

# SMART SNACKS IN MNPS

MNPS follows the guidelines for *Smart Snacks in Schools* which is part of the Healthy, Hunger-Free Kids Act of 2010. These guidelines are designed to promote healthier meal options while limiting junk food available to students during the school day. Smart Snacks in Schools guidelines also prohibit schools from advertising or marketing any food or beverage item that does not meet Smart Snack standards. Nutrition standards apply to foods and beverages that students have access to purchase during the school day on the school campus. Below is a breakdown of the Smart Snacks in Schools guidelines.

## Facts About 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: ≤ 200 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
- ≤ 35% of weight from total sugars in foods

## Facts About 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.
- 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
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Additional Requirements:

### • 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.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

### • Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.