

## Which food and beverages sold at school need to meet the Smart Snacks Standards?

Any food and beverage sold to students at schools during the school day,\* other than those foods provided as part of the school meal programs.

Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.

Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your State agency. 11 12 13 \*

The school day is defined as the midnight before to 30 minutes after the end of the school day.

## What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); 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; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Sugar	35% by weight or less

## What are the Smart Snacks Standards for Beverages?

### **Elementary School**

**Water** – Plain with or without carbonation – **No Limit**

**Milk** – Unflavored or flavored low-fat and fat-free milk – **8 fl oz**

**Juice** – 100% fruit or vegetable juice, with or without carbonation – **8 fl oz**

**Diluted Juice** – 100% fruit or vegetable juice diluted with water, w/wo carbonation; no added sweeteners – **8 fl oz**

### **Middle School**

**Water** – Plain with or without carbonation – **No Limit**

**Milk** – Unflavored or flavored low-fat and fat-free milk – **12 fl oz**

**Juice** – 100% fruit or vegetable juice, with or without carbonation – **12 fl oz**

**Diluted Juice** – 100% fruit or vegetable juice diluted with water, w/wo carbonation; no added sweeteners – **12 fl oz**

### **High School**

**Water** – Plain with or without carbonation – **No Limit**

**Milk** – Unflavored or flavored low-fat and fat-free milk – **12 fl oz**

**Juice** – 100% fruit or vegetable juice, with or without carbonation – **12 fl oz**

**Diluted Juice** – 100% fruit or vegetable juice diluted with water, w/wo carbonation; no added sweeteners – **12 fl oz**

**Low & No Calorie Beverages** – w/wo carbonation and/or caffeine; calorie-free, flavored water

Low calorie maximums: 40 calories/8 fl oz, 60 calories/12 fl oz – Equiv. to 5 cal per fluid oz

No calorie maximum: 10 calories/20 fl oz – Less than 5 calories per 8 fluid oz

## Sale of Food

If pizza or any other food is sold in a classroom, is it subject to the Smart Snacks rule? All food sold to students anywhere on the campus during the school day is subject to the Smart Snacks regulatory requirements. The Smart Snacks standards do not apply to food given to students without the exchange of currency/purchased tokens/purchased tickets or to food brought to school by the students for their own consumption.

### When: What times during the school day do the regulations apply?

- Per 702 KAR 6:090, no competitive foods or beverages can be **sold** during the school day until 30 minutes after the last lunch period.
- Per 7 CFR 210.11, the time frame where regulations dictate the sale of foods and beverages extends to 30 minutes after the end of the official school day.

#### Scenario

School A's last lunch period ends at 12:30 and dismissal is at 3:00.

School A has a vending machine, the machine may be operational with approved items from 1:00 pm until 3:30 pm. After 3:30 pm, the vending machine may be operational and contain any item as chosen by school. The school may not operate the vending machine prior to 1:00.