



Competitive Foods in Schools

Healthy Kids Act vs. Healthy Hunger-Free Kids Act

- Healthy Kids Act
 - State Law
 - **Competitive Foods**
 - Physical activity
 - CPR requirements
- Healthy Hunger-Free Kids Act (*interim final rule*)
 - Federal Law
 - School Meals
 - **Competitive Foods**
 - School Wellness Policy





All products
SOLD



Entire school
day

(midnight to 30 minutes after the
end of the school day)



Entire school
campus



NOT classroom
parties



NOT evenings,
weekends or
community
events



FUNDRAISERS

School Day Only

(midnight to 30 minutes after the
end of the school day)

**All foods and
beverages sold
must meet the
standards**



GENERAL STANDARDS FOR COMPETITIVE FOODS

Whole Grain

**Non-Grain
Food Group**

**Combination
Food**

**10% DV of
certain
nutrients**
(until July 1, 2016)



**Smart
Snacks**

MEETS ALL NUTRIENT STANDARDS

Nutrient Standards

- Calorie limits:
 - Snack: ≤ 200 calories
 - Entrée: ≤ 350 calories
- Sodium limits:
 - Snack: ≤ 230 mg
 - Entrée: ≤ 480 mg
- Fat limits:
 - Total Fat: $\leq 35\%$ of calories
 - Saturated Fat: $\leq 10\%$ of calories
 - Trans fat: Zero grams
- Sugar limits:
 - Snack: $\leq 35\%$ of weight from total sugars



ALL GRADES



WATER



(with or without carbonation)

**NON FAT
MILK**



(plain or flavored)

**LOW FAT
MILK**



(plain only)

**100% FRUIT
OR
VEGETABLE
JUICE**

(no added sweeteners)

**100% FRUIT
OR
VEGETABLE
JUICE
DILUTED
W/WATER**

(with or without carbonation)

**SERVING
SIZE
LIMITS:
8 oz. ES
12 oz. MS/HS**

(milk, juice)

HIGH SCHOOL **ONLY**



**DIET
BEVERAGES
(20 oz.)**



(<5 kcal/8 oz. OR
 ≤ 10 kcal/20 oz.)

**LOW-
CALORIE
BEVERAGES
(12 oz.)**



(≤ 40 kcal/8 oz. OR
 ≤ 60 kcal/12 oz.)

Caffeine

- Allowed in high school
- Be mindful of the level of caffeine in beverages when selecting products



iPad

9:41 AM

IS YOUR SNACK A SMART SNACK?



Product Calculator

See which snacks & beverages meet Smart Snack guidelines.



**Smart
Snacks**

www.healthiergeneration.org/smartsnacks

Product Information

Take the guess work out of your day! Our Smart Snacks Product Calculator will help you determine if your product meets the USDA Smart Snacks in School nutrition standards*. Answer the following series of questions to see whether your product is compliant. Then save and print for your records!

*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools.

NOTE: Please enter information for the product as SOLD (both amount actually portioned, as well as how it is eaten, such as a beef patty on a bun with all of the accompaniments as opposed to just the beef patty).

My Product is a ...

- a) Snack 
- b) Side 
- c) Entree 
- d) Beverage

START OVER

NEXT STEP



Smart Snacks Product Calculator Results

Brand:
Simply Balanced

Product Name:
**Raspberry Fruit on the Bottom Greek
Yogurt**

Serving Size:
150.00 g

First Ingredient:
**Cultured Pasteurized Grade A Nonfat
Milk**

- Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 150.00 g ⓘ

Amount Per Serving

Calories 110

Calories from Fat NA

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 50

Carbohydrates

Sugars (g) 13

Vitamin D (%) NA

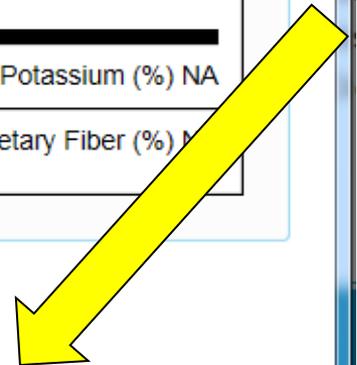
Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

START OVER

PRINT FOR YOUR RECORDS



Product Navigator

Product Navigator > Smart Snacks

Smart Snacks

Snacks

Find snacks that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.

Side Items

Find side items that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.

Entrees

Find entrees that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.

Beverages

Find beverages that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.

https://schools.healthiergeneration.org/resources_tools/school_meals/alliance_product_navigator/



[Baked! Cheetos with 10% Calcium - .875 oz](#)
SKU: Multiple Flavors Available



[Baked! Lays - .875 oz](#)
SKU: Multiple Flavors Available



[Baked! Lays - 1.125 oz](#)
SKU: Multiple Flavors Available



[Baked! Tostitos Scoops - .875 oz](#)
SKU: 06997



[Baked! Tostitos Scoops 16 oz. \(1 oz svg\)](#)
SKU: 42391



[California Classics Cheese Balls, 1.5oz](#)
SKU: 61022

Excel List of Approved Items: [Click here!](#)



[Cheetos Fantastix! Baked Snacks - 1 oz](#)
SKU: Multiple Flavors Available



[katy perry's kettle corn - 1 oz](#)
SKU: 100 82666 41100 7

Child Nutrition Review

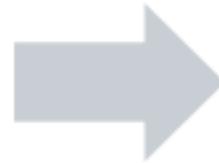
- Review of items sold during the school day in a la carte, vending machines, school stores, fundraisers
- Multiple school staff may be involved
- Print out of items to demonstrate compliance
- Recommendations and/or corrective action



ENGAGE STUDENTS



KEY TO SUCCESS



THANK YOU!!