MS Department of Education
Office of Child Nutrition
MS Smart Snacks Standards for ALL Foods Sold in Schools

Implementation Plan

Beginning July 1, 2014, USDA **"SMART SNACKS"** regulations must be implemented for **ALL** foods and beverages sold in schools, as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). Students will be able to buy snacks that meet common-sense standards for fat, saturated fat, sugar and sodium, while promoting products that are whole grain-rich, low fat dairy, fruits, vegetables or protein foods as their main ingredients.

Overview

Smart Snacks guidelines closely resemble existing State Board of Education Policies (4003 & 4004) regarding beverages and vending. Smart Snacks and SBE Policies apply to **all foods and beverages** available to students through:

- Vending machines
- Student stores
- Snack bars
- Fundraisers
- Any other sales

In addition, SBE Policy 2002 states: **no food items** will be sold on the school campus for one (1) hour before the start of any meal services period, including breakfast if offered.

Smart Snacks guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day or 4:00 p.m., whichever is later.

Evaluating Foods

All foods sold on campus must meet calorie, sodium, fat, sugar and other nutrient guidelines. Due to the variety of items available, we recommend the use of the Healthier Generation Product Calculator (link below) to determine if foods meet the Smart Snacks requirement. Also, schools may submit a product evaluation form and a complete product label to the Office of Child Nutrition for evaluation. A list of approved products will be maintained on the OCN website. The form and list may be found on the Resources section of the OCN website under Vending Regulations. Complete nutrition guidelines are attached to this guide.

Nutrition Standards for Beverages

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 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.

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; 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:

- **Calorie Limits**
  - *Snack Items*: no more than 200 calories
  - *Entrée Items*: no more than 350 calories
- **Sodium Limits**
  - *Snack Items*: no more than 230 mg
  - *Entrée Items*: no more than 480 mg
- **Fat Limits:**
  - *Total Fat:* no more than 35% of calories
  - *Saturated Fat:* less than 10% of calories
  - *Trans Fat*: Zero Grams
- **Sugar Limit:**
  - No more than 35% from total sugars in foods

Accompaniments:

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient analysis as part of the food item sold.

- This helps control the amount of calories, fat, sugar and sodium added to foods.

Additional Resources:

- https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

- http://www.mde.k12.ms.us/child-nutrition/resources/vending-regulations

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