

SY17 Smart Snacks in Schools: Competitive food rules for all foods sold in schools



Healthy, Hungry Free Kids Act (2010) Changes School Food Environment

Improve child nutrition and advance nutrition quality of school meals

- USDA oversight of ALL foods & beverages sold/served in schools
- Nutrition standards for ALL foods & beverages sold outside of the Federal child nutrition programs in schools

USDA's objectives:

- Focus on reimbursable meal program as the major source of food & beverages offered at schools
- Encourage consumption of healthy snacks and beverages to students outside the meal program

At-A-Glance: Competitive Foods Regulations

- Applies to ALL food and beverages sold on campus during the school day & accessible to students
 - A la carte
 - School stores
 - Snack bars
 - Vending machines
 - Other venues
- Applies to ALL grade levels
- General standards & specific nutrient standards
 - Some exemptions apply
- These are minimum standards

When do the standards apply?

School day is the period from the midnight before, to 30 minutes after the end of the official school day.

Fundraisers

- All foods & beverages meeting nutrition requirements may be sold at fundraisers on the school campus during school hours
- Standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events
- The state agency has established a maximum of 30 exemptions, no longer than 3 days in length, per school to be allowable each school year
 - Exemptions are managed by the local schools

Exemptions from Nutrient Standards

- Fruits and vegetables
 - Fresh, frozen and canned fruit packed in water, 100% juice, or light syrup
 - Fresh, frozen and canned vegetables with no added ingredients except water or with a small amount of sugar for processing
- Chewing gum

Summary Table of Nutrition Standards for ALL Competitive Foods Sold in Schools

Nutrient Standards

MUST MEET ALL:					
Per Portion as Served					
Calories	Fat	Sat Fat	Trans Fat	Sodium (mg) *	Sugar
Snacks and side dishes: ≤200	≤35% calories ²	≤10% calories ³	0g as served (≤0.5 g per portion)	Snacks and side dishes: Until July 1, 2016: ≤230mg After July 1, 2016: ≤200mg	≤35% total sugars by weight ⁴
Entrée items ¹ : ≤350				Entrée items: ≤480 mg	



***Sodium reduction takes effect for SY17**



General Standards

Must also be ONE of the following:			
A. Must be a combination food containing ≥1/4 cup fruit or vegetable	B. Must be a grain product that contains: · Whole grain (≥50% whole grain by weight <u>OR</u> whole grain is first ingredient <u>OR</u> 1 st ingredient after water)	C. Must be at least one of the following non-grain main food groups: · Fruit, Vegetable, Dairy or Protein Foods (As first ingredient or second after water)	D. Must contain ≥10% DV of <u>one</u> of the following nutrients: · Calcium ● Potassium ● Vitamin D ● Dietary Fiber (Note: This criteria will be obsolete on July 1, 2016 and may not be used to qualify foods)

¹Entrées defined as combination foods of: grain + meat; grain + fruit or vegetable; meat + fruit or vegetable; or meat alone

²Does not apply to reduced fat cheese, nuts/seeds, seafood

³Does not apply to reduced fat cheese, nuts/seeds

⁴Does not apply to certain dried fruits and vegetables

Summary Table of Nutrition Standards for Beverages Sold in Schools

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	no size limit	no size limit	no size limit
Low fat milk, unflavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non fat milk, unflavored or flavored *	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice **	≤ 8 oz	≤ 12 oz	≤ 12 oz
Other calorie-free beverages	Not allowed	Not allowed	≤ 20 oz
Other lower calorie beverages	Not allowed	Not allowed	≤ 12 oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with water (with or without carbonation) & with no added sweeteners

Smart Snacks Resources

- Alliance for a Healthier Generation
 - Product navigator- lists specific products that meet guidelines

Participating Companies

[View Companies](#)

Browse Products

[Smart Snacks](#)

[Meal Components](#)

IS YOUR SNACK A SMART SNACK?

