

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains.

The Smart Snacks in School standards published by USDA will build on those healthy advancements by ensuring that snack foods and beverages sold to students, other than those foods provided through the National School Lunch Program and the School Breakfast Program, are tasty and nutritious.

## Nutrition Standards for 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  $\frac{1}{4}$  cup of fruit and/or vegetable.

### Foods must also meet several nutrient requirements:

#### Calorie limits

Snack items:  $\leq 200$  calories  
Entrée items:  $\leq 350$  calories

#### Sodium limits

Snack items:  $\leq 200$  mg  
Entrée items:  $\leq 480$  mg

#### Fat limits

Total fat:  $\leq 35\%$  of calories  
Saturated fat:  $< 10\%$  of calories  
*Trans fat*: zero grams

#### Sugar limit

$\leq 35\%$  of weight from total sugars in foods

### 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.



## Nutrition Standards for 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  $\leq 10$  calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.

## Other Requirements

### Fundraisers

- Food and beverages sold as a part of a fundraiser during the school day must meet the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Any food and beverage sold during the school day must meet the nutrition standards. The school day is anytime before the first bell until 30 minutes after the last bell.



The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in school — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus.

The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage options already available in the marketplace.

### For more information:

### Iowa Dept. of Education

<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/smart-snacks-school>

[schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov)

515.281.5356

# SMART SNACKS IN SCHOOL



“All Foods Sold in Schools”  
Standards