

# Smart Snacks in School

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# Objectives

## *Smart Snacks in School Presentation*

### **Participants will:**

- Understand requirements of Smart Snacks in School guidelines
- Begin to determine how the Smart Snacks guidelines will affect their districts and realms of work
- Gain familiarity with available tools, particularly Smart Snacks in School Calculator
- Gain knowledge of where and whom to contact for more information



# Background

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Why Smart Snacks in School guidelines are happening now

# Obesity & Poor Diets All Around



- The diets of most U.S. children are low in fruits, vegetables, whole grains and dairy foods, while high in sugar, sodium and added fat
- One-third of U.S. children are either overweight or obese
- Today's kids may be the first generation to not live a longer life than their parents
- Military preparedness

# School Environments

- Foods are sold in schools well beyond just the cafeteria
  - A la carte
  - Vending machines
  - School stores
  - Snack bars
  - Fundraisers
  - Classrooms
- Nearly all high school students (95%) have access to vending machines



# Foods Sold in Schools - Status

- Foods/beverages offered outside of School Nutrition Programs (SNP) and the Child and Adult Care Food Program (CACFP) often lack healthy options
- Most students consume at least one snack food at school a day
- The Healthy, Hunger-Free Kids Act of 2010 directs USDA to set nutrition standards throughout the school campus to complement gains made in school meals and address the quality of foods sold outside of SNP and CACFP



# Restricting “Unhealthy” Foods in Schools Linked to Lower Obesity

- Some research shows that policies that restrict unhealthy foods in schools are linked to fewer overweight and obese students, and lower Body Mass Index (BMI) (Robert Wood Johnson Foundation)
- Students’ BMIs increase when schools allow sales of “junk food”



# What makes a healthy school environment?



The infographic consists of six horizontal bars, each with a circular logo on the left and text on the right. The logo features a stylized figure with arms raised, surrounded by the word 'TEAM' in a circular arrangement. The bars are colored as follows: green, blue, orange, purple, light green, and light green. To the right of the infographic is a photograph of a group of diverse students walking in a hallway. In the foreground, a young man with a backpack is smiling and holding a notebook.

- Nutrition Education
- Nutritious School Foods
- Daily opportunities to be physically active
- Programs that promote wellness
- Healthy fundraising
- School-wide support

# Smart Snacks Guidelines

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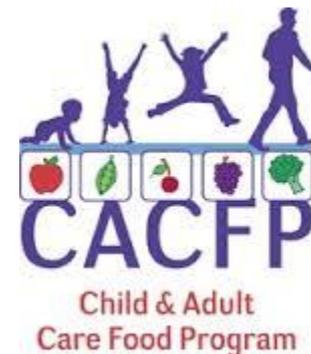
Requirements effective **July 1, 2014**

# Who is impacted by the rules?

- Only students are impacted
  - All grade levels
- Rules do not affect foods or beverages sold only to teachers or adults (e.g., teacher's lounges)

# What foods are affected by the Smart Snacks standards?

- Foods sold by schools participating in School Nutrition Programs
- Meals served through NSLP, SBP, Afterschool Snack or CACFP are NOT affected by these standards



# What foods are affected by the Smart Snacks standards?

- Only competitive foods are impacted by the standards
  - Competitive food = All food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under school meal programs.



# When do the standards apply?

- When standards take effect
  - July 1, 2014 (2014-15 SY)
- When standards apply in school
  - School day = The period from the midnight before, to 30 minutes after the end of the official school day.

# Where do the standards apply?

- School campus = All areas of the property under the jurisdiction of the school that are accessible to students during the school day.



# How do the standards apply?

- Standards apply to all foods and beverages **sold** outside of SNP, CACFP
- Includes exchange of:
  - Currency
  - Tokens
  - Tickets
  - Points
- Includes “suggested donations”
- Does **not** include
  - Foods and beverages given away
  - Food given as a reward
  - Foods and beverages brought from home
  - Foods and beverages sold to school staff



