SMART SNACKS REFERENCE SHEET > FOODS

The Smart Snacks in School Standards require all foods sold on the "school campus" during the "school day" to meet standards for fat, saturated fat, trans fat, sugar and sodium while promoting products that have whole grains, low-fat dairy, fruits, vegetables or protein food (meat/meat alternate=M/MA) as their main ingredient. Includes foods sold by school food service, clubs, etc.

Review the following steps to determine if a planned food/beverage item meets the Smart Snacks Standards.

STEP 1: Does the item meet ONE of the following exceptions?

- **Fresh fruits and vegetables**
- **Canned or frozen fruit** (packed in water, 100% juice or light or extra light syrup)
- **Canned and frozen prepared vegetables**
- **NSLP/SBP entrée items* sold á la carte on day of OR day after service in NSLP/SBP**

*Entrée item = a combination M/MA and WG/WGR food; a combination fruit/vegetable and M/MA food; a M/MA food alone other than yogurt, cheese, seeds and nuts, or meat snacks; a WG or WGR food alone when served as a breakfast entrée.

WG=Whole Grain; WGR=Whole Grain-rich

YES - Item meets Smart Snack Standards – no need to evaluate further

NO - Proceed to Step 2

STEP 2: Does the item meet ONE of the General Standards?

- **Whole grain-rich grain product**
  Must be 50% or more whole grains by weight or first ingredient must be whole grain; if water is listed first, whole grain must be first dry ingredient.
- **First ingredient is a fruit*/vegetable/dairy product or M/MA**
  (*Excludes concentrated fruit juice or puree as these are considered added sugar.)
- **Combination food that contains at least ¼ cup of fruit and/or vegetable**
  Combination food: Food that contains two or more components representing two or more food groups. Two food group items packaged together can be considered a combination food.

YES - Proceed to Step 3

NO - Item does **not** meet Smart Snack Standards

STEP 3: Does the item meet ALL of the Nutrient Standards?

	Entree	Snack	EXCEPTIONS NSLP/SBP entrée items* sold á la carte on day of or day after service in NSLP/SBP
Calories	≤ 350	≤ 200	No exceptions
Sodium	≤ 480	≤ 200	No exceptions
Total Fat	≤ 35% of calories		• **Reduced fat cheeses** (includes part-skim mozzarella) • **Nuts, seeds and nut/seed butters** • **Items consisting of only dried fruit with nuts/seeds** (without added fat or nutritive sweeteners) • **Seafood** (no added fat)
Saturated Fat	< 10% of calories		• **Reduced fat cheeses** (includes part-skim mozzarella) • **Nuts, seeds and nut/seed butters** • **Items consisting of only dried fruit with nuts/seeds** (without added fat or nutritive sweeteners)
Trans Fat	< 0.5 grams		No exceptions
Sugar	≤ 35% (of weight from total sugars)		• **Dried whole fruits or vegetables and dehydrated fruits or vegetables** (without added nutritive sweeteners) • **Dried whole fruits or vegetables and dehydrated fruits or vegetables with nutritive sweeteners that are required for processing and/or palatability** (i.e., cranberries or tart cherries) • **Items consisting of only dried fruit with nuts/seeds** (without added fat or nutritive sweeteners)

YES - Item meets Smart Snack Standards – no need to evaluate further

NO - Item does **not** meet Smart Snack Standards

To calculate the percentage of calories from fat
(choose either method – each method may provide slightly different results)

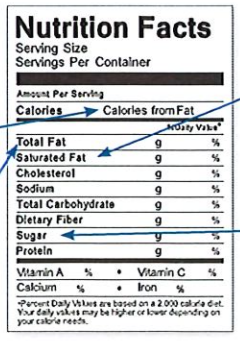
Using the Calories from fat

$$\frac{\text{calories from fat}}{\text{total calories}} \times 100$$

OR

Using the Grams of fat

$$\frac{\text{grams of fat} \times 9}{\text{total calories}} \times 100$$



To calculate the percentage of calories from Saturated fat

$$\frac{\text{grams of saturated fat} \times 9}{\text{total calories}} \times 100$$