[Get Started with Smart Snacks](#)

[Download a List of Smart Snacks](#)

ALLIANCE FOR A
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GENERATION**



Smart Snacks Calculator

Need ingredient list and nutrition facts panel

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A
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GENERATION

Is the first ingredient* of your product a ...

- a) Fruit
- b) Vegetable
- c) Dairy
- d) Protein food
- e) Whole Grain
- f) None of the above

* Refer to the label's ingredient statement. If the first ingredient is water, is the second ingredient one of the options above.

START OVER NEXT STEP

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SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A
HEALTHIER
GENERATION

Enter your product's nutrition information per amount SOLD (including all components and accompaniments).

Nutrition Facts

Serving Size cc (about g)

Amount Per Serving

Calories Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Sodium (mg)

Carbohydrates

Sugars (g)

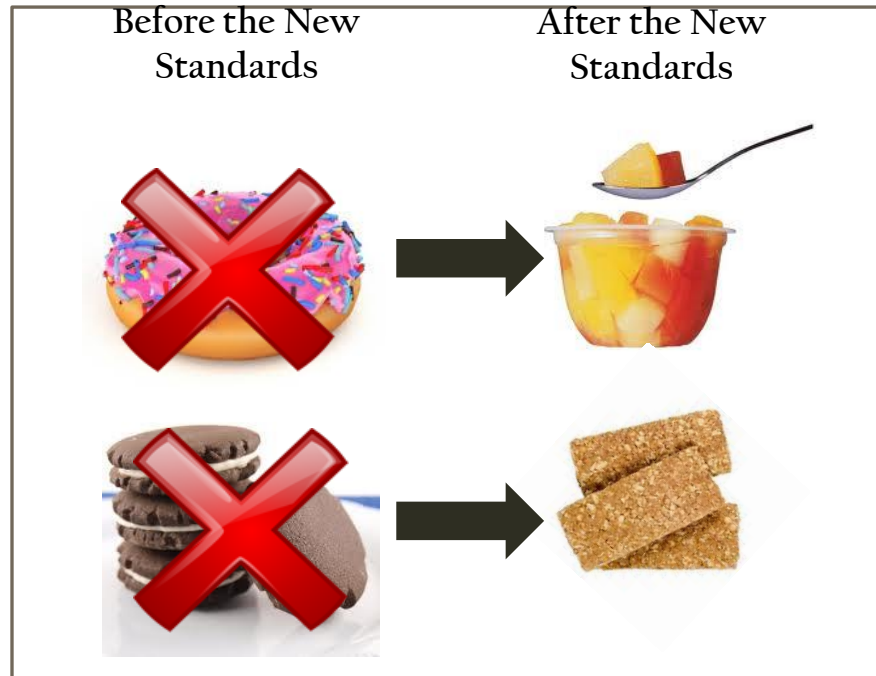
START OVER NEXT STEP

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Documents Required from Vendors

- Nutrition labels & Ingredient Statements of products being sold
 - Provide this information to local school(s)
- Alliance Calculator Statement
 - If used

What do “Smart Snacks” in schools look like?



From USDA Smart Snacks Infographic

- Reduce consumption of sodium and calories coming from fat, saturated fat and sugar
- Promote consumption of products with whole grain, low fat dairy, fruits, vegetables or protein foods as their main ingredients

Before: Vending machine in a HS

- 1 cafeteria with 3 vending machines
- 108 facings total...0 products met guidelines