# Smart Snacks in School Guidelines Affect:



All products SOLD  
outside of School  
Nutrition  
Programs or  
CACFP



Entire school  
day



Entire school  
campus



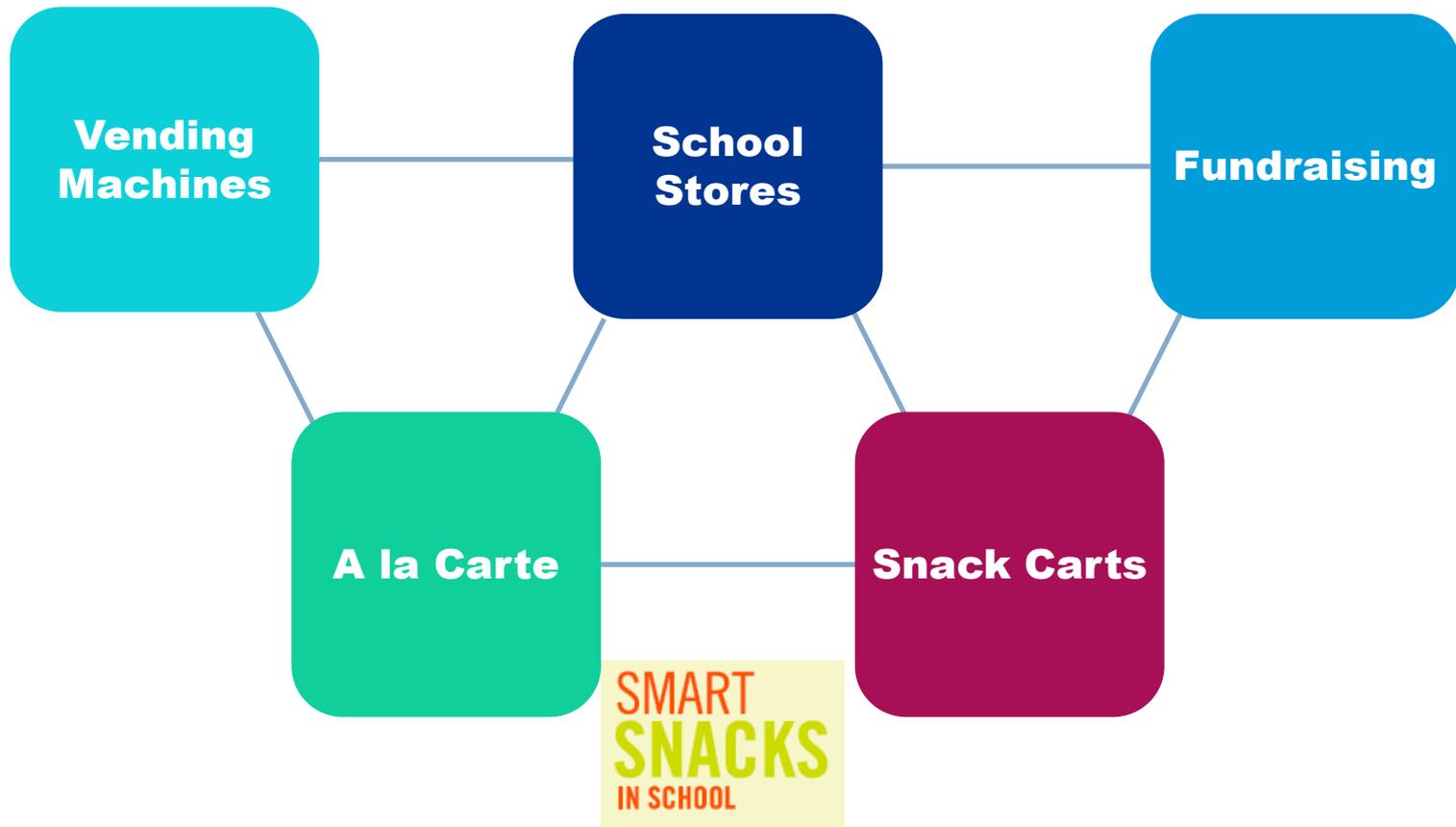
NOT foods  
served



NOT evenings,  
weekends or  
community  
events

# Smart Snacks in School Nutrition Standards

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# Culinary Programs in Smart Snacks Land

- Does not impact program curricula or foods sold to adults at any time
- Foods sold to students during the school day must meet Smart Snacks standards
- Schools can expand by selling to restaurants , off-campus and after school events
- Schools can also challenge students to develop recipes that meet Smart Snacks standards



# Example: Recipe for Health Kids Contest

- National contest challenging students to work with chefs to develop healthy recipes to be served in schools
- Categories:
  - Whole grains
  - Legumes
  - Dark green/Orange veggies



