

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

Nutrition Standards for Foods

- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; 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 ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
- **Foods must also meet several nutrient requirements:**

Calorie limits:

 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories

Sodium limits:

 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg

Fat limits:

 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams

Sugar limit:

 - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



Deep-fat frying is prohibited as a method of on-site preparation.

- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Exemptions

- Fresh, canned or frozen fruits with no added ingredients
- Fresh and canned vegetables with no added ingredients
- NSLP/SBP Entrée items when sold on day of service or day after
- Sugar-Free Chewing Gum

Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. NOTE: Caffeinated beverages are only permitted at the High School level.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**

No more than 20-ounce portions of

 - Calorie-free, flavored water (with or without carbonation); and

No more than 12-ounce portions of

 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.



Soft drinks may not be sold during the school day to any age/grade group.

Competitive Food and Beverage Sales

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.



- **Proposed time and place restrictions for competitive foods sold during the day for Texas**
 - Elementary – not allowed during the school day
 - Middle/Jr. High – not allowed between 30 minutes prior to and 30 minutes after meal periods
 - High School – not allowed in areas where reimbursable meals are served or consumed
 - Alternative standards must be included in the Local Wellness Policy