

# Smart Snacks in a Nutshell



Nutrition Standards for All Foods Sold In Schools Final Rule  
School Year 2018-2019

The Smart Snacks Final Rule finalizes science-based nutrition guidelines for competitive foods sold on the school campus during the school day. Foods and beverages sold in schools must meet both the general standards and the nutrient standards outlined in the final rule if they do not qualify for an exemption.

## Foods

### General Standards

Entrées, snacks, and sides must meet one of the following criteria:

- Be a whole grain-rich product
- Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.) as the first ingredient
- Be a combination food with at least  $\frac{1}{4}$  cup fruit and/or vegetable

### Nutrient Standards

Nutrient standards should be assessed for the serving size available for purchase and include all accompaniments. Entrées, snacks, and sides must meet all of the following standards:

Table 1 Allowable limit per nutrient

Nutrient	Allowable limit
Calories, entrée	$\leq 350$ calories
Calories, snack or side	$\leq 200$ calories
Fat	$\leq 35\%$ of total calories from fat <i>Exemptions:</i> reduced-fat cheese, part-skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners or fat), seafood with no added fat, eggs
Saturated fat	$< 10\%$ of total calories from saturated fat <i>Exemptions:</i> reduced-fat cheese, part-skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners or fat), seafood with no added fat, eggs
Trans fat	0 g of trans fat ( $< 0.5$ g)
Sodium, entrée	Entrée: $\leq 480$ mg
Sodium, snack or side	Snack or side: $\leq 200$ mg
Sugar	$\leq 35\%$ of weight from total sugar <i>Exemptions:</i> dried/dehydrated fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)

### Exemptions from General and Nutrient Standards

The following items are exempt from all of the general and nutrient standards:

- An entrée the day of and the day after it is served as part of a reimbursable meal
- Fresh and frozen fruits and vegetables with no added ingredients except water
- Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup, or light syrup
- Low sodium and no-salt added canned vegetables with no added fat

### Entrées

An entrée is defined as the main course of a meal that meets one of the following definitions:

- A combination food of meat/meat alternate and whole grain-rich grain
- A combination food of meat/meat alternate and vegetable or fruit
- A meat/meat alternate alone (excludes yogurt, cheese, nuts, seeds, nut/seed butters, and meat snacks [e.g., beef jerky])
- A breakfast entrée defined by the menu planner and served as part of the School Breakfast Program

If a product does not meet any of the qualifications for an entrée, it must be evaluated against the nutrient standards for a snack/side.

## Beverages

Table 2 Allowable beverages with size restrictions

Beverage Type	Elementary School	Middle School	High School
Water (plain), <i>flat or carbonated</i>	All sizes	All sizes	All sizes
Low-fat milk (flavored or unflavored)	≤8 fl oz	≤12 fl oz	≤12 fl oz
Fat-free milk (flavored or unflavored)	≤8 fl oz	≤12 fl oz	≤12 fl oz
100% juice, <i>can be diluted with water;</i> <i>flat or carbonated</i>	≤8 fl oz	≤12 fl oz	≤12 fl oz
No-calorie beverages (<5 kcal/8 fluid oz; ≤10 kcal/20 fluid oz), <i>flat or carbonated</i>	Not allowable	Not allowable	≤20 fl oz
Low-calorie beverages (≤5 kcal/fluid oz), <i>flat or carbonated</i>	Not allowable	Not allowable	≤12 fl oz
Caffeine	Not allowable	Not allowable	Allowable with no restriction

## Definitions

- **Combination foods:** Foods that contain more than one component representing more than one of the recommended foods groups (fruit, vegetable, dairy, protein, and grains).
- **Competitive foods:** All foods and beverages sold to students on the school campus during the school day, other than reimbursable meals.
- **Paired exempt foods:** Food items that have been designated as exempt from one or more of the nutrient requirements individually which are packaged together without any additional ingredients. Such paired exempt foods retain their individually designated exemption for total fat, saturated fat, and/or sugar when packaged together and sold but are required to meet the designated calorie and sodium standards at all times.
- **School campus:** All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- **School day:** The period from the midnight before to 30 minutes after the end of the instructional school day.

## Fundraisers

The Wisconsin Department of Public Instruction allows two fundraiser exemptions per student organization per school per school year, not to exceed two consecutive weeks each. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule but this may not occur in the meal service area during meal service times.

The Smart Snacks Standards represent the minimum standards and the exemption policy represents the maximum exemptions allowed; school food authorities (SFAs) have the discretion to establish additional restrictions on competitive foods and further limit fundraiser exemptions through their Local School Wellness Policy if they are consistent with federal requirements.

## Smart Snacks Product Calculator

The Alliance for a Healthier Generation has a Smart Snacks Product Calculator which can be used to determine whether a product meets the Smart Snacks General and Nutrient Standards. The results can be printed and maintained as documentation. The calculator is located at <http://tools.healthiergeneration.org/calc/calculator/>. For more information, visit <http://dpi.wi.gov/school-nutrition/national-school-lunch-program/smart-snacks>.