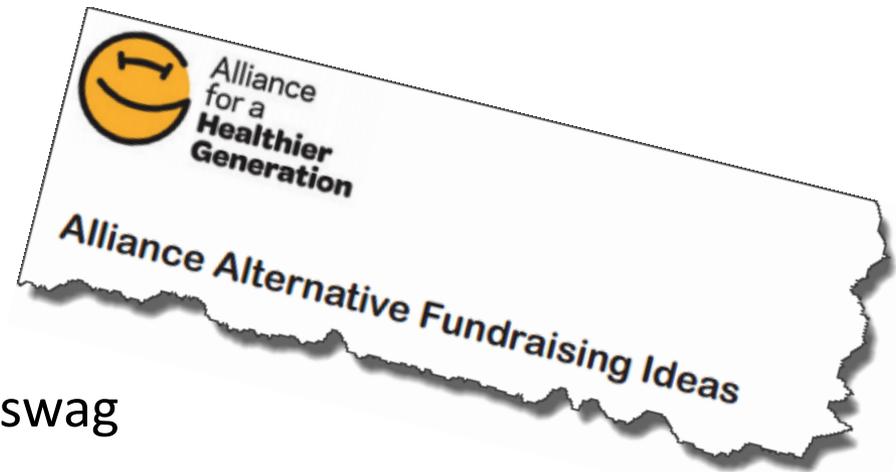
# Fundraising in Smart Snacks Land

- School districts are not allowed to hold food fundraisers during the school day that do NOT meet the Smart Snacks guidelines.
- However, these school fundraisers are still allowed during the school day:
  - Fundraisers selling foods that meet the guidelines
  - Fundraisers selling non-food items
- Foods sold during the school day not intended to be eaten immediately can be exempt, if reasonable (e.g., cookie dough or pizza kits)



# Healthy Fundraiser Examples

- Printable handout coming soon from MDE; already available from others (see “Resources” slides)
- Options include:
  - 5k fun run
  - Plant sales
  - Car wash
  - School logo clothing and swag
  - Holiday wreaths
  - Emergency kits
  - Cookbooks
  - Haunted houses
  - Household supplies



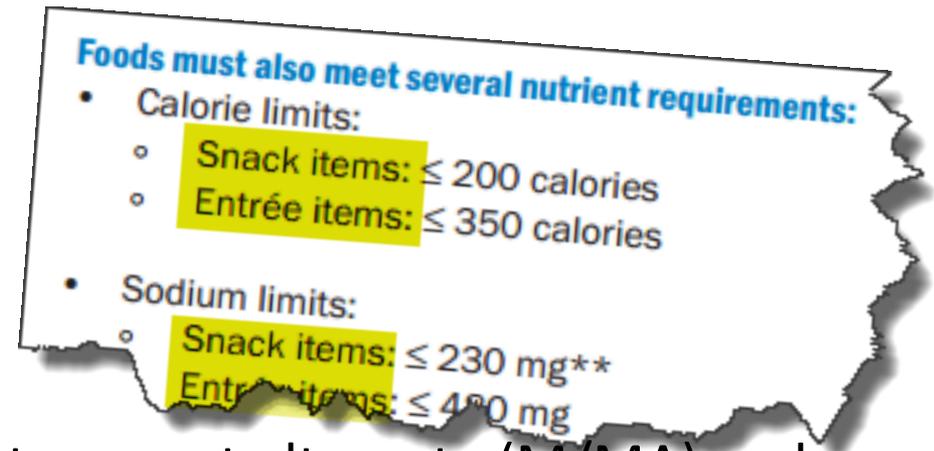
# Foods and Smart Snacks

- Foods must meet both **General Standards** and **Nutrient Standards**
  - Breaks down into “snack” and “entrée” foods, each with different limits
- Beverages must meet **Beverage Standards**
- Some exemptions apply



# Snack vs. Entrée

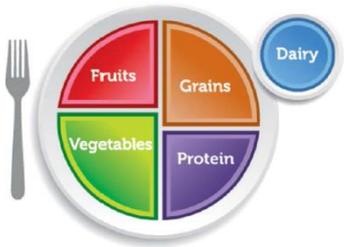
- **Entrée item = any item that is either:**
  - A combination food of meat or meat alternate (M/MA) and whole grain rich food (WGR); OR
  - A combination food of veg or fruit and M/MA; OR
  - M/MA alone (except yogurt, cheese, nuts and seeds or their butters and meat snacks); OR
  - A grain item if served at breakfast time under SBP
  - Entrees served same day or previous day under NSLP, SBP are exempt
- **Snack = Foods that don't meet entrée criteria above and/or single item foods**



