# SMART SNACKS for the SCHOOL NUTRITION PROGRAM - $At\,A\,Glance$

#### WHAT IS IT?

Effective in 2008, Oregon statute set nutrition standards for foods and beverages sold outside the National School Lunch and School Breakfast Programs during the school day or during extended school hours for activities such as clubs, yearbook, athletic practice, band and drama rehearsals. It includes fundraisers during school, but not athletic events, theater performances and recitals or other gatherings where parents/community members are significant parts of the audience.

The Healthy Hunger Free Kids Act of 2010 provided USDA authority to establish nutrition standards for all foods and beverages sold outside of the Federal child nutrition programs in schools. July 1, 2014 was the initial implementation date for Smart Snacks.

As a result of the federal regulations, Oregon adopted new legislation in 2015 – **Oregon Smart Snacks**. This legislation follows federal guidelines but includes the flexibility for states to establish additional standards.

#### šAH.M

Improving the nutritional profile of all foods sold in school is critical to:

- improving diet and overall health of American children;
- ensuring children from all income levels adopt healthful eating habits that will enable them to live productive lives; and
- helping children make healthier choices and reduce their risk of obesity.

#### **HOW DOES IT WORK?**

- The nutrition standards included in the federal regulation final rule are for all foods sold in school are minimum standards.
- State agencies and school districts may establish additional more restrictive standards.
- State or local standards must be consistent with Federal standards.

The law specifies that the nutrition standards shall apply to all foods sold:

- Outside the school meal programs;
- On the school campus; and
- At any time during the school day.

#### RESOURCES:

At A Glance is intended to give you an introduction to Smart Snack Regulations in Oregon. Individual training and additional resources are

https://www.oregon.gov/ode/students-and-

located on the SNP Training website at:

family/childnutrition/SNP/Pages/SNPTraining.aspx?#SS

# PROFESSIONAL STANDARDS:

3000-ADMINISTRATION

3200-Program Management

3220-Oversee Standard Operating Procedures for routine operations.

#### **DEFINITIONS:**

### What are competitive foods?

Competitive food: all food and beverages sold to students on the School Campus during the School Day, other than those meals reimbursable under the National School Lunch and School Breakfast Programs. This includes:

- A la carte
- School stores/snack bars
- Fundraising
- Vending machines

# Where do the standards apply?

**School campus:** all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

## When do the standards apply?

**School day:** is the period from the midnight before, through extended school hours for activities such as clubs, yearbook, athletic practices, band, and drama rehearsals.

# Foods exempt from Smart Snack Nutrition Standards:

- NSLP and SBP menued items sold day of service or day after service in the same or smaller portion sizes to students as a la carte or second meals.
- Foods sold to adults
- Fresh and frozen fruits or vegetables with no added ingredients except water
- Canned fruit packed in 100% fruit juice or light/extra light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable
- Sugar-free gum