To calculate the percentage of sugar by weight

$$\frac{\text{grams of sugar}}{\text{total weight of food in grams}} \times 100$$

Online Smart Snacks Product Calculator:
foodplanner.healthiergeneration.org/calculator

SMART SNACKS REFERENCE SHEET > BEVERAGES

Beverage Standards			
Beverages	Elementary School*	Middle School*	High School**
Water (plain or plain carbonated)	No size limit	No size limit	No size limit
Low fat Milk (unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Fat Free Milk (flavored or unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% fruit/vegetable juice	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% fruit/vegetable juice diluted with water (with or without carbonation, no added sweeteners)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Other flavored and/or carbonated beverages (containing ≤ 5 calories/8 oz or ≤ 10 calories/20 oz)	Not allowed	Not allowed	≤ 20 fl oz
Other flavored and/or carbonated beverages (containing ≤ 40 calories/8 oz or ≤ 60 calories/12 oz)	Not allowed	Not allowed	≤ 12 fl oz
* Must be caffeine free (except trace amount of naturally occurring caffeine substances)		** May contain caffeine	

COFFEE AND COFFEE DRINKS (High School Only)

Plain Coffee, Espresso or Tea is allowable.

Coffee/Tea with Accompaniments is allowed but must be sold together and meet calorie standards for "other flavored beverages" ≤ 5 calories/oz (12 oz or less)

Coffee "Drink"

1) Allowed when made from two allowable beverages/in allowed amounts (nothing added) (12 oz or less) For example:
   - Espresso + steamed nonfat flavored milk
   - Espresso + steamed low-fat unflavored milk
   - Espresso + steamed nonfat flavored milk + ice
2) When made with anything other than or in addition to allowable beverages, must meet "other flavored beverages" calorie standards of ≤ 5 calories/oz. (12 oz or less) For example:
   - 1 oz espresso + 1 oz sugar free syrup + 10 oz of non-fat milk
   - 1 oz espresso + 1 oz sugar free syrup + 6 oz of non-fat milk + 4 oz crushed ice

SMOOTHIES

Smoothies as a Food

1) Entrée: Contains M/MA and the first ingredient is one of the main food group categories and meets nutrient standards for an entrée. For example, yogurt + fruit + milk.
2) Snack: Does not contain a M/MA and the first ingredient is one of the main food group categories and it meets nutrient standards for a snack. For example, fruit + milk.

Smoothies as a Beverage

1) Allowed in limited portion sizes and made from allowable beverages. (8 oz or less elementary; 12 oz or less middle/high schools) For example:
   - 100% juice + nonfat flavored milk
   - 100% juice + low fat unflavored milk
   - 100% juice + nonfat unflavored milk + ice
2) When made with anything other than or in addition to allowable juice/milk, must meet "other flavored beverages" calorie standards of ≤ 5 calories/oz (12 oz or less) (High School Only)

FLORIDA-SPECIFIC COMPETITIVE FOODS RULE [5P-1.003(2)]

- Incorporated 7 CFR 210.11 (USDA Smart Snack Standards) by reference.
- A limited number of competitive food sales compliant with Smart Snack Standards are permitted 30 minutes after the last lunch period. Compliant and non-compliant food sales are allowed 30 minutes after the end of the school day as allowed in the School Wellness Policy.
- Ready-to-eat entrée foods from M/MA and grains (pizza, hamburger, etc.) can only be sold by the non-profit school food service program.
- As of 2015, each sponsor site must have a Healthy School Team in place to help with monitoring of any food-based fundraisers and to report on the school's Wellness Policy (42 U.S.C. 1758).
- Allows a limited number of in school food-based fundraisers to be exempt from Smart Snack Standards and the meat/grain entrée restriction.

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle Schools/ Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days