# General Standards

**To meet Smart Snacks guidelines, foods must first be one of these:**

1. Be a whole grain-rich product; OR
2. Have as the first ingredient as a fruit, vegetable, dairy or protein food (meat, beans, poultry, etc.); OR
3. Be a “combination food” with at least  $\frac{1}{4}$  cup fruit and/or vegetable; OR
4. Contain 10% of the Daily Value of one nutrient of public health concern (only this school year)
  - Calcium, potassium, vitamin D, dietary fiber



# Smart Snacks General Standards

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**Whole Grain**

**Fruit,  
Vegetable,  
Protein or  
Dairy**

**Combination  
Food**  
(at least  $\frac{1}{4}$  c. fruit  
or vegetable)

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

**MEETS ALL NUTRIENT STANDARDS**

# What is a Combination Food?

- Combination food = A food or bundled foods with at least two of the allowable food groups
- May contain whole grain, fruit, vegetable, dairy or protein food as first item
  - Blueberry muffin
  - Chili or stew
  - Bundled food with at least ¼ cup fruit or vegetable
    - 100 calorie bag of cookies with one small banana



# Smart Snacks Nutrient Standards

- Total Fat
- Saturated Fat
- Trans Fat
- Sodium
- Calories
- Total Sugar



# Total Fat

- ≤35% of total calories from fat per item as packaged/served
- Exemptions from this limit:
  - Reduced-fat cheese
  - Part-skim mozzarella
  - Nuts and seeds
  - Nut and seed butters
  - Dried fruit with nuts or seeds with no added:
    - Fat
    - Nutritive sweeteners (sweetener OK if added for palatability only)
  - Seafood with no added fat

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 3g	

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<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g

# Saturated Fat & Trans Fat

- <10% of total calories per item as packaged/served
- Exceptions:
  - Reduced-fat cheese
  - Part-skim mozzarella
  - Nuts and seeds
  - Nut and seed butters
  - Dried fruit with nuts and seeds with no added sweeteners/fat
- <0.5g grams of trans fat per portion as packaged/served

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Serving Size 2/3 cup (55g) Servings Per Container About 8		8 servings per container Serving size 2/3 cup (55g)	
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% Daily Value*		% DV*	
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Saturated Fat 1g	5%	5%	Saturated Fat 1g
Trans Fat 0g			Trans Fat 0g
<b>Cholesterol</b> 0mg	0%	0%	<b>Cholesterol</b> 0mg
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Dietary Fiber 4g	16%	14%	Dietary Fiber 4g
Sugars 1g			Sugars 1g
<b>Protein</b> 3g			Added Sugars 0g



# Sodium

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Trans Fat 0g		<b>0%</b> <b>Trans Fat</b> 0g	
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Sugars 1g		<b>Sugars</b> 1g	
<b>Protein</b> 3g		<b>Added Sugars</b> 0g	

- **Entrée** items without NSLP/SBP exemption:
  - **≤480mg** sodium per item
- **Snack and side items:**
  - This and next year **≤230mg** (until June 30, 2016)
  - After **≤200mg** (after July 1, 2016)

# Calories

- **Entrée** items that do not meet NSLP exemptions:
  - ≤**350** calories per item
- **Snack** items and side dishes:
  - ≤**200** calories per item

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<b>14%</b>	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g

# Sugars

- ≤35% of total food weight from sugars per item
- To calculate % sugar by weight: Take the grams of sugar on Nutrition Facts Panel and divide that by the total weight of the food in grams. Multiply this by 100.

The result is % sugar by weight. Do not round the result.

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<b>14%</b>	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g

# Dried Fruit: Sugar Exemption



- Some dried fruit needs added sugar for processing or palatability; this is OK
- Exempt from the sugar requirement:
  - Dried cranberries
  - Dried tart cherries
  - Dried blueberries

# NSLP/SBP Entrée Exemption

- Entrees that are part of the NSLP/SBP can be sold the **day of and the next operating day** after service. They are **exempt from Smart Snacks standards**.
- Entrees must be sold in same portion as offered in the School Nutrition Programs
- Side dishes sold as competitive foods must meet all standards
- Grain-only breakfast entrees now allowed



# Entrée Quiz

- Which of the following can be considered entrees?
  - Cheese sandwich
  - Yogurt topped with strawberries and granola
  - 2 Tbsp peanut butter
  - Whole-grain waffles syrup
  - Smoothie with strawberries and yogurt

