

SMART SNACKS in school

The Healthy, Hunger-Free Kids Act of 2010 requires the USDA to establish nutrition standards for all foods and beverages sold to students, outside of the federally supported meal programs, on the school campus during the school day. This new rule balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus.

The school environment plays an important role in children's health. The implementation of the **Smart Snacks** rules will promote a consistent message of healthy eating on campus. The Texas Public School Nutrition Policy and Dallas ISD Wellness Policy have been modified to make room for these changes which are in effect as of July 1, 2014.

What are Smart Snacks?

Smart Snacks refers to the new USDA nutrition standards that reinforce the importance of offering healthier foods and beverages on all school campuses. This includes foods made available to students outside of the national federally funded nutrition programs. This includes products from vending machines, a la carte, school stores, and in-school fundraisers during the school day.

Why are Smart Snacks important?

We all want our children to be healthy and be in a school environment that supports improved learning. Dallas ISD values the health of your children and is supportive of the new Smart Snacks rules. That is why we have made changes to ensure that all foods and beverages available to students in school are tasty and nutritious.

How does this affect food & beverages on Dallas ISD school campuses?

All food and beverages sold and made available to students follow the Dallas ISD Local Wellness Policy FFA (Regulation & Exhibit) which includes the new *Smart Snacks* nutrition standards.

Do Smart Snacks apply to all campuses at all times?

Smart Snacks rules are in place throughout the whole school campus where students have access. It will apply from midnight the night before to 30 minutes after the end of the regular or extended school day. The rules also apply to Saturday school where school meals are provided. Elementary, Middle and High school rules differ regarding food sales.

What about special events on campus?

All foods made available in schools must meet the USDA Smart Snack and Beverage rules. This includes special events like birthday parties, and class room celebrations. Foods brought from outside the school for these events must also follow the same rules. (For example, have a dance party in the classroom with special music.)

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/

How can we motivate and reward students without special foods?

It is so exciting to see our students learn and succeed and it is natural to want to recognize them for their effort. When we use foods to reward students, it teaches them to eat when they are not hungry and gives them unhealthy messages about food. Non-food rewards like special breaks, small prizes, and certificates are a great way to value their effort!

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/

What about lunches and snacks that are brought from home?

Foods brought from home for individual consumption do not need to comply with the *Smart Snacks* rules. At the same time, Dallas ISD encourages families to participate in supporting a healthy school environment by providing their children with healthy foods.

Can we still have food related fundraisers?

Fundraisers that sell food during the school day can be held on campus as long as they meet the *Smart Snacks* rules. However, fundraisers that use catalog sales for foods not consumed on campus can continue. Non-food fundraisers won't be affected at all. For ideas on different fundraisers go to: https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/

Can PTA sell snacks after school?

Yes, PTA can sell snacks that are smart snacks immediately after school when there is not an after school meals program.

What type of record keeping is done for foods sold in schools?

Each campus is responsible for keeping a record of the foods that are made available to students outside of the federally supported meal programs. Use the Smart Snacks product calculator to determine if the food meets the Smart Snacks criteria. Print-out the calculator result including product description and nutrition facts that will be kept on file for 4 years. <http://rdp.healthiergeneration.org/calc/calculator/>

How Can We Help?

A healthier school environment takes work and commitment. Administrators, teachers, parents and students have a role to play in supporting these changes. Alliance for A healthier Generation who is partnering with us in this effort has tools to help take action:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/

To check if your food is a Smart Snack, use the product calculator. Make sure to have the product's food label handy! <http://rdp.healthiergeneration.org/calc/calculator/>

Nutrition Standards for Foods

Any food sold or made available must be:

- Whole grain rich OR
- First ingredient be a fruit, vegetable, dairy or protein (meat, beans, poultry) OR
- Combination food with at least ¼ cup fruit &/or vegetable OR
- Contain 10% of the Daily Value of one of the nutrients of public health concern

Foods must meet several nutrient requirements:

Calorie Limits

Snacks/Sides: 200 cal or less

Entrée-NSLP: 350 cal or less

Sodium Limits

Snacks/Sides: 230 mg or less

Entrée-NSLP/SBP: 450 mg or less

Fat Limits

Total Fat: ≤ 35% of calories*

Saturated Fat: ≤ 10 % of calories*

Trans Fat: zero grams (<0.5g) *

*per portion packaged/served

Sugar Limit

≤ 35% of weight from total sugars, exception: dried fruit without sugar

Nutrition Standards for Beverages

Elementary and Middle School

- Plain Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners), no size limit;
- Low fat milk, unflavored (≤8 fl. oz.);
- Non fat milk, flavored or unflavored (≤8 fl. oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (≤6 fl. oz.)

High School

- Plain water or plain carbonated water (no size limit);
- Low fat milk, unflavored (≤12 fl. oz.);
- Non fat milk, flavored or unflavored (≤12 fl. oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (≤12 fl. oz.);
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl. oz.);
- Other flavored beverages (≤20 fl. oz.) that are labeled to contain ≤5 calories per 8 fl. oz. **or** ≤10 calories per 20 fl. oz.; and
- Other flavored beverages (≤12 fl. oz.) that are labeled to contain ≤40 calories per 8 fl. oz. or ≤60 calories per 12 fl. oz.

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: foods and beverages may contain caffeine.

Soft drinks may not be sold during the school day to any age/grade group. Soft drinks are defined as non-juice, carbonated beverages that contain natural or artificial sweeteners.

References

1. Smart Snacks. <https://www.healthiergeneration.org/>. Accessed July 2014.
2. USDA Food & Nutrition Service. School Meals: Smart Snacks in School. <http://www.fns.usda.gov/school-meals/smart-snacks-school>. Accessed July 2014. Updated June 20, 2014.
3. USDA Food & Nutrition Service. Smart Snacks in School. http://fns.dpi.wi.gov/files/fns/pdf/smartsnks_br.pdf. Accessed July 2014.
4. School Nutrition Association website. <http://www.schoolnutrition.org/>. Accessed July 2014.