

Smart Snacks must meet the following nutrient standards:

Nutrient	Snack	Entrée
<b>Calories</b>	200 calories or less	350 calories or less
<b>Sodium</b>	200 mg or less	480 mg or less
<b>Total Fat</b>	35% of calories or less	35% of calories or less
<b>Saturated Fat</b>	Less than 10% of calories	Less than 10% of calories
<b>Trans Fat</b>	0 g	0 g
<b>Sugar</b>	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 Standards<sup>4</sup>

- 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 <b>all nutrient standards</b>	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 <b>total fat standard</b> , but must meet all other nutrient standards	Seafood with no added fat (e.g., canned tuna packed in water)
Exempt from the <b>total fat, saturated fat, and sugar standards</b> , 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 <b>sugar standards</b> , 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 <b>total fat and saturated fat standards</b> , 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 Planner<sup>5</sup>:

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

2. Smart Snacks Product Calculator by the Alliance for a Healthier Generation<sup>6</sup>:

<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\***

<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
<b>Sugars</b> 8g	
<b>Protein</b> 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 SuperTracker<sup>7</sup> 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](http://www.supertracker.usda.gov/myrecipe.aspx)

The screenshot shows the 'My Recipe' page on the SuperTracker website. The page is divided into three main steps:

- Step 1:** Search for and add the ingredients in your recipe. This section includes a search box with a dropdown menu set to 'Recipe Ingredients', a text input field for 'Type in your ingredient here', and a 'Go' button. Below the search box is a link for 'Helpful Tips for Entering Recipes'.
- Step 2:** Enter the number of portions in your recipe. This section features a 'Number of Portions:' label and an empty input field.
- Step 3:** Name and save your recipe. This section includes a text input field for 'Type the name of your recipe' and a 'Save Recipe' button.

Below the steps, there are three main sections:

- Food Details:** A tabbed interface with 'My Favorite Foods List' selected. Below it is a search prompt: 'Search for food to see details here.'
- My Recipe Ingredients:** A section with a message: 'EMPTY: You have not added any ingredients to your recipe yet.'
- My Recipe Details (Per Portion):** A section showing 'Total Calories: 0' and a table for 'Food Groups' and 'Limits'. Below this is an 'Export Recipe Details As:' section with options for PDF, Excel, and Word.



Fundraisers



# Fundraisers<sup>4</sup>

- 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
-



# 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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4. U.S. Department of Agriculture Smart Snacks. *A Guide to Smart Snacks in Schools*. (2016). Retrieved from <https://www.fns.usda.gov/tn/guide-smart-snacks-schools>
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7. U.S. Department of Agriculture. SuperTracker. (2016). Retrieved from <https://www.supertracker.usda.gov/>



Q&A



| Thank you!