# Smart Snacks Beverage Standards

- Vary by grade level
- Identify specific types of beverages allowed
- Include portion size limits
- Allow for any size of water (either carbonated or noncarbonated)



# Milk

- Unflavored fat-free and low-fat milk
- Flavored fat-free milk
- Fluid milk substitutions
  
- Maximum serving sizes:
  - 8 fluid ounces – Elementary
  - 12 fluid ounces – Middle and High Schools



# Juice

- 100% fruit and/or vegetable juice
- 100% juice diluted with water
  - Either carbonated or uncarbonated
  - With no added sweeteners
- Maximum serving sizes
  - 8 fluid ounces – Elementary
  - 12 fluid ounces – Middle and High Schools

# Lower Cal Beverages - High School

- Lower-calorie beverages
  - Maximum serving size = 12 fluid ounces
- Up to 60 calories per 12 fluid ounces; OR
- Up to 40 calories per 8 fluid ounces



# Other Beverages – High School

- Calorie-free beverages: Max serving size 20 fluid ounces
  - Calorie-free flavored water, with or without carbonation
  - Other “calorie-free” beverages with less than 5 calories per 8 fluid ounces, or up to 10 calories per 20 fluid ounces



# Caffeine – Allowed in High School

- With the exception of naturally-occurring caffeine substances, all foods and beverages must be caffeine-free
- High school = No caffeine restrictions

# Coffee & Tea – High School

- Cream and sweeteners
- Lattes and cappuccinos
- Must meet “Other” beverage nutrient standards:
  - $\leq 60$  calories per 12 fluid ounces
  - $\leq 5$  calories per 1 fluid ounce

# Smart Snacks

## Beverage Standards

**ALL GRADES**

**WATER**

(with or without carbonation,  
no size limit)

**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. )



[www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks)



# Frozen Products – Food or Beverage?

- Food
  - Must contain major food group
  - Meet nutrient standards for snacks
- Beverage
  - Must not contain added sweeteners for elementary/middle schools
  - If contains sweetener at high school level, must meet “Other” beverage standards



# Nutrition Facts Panel

- Contains all the information needed to evaluate against the nutrient standards:
  - Calories
  - Total Fat
  - Saturated Fat
  - Trans Fat
  - Sodium
  - Sugars

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# Potable Water Requirement

- Similar to what Michigan has already been looking for during Administrative Reviews
  - Potable drinking water should be made available without restriction during meal times where breakfast and lunch are served
    - Exception: When meals are served in the classroom
- Examples
  - Nearby water fountain
  - Accessible water jugs, pitchers, cups of water, etc.
- CDC has a new toolkit, *Increasing Access to Drinking Water in Schools Toolkit*

# Smart Snacks Resources

- **Alliance for a Healthier Generation:**  
[www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks)
  - Smart Snack Calculator
  - List of approved products
  - Other helpful info
- **USDA Smart Snacks site:** [www.fns.usda.gov/school-meals/smart-snacks-school](http://www.fns.usda.gov/school-meals/smart-snacks-school)
  - Summary info
  - Regulations and details
- **Michigan School Nutrition Programs Smart Snacks site:**  
[www.michigan.gov/schoolnutrition](http://www.michigan.gov/schoolnutrition) --> “Smart Snacks”
  - To include list of products that meet Smart Snacks guidelines (by end of August ‘14)
  - PowerPoint turnkey
  - Handouts
  - Recommended fundraiser ideas
- ***Increasing Access to Drinking Water in Schools Toolkit***, from CDC:  
[http://www.cdc.gov/healthyouth/npao/pdf/Water\\_Access\\_in\\_Schools.pdf](http://www.cdc.gov/healthyouth/npao/pdf/Water_Access_in_Schools.pdf)



# Healthy Fundraiser Resources

- Michigan Nutrition Standards Healthy Fundraising Ideas:  
[http://www.michigan.gov/documents/mdch/Healthy\\_Fundraising\\_369122\\_7.pdf](http://www.michigan.gov/documents/mdch/Healthy_Fundraising_369122_7.pdf)
- Team Nutrition List of Resources:  
<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>
- Center for Science in the Public Interest: Successful Fundraising Stories:  
<https://www.cspinet.org/new/pdf/healthy-school-fundraising-success-stories.pdf>
- MDE to post its own list on our Smart Snacks webpage soon



# Thank you! Questions?

- **Smart Snacks Contact:**

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