

## SAYDEL COMMUNITY SCHOOL DISTRICT

### FUNDRAISING FOOD & NUTRITION INFORMATION

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The school day is midnight the night before until 30 minutes after the end of the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

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 will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

**Approved:** June 2017

**Reviewed:** November 2017

**Revised:**

# Smart Snacks in School

## USDA's "All Foods Sold in Schools" Standards

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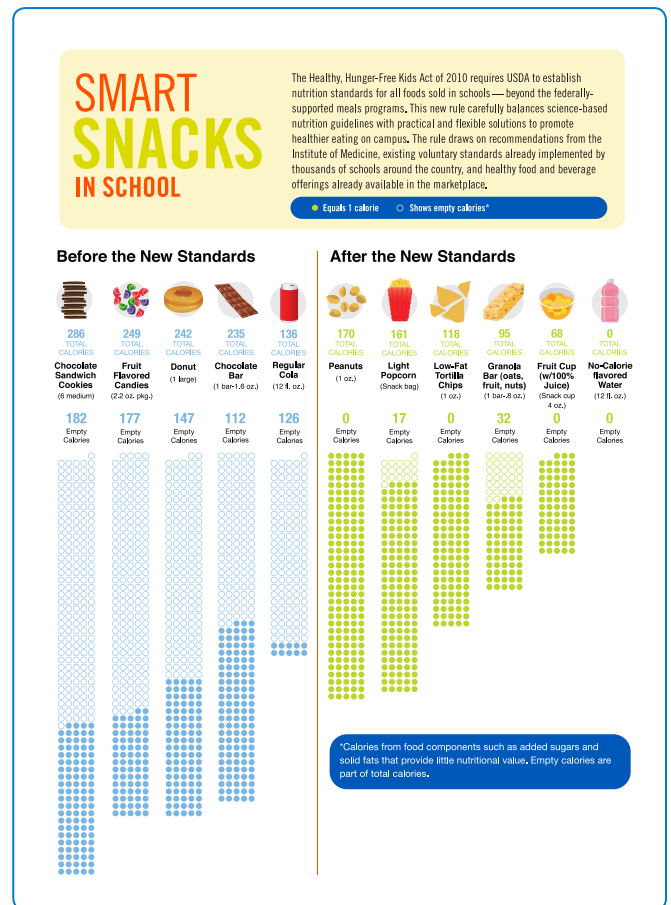
### Nutrition Standards for Foods

**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 ¼ cup of fruit and/or vegetable.

**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



## **Nutrition Standards for Beverages**

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- **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.

## **Other Requirements**

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- **Fundraisers**
  - The sale of food and beverage items sold at fundraisers during the school day must meet the nutrition standards. The school day is midnight the night before until 30 minutes after the end of the school day.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- **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.

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### **For more information visit:**

#### **Iowa Department of Education Healthy Kids Act:**

<https://www.educateiowa.gov/pk-12/learner-supports/healthy-kids-act>

#### **USDA Smart Snacks:**

<http://www.fns.usda.gov/school-meals/smart-snacks-school>

#### **Alliance for a Healthier Generation Product Calculator:**

[https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

#### **Alliance for a Healthier Generation Product Navigator:**

[https://schools.healthiergeneration.org/resources\\_\\_tools/school\\_meals/alliance\\_product\\_navigator/](https://schools.healthiergeneration.org/resources__tools/school_meals/alliance_product_navigator/)

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