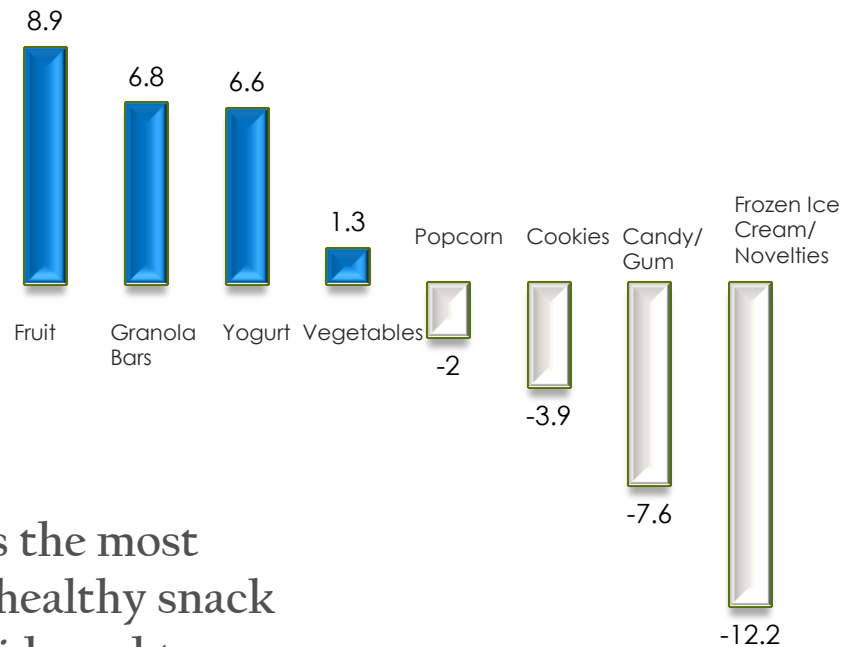


After: Vending Machine in a HS



Trends in Snacking – Good news for nutrition!

Top Growing and Declining Snack Foods - Total Kids¹

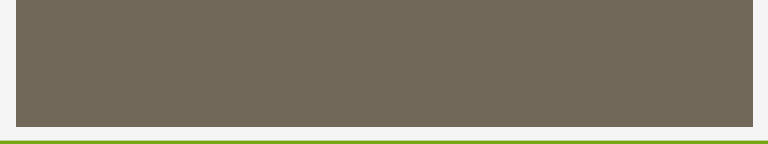


Yogurt is the most popular healthy snack among kids and teens.

1. Mintel, Attitude Toward Kid and Teen Snacking, Feb. 2013

Other Resources

- USDA School Nutrition
 - <http://www.fns.usda.gov/nslp/national-school-lunch-program>
- Alliance for Healthier Generations
 - <https://www.healthiergeneration.org/>
- Gwinnett County Public Schools
 - <http://publish.gwinnett.k12.ga.us/gcps/home/public>



**GWINNETT COUNTY PUBLIC SCHOOLS SCHOOL NUTRITION PROGRAM
VENDOR INFORMATION AND COMPLIANCE CERTIFICATION FORM
SCHOOL YEAR 2016-2017**

Vendor Name: _____
Street Address: _____
Email Address: _____

STATEMENT OF COMPLIANCE:

In order to conduct business with Gwinnett County Public Schools School Nutrition Program, all vendors must agree to the following terms: (Please initial **ALL** Fields)

- I have reviewed the mandatory SY17 Smart Snacks presentation prepared by Gwinnett County Public Schools School Nutrition Program.
- I will comply with the Smart Snacks in Schools nutrition standards as set forth by the USDA and Gwinnett County Public Schools
- I will provide a list of all products served in each location to the local school(s) I am working with.
- I will provide manufacturer's nutrition labels to the local school(s) on all food & beverages sold.
- I acknowledge that failure to comply with the regulations will result in termination of the agreement.
- I will only offer food & beverage items that follow the USDA Smart Snack Guidelines.

Below is a resource to aid you in determining if your food and/or beverage product complies with USDA guidelines for Smart Snacks:

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/

Name (Print): _____

Date: _____

Signature: _____

Please return this form to Becca McCleskey at the SNP Central Office:

Fax: 678-301-6308

Becca_Mccleskey@gwinnett.k12.ga.us



Thank you!