

AG for POLICY 8510 – WELLNESS (USDA SMART SNACKS IN SCHOOLS)

All food and beverages sold on a school's campus during a school day are required to meet specific nutrition standards. The USDA Smart Snacks standards apply to all food and beverages sold during the school day from midnight the night before until 30 minutes after the end of school day. This includes food and beverages sold à la carte, in vending machines, through fundraisers, or any other venue that sells to students during the school day.

A. Smart Snack Standards

All foods and beverages that meet the regulatory standards may be sold during the school day as long as they are not sold in competition with school meals in the food service area (Cafeteria) during the meal service (lunch/breakfast). The term “food service areas” is anywhere school meals are being served or consumed.

1. Competitive Food (All Food and Beverages)

All food and beverages sold to students on the **school campus** during the **school day**, other than meals reimbursable under the national school lunch and breakfast programs. Food and drink offered during mealtimes outside the school breakfast or lunch programs are considered competitive foods. These competitive foods include vending machines, à la carte lines, school stores or snack bars located anywhere on the school campus.

2. School Day

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

3. School Campus

All areas of the property under the jurisdiction of the school that is accessible to students during the school day.

These standards apply to:

- a. Alà la carte items in the Cafeteria
- b. School stores
- c. Snack bars
- d. Vending machines
- e. Culinary education programs selling to students during the day

B. Exceptions for Smart Snacks Standards

The standards do not apply to food:

1. brought to school and/or in bagged lunches
2. for birthday parties and special events
3. sold for after school fundraisers
4. sold with the intent to consume after the school day (ex. frozen cookie dough)
5. sold to adults only

C. Nutrition Standards

1. To be allowable, a food item must:
 - a. Meet all nutrition standards and not compete with the National School Breakfast and Lunch Programs
 - b. Must include 50% or more whole grains by weight or have a whole grain as the first ingredient; **OR**
 - c. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**
 - d. Be a “combination food” with at least ¼ cup fruit and/or vegetable

e. Contain 10% of the Daily Value of one nutrient of public health concern (e.g., calcium, potassium, vitamin D, or dietary fiber)

f. Have less than or equal to 35% calories from total fat as served

Exemptions: reduced fat cheese; nuts and seeds and nut/seed butters; dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat; seafood with no added fat; and part-skim mozzarella

g. Have less than 10% calories from saturated fat as served

h. Zero grams trans-fat per portion as packaged/served

i. Have less than or equal to 35% of weight from total sugars per item

Exemptions: dried/dehydrated fruits or vegetables (no added nutritive sweeteners); dried fruits with nutritive sweeteners for processing and/or palatability (e.g., dried cranberries, tart cherries, and blueberries); dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)

j. Snacks and side items – less than or equal to 230 mg sodium; less than or equal to 200 calories

k. A la carte entrée items – less than or equal to 480 mg sodium; less than or equal to 350 calories

D. Standards for Beverages

To be allowable, a beverage item includes: *(size allowances vary with school level)*

1. Plain or carbonated water
2. Unflavored non-fat and low-fat milk (1%)
3. Flavored non-fat milk
4. 100% fruit/vegetable juice
5. 100% fruit/vegetable juice diluted with water (carbonated or noncarbonated) – no added sweeteners

Note: Maximum serving sizes for milk and juice are 8 fluid ounces in elementary school and 12 fluid ounces in middle and high schools; all foods and beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances at the elementary and middle schools; no caffeine restrictions at the high school.

High School Only

1. Calorie-free beverages: maximum serving size is 20 fluid ounces
2. Calorie-free flavored water, with or without carbonation
3. Other “calorie-free” beverages with less than or equal to 5 calories per 8 fluid ounces, or up to 10 calories per 20 fluid ounces
4. For lower calorie beverages: maximum serving size is 12 fluid ounces with up to 60 calories per 12 fluid ounces; or up to 40 calories per 8 fluid ounces

E. Fund Raisers

1. No fundraiser foods or beverages may be sold in competition with school meals in the food service area (Cafeteria) during the meal service (lunch/breakfast). The term “food service areas” is anywhere school meals are being served or consumed.
2. Food and beverage fundraisers that meet the regulatory standards and do not compete with the reimbursable breakfast and lunch program may be sold on the school campus during school hours.
3. Indiana has allowed two exempt fundraisers per school building per school year that do not meet the Smart Snack standards. However, the two exempt fundraisers cannot:
 - last for more than one school day (one fundraiser lasts for one school day)
 - be sold in competition with school meals

Building principals are required to maintain records for all competitive food available for sale to students in areas under its jurisdiction.

Also reference policies:

Policy 8500 – Food Service

Policy 5830 – Student Fund Raising