

# Smart Snacks in Schools

## Colorado Springs School District 11

*Smart Snacks in Schools* are Federal nutrition standards required by the Healthy, Hunger Free Kids Act of 2010. These standards apply to all foods available for sale to students during the school day<sup>1</sup>. Additionally, Colorado law prohibits the sale of food and beverages to students 30 minutes before through 30 minutes after school meal programs. *Smart Snacks in Schools* standards do not apply to foods and beverages brought into the school by parents or other groups that are provided, not sold.

### Nutrition Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich”<sup>2</sup> grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food<sup>3</sup> 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:

- 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
- Snacks
  - ≤ 230 mg sodium and ≤ 200 calories
- Entrees
  - ≤ 480 mg sodium and ≤ 350 calories

**District 11 Fundraiser Food Exemption** – Up to 3 fundraiser food exemptions per school building per school year are allowed in District 11.

<sup>1</sup>the period from the midnight before to 30 minutes after the end of the official school day.

<sup>2</sup> must contain at least 50% whole grains and any remaining grain must be enriched

<sup>3</sup> products containing two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

### Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Low fat (unflavored) or nonfat (flavored or unflavored) milk;
  - ≤ 150 calories per 8 ounces
- 100% fruit or vegetable juice; no added sweeteners;
  - ≤ 120 calories per 8 ounces

Elementary schools may sell up to 8-ounce portions, middle schools may sell up to 10-ounce portions and high schools may sell up to 12-ounce portions of milk and 100% juice. There is no portion size limit for plain water.

High Schools only may also sell:

- As per the Colorado Healthy Beverage Policy requirements, Other Beverages (Coffee, Tea, Sports Drinks, Flavored Water or Seltzer, Juice Drinks with <100% Fruit Juice, Fitness Waters, etc.) must meet the following criteria:
  - If beverage is ≤ to 12 ounces, it must contain ≤ 5 calories per ounce (ex: 8 oz. beverage ≤ 40 calories,)
  - If beverage is between 13 and 20 ounces, it must contain ≤ 0.5 calories per ounce (ex: 20 oz. beverage ≤ 10 calories,)
  - Beverages may not exceed 20 ounces,

Diet soda is prohibited per Colorado Law.

**Beverage Exemption** – Beverages at school related events occurring outside of the regular and extended school day where parents and other adults are a significant part of the audience are exempt from the above beverage standards. Note this exemption does not apply to food items.

## Frequently Asked Questions

### What role does the District have?

- The District must establish policies and procedures necessary to ensure compliance. This includes documenting and maintaining records for all competitive food available for sale to students in areas under its jurisdiction and outside the control of the Food & Nutrition Services Department. D11 has created an electronic tracking tool waiver that can be found on the D11 FNS Smart Snacks page: <http://d11.org/FNS/Pages/SMARTSNACKD11.aspx>
- The school food authority responsibilities are to maintain records documenting compliance with competitive foods under the umbrella of the nonprofit food service (a.k.a. D11 Food and Nutrition Services).

### What role does the School have?

- Each school is responsible for keeping a record of all foods sold during the school day at their site for 3 years, including nutrition information, ingredients, portion size and dates when foods are for sale to students.

### What if my fundraiser meets the regulations?

- The sale of food items which meet nutrition requirements at fundraisers are not limited in any way under Smart Snacks in Schools.

### What if a parent or school group wants to bring a food or beverage item to a school party?

- *Smart Snacks in Schools* nutrition standards and the *Colorado Healthy Beverage Policy* standards only apply to food and beverage items that are available for sale to students during the school day<sup>1</sup>. Any food or beverage that is provided, not sold is exempt from these standards.

### Do the competitive food and beverage rules apply to teacher's lounges and other staff areas?

- The *Smart Snacks in Schools* rule states "to the extent that teacher's lounges and other similar areas are restricted areas not accessible to students, the competitive food standards in this rule would not apply to foods sold in those areas."

### Does the Smart Snacks in Schools Rule apply to food and beverage fundraisers that are sold with an order form?

- No, fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and foods not intended for consumption at school may continue.