# **OVERVIEW OF OREGON SMART SNACKS:**

| ### Grade K-5 ### Caffeine allowed for Grades 9-12 only #### Caffeine allowed for Grades 9-12 only ####################################  |                       |                           |                           |                        |
|--|-----------------------|---------------------------|---------------------------|------------------------|
| All grades – No size limits  ortion  ed Water  May not be sold  150 calories  (15 kcal/oz.)  150 calories  150 calories  150 calories  r without  120 calories  r without  120 calories  r without  120 calories  r without  120 calories  130 calories  14 (1%)  150 calories  | Beverages             | Grade K-5                 | Grade 6-8                 | Grade 9-12             |
| tion  I Water  May not be sold  | Water                 | All grades – No size lim  | its                       |                        |
| I Water     May not be sold     May not be sold       Vegetable     ≤ 8 fl. oz.     ≤ 10 fl. oz.       120 calories     150 calories       tion, sened     ≤ 8 fl. oz.     ≤ 10 fl. oz.       uice with villout     ≤ 8 fl. oz.     ≤ 10 fl. oz.       hy, sery     120 calories     150 calories       without     (15 kcal/oz.)     150 calories       sery     ≤ 8 fl. oz.     150 calories       (1%)     150 calories     (15 kcal/oz.)       gar or ers     ≤ 8 fl. oz.     ≤ 10 fl. oz.       (1%)     150 calories     (15 kcal/oz.)       (1%)     150 calories     190 calories       ed, or fat-avored or lncluding nutritionally equivalent milk alternatives     (18.75 kcal/oz.)       school meal requirements     May not be sold     May not be sold       verages     May not be sold     May not be sold       without vition and /or     May not be sold     May not be sold   | Plain with or without | Caffeine allowed for Gr   | ades 9-12 only            |                        |
| I Water       May not be sold       May not be sold         Wegetable       ≤ 8 fl. oz.       ≤ 10 fl. oz.         120 calories       150 calories         tion, without sion, No igar or ers       ≤ 8 fl. oz.       ≤ 10 fl. oz.         120 calories without sion, No igar or ers       ≤ 8 fl. oz.       ≤ 150 calories         120 calories without school med requirements       ≤ 8 fl. oz.       ≤ 150 calories         120 calories       150 calories       150 calories         120 calories       150 calories       150 calories         120 calories       190 calories       190 calories         120 calories       190 calories       190 calories         150 calories       190 calories       190 calories         May not be sold       May not be sold       May not be sold         Werages       May not be sold       May not be sold         Mithout tion and/or       May not be sold       May not be sold   | carbonation           |                           |                           |                        |
| Vegetable       ≤ 8 fl. oz.       ≤ 10 fl. oz.         120 calories       150 calories         15hout       15 kcal/oz.)       (15 kcal/oz.)         vithout       ≤ 8 fl. oz.       ≤ 10 fl. oz.         1y,       120 calories       150 calories         vithout       (15 kcal/oz.)       150 calories         28 fl. oz.       (15 kcal/oz.)       150 calories         28 fl. oz.       150 calories       (15 kcal/oz.)         28 fl. oz.       190 calories         28 fl. oz.       190 calories         150 calories       190 calories         150 calories       18.75 kcal/oz.)         18.75 kcal/oz.)       18.75 kcal/oz.)         Including nutritionally equivalent milk alternatives       18.75 kcal/oz.)         Including nutritionally equivalent milk al  | Flavored Water        | May not be sold           | May not be sold           | 20 oz.                 |
| Vegetable       ≤ 8 fl. oz.       ≤ 10 fl. oz.         120 calories       150 calories         150 calories       150 calories         150 calories       (15 kcal/oz.)         150 calories       (15 kcal/oz.)         11y,       120 calories       150 calories         150 calories       (15 kcal/oz.)       150 calories         150 calories       (15 kcal/oz.)       150 calories         12%       150 calories       (15 kcal/oz.)         150 calories       150 calories       150 calories         2 8 fl. oz.       190 calories       190 calories         150 calories       150 calories       18.75 kcal/oz.)         150 calories       18.75 kcal/oz.)       18.75 kcal/oz.)         150 calories       190 calories       <   |                       |                           |                           | 0 calories             |
| Vegetable       ≤ 8 fl. oz.       ≤ 10 fl. oz.         120 calories       150 calories         150 calories       150 calories         150 calories       (15 kcal/oz.)         150 calories       ≤ 10 fl. oz.         150 calories       (15 kcal/oz.)         150 calories       (18.75 kcal/oz.) <td></td> <td></td> <td></td> <td>(May contain caffeine)</td>  |                       |                           |                           | (May contain caffeine) |
| yerages  yithout  ition, ened  iuice with  ≤8 fl. oz.  120 calories  (15 kcal/oz.)  ≤8 fl. oz.  150 calories  (15 kcal/oz.)  ≤10 fl. oz.  150 calories  (15 kcal/oz.)  ≤10 fl. oz.  150 calories  (15 kcal/oz.)  ≤8 fl. oz.  ≤10 fl. oz.  √15 kcal/oz.)  avored or  Including nutritionally equivalent milk alternative school meal requirements  ition and/or  yerages  May not be sold   | Fruit or Vegetable    | ≤8 fl. oz.                | ≤ 10 fl. oz.              | ≤ 12 fl. oz.           |
| mithout  mi  | Juice                 | 120 calories              | 150 calories              | 180 calories           |
| without tion, ened  luice with   ≤8 fl. oz.   ≤10 fl. oz.   120 calories   150 calories     vithout   (15 kcal/oz.)     vithout   (15 kcal/oz.)     vithout   (18.75 kcal/oz.)     vithou  | Full strength,        | (15 kcal/oz.)             | (15 kcal/oz.)             | (15 kcal/oz.)          |
| luice with luice with luice with luice with luice with luice with luice without lion, No lion, No lion, No lion, No lion, No ligar or lucluding nutritionally equivalent milk alternative school meal requirements ≤ 10 fl. oz.   (15 kcal/oz.) (15 kcal/oz.)   (15 kcal/oz.) (15 kcal/oz.)   (18.75 kcal/oz.) ≤10 fl. oz.   (18.75 kcal/oz.) 190 calories luivalent milk alternative school meal requirements   Io Calorie May not be sold   Without lion and/or May not be sold   Way not be sold without without without lion and/or May not be sold    May not be sold  May not be sold  May not be sold   | With or without       |                           |                           |                        |
| luice with luice with luice with luice with luice with luice with luice without without lion, No agar or ers     ≤ 8 fl. oz.     ≤ 10 fl. oz.     150 calories       lion, No agar or ers     ≤ 8 fl. oz.     (15 kcal/oz.)     (15 kcal/oz.)       (1%) (1%) (18.75 kcal/oz.)     ≤ 8 fl. oz.     ≤ 10 fl. oz.       (1%) (18.75 kcal/oz.)     190 calories luice luicements     190 calories (18.75 kcal/oz.)       lo Calorie es without lion and/or without without without lion and lor     May not be sold luicements     May not be sold luicements       without lion and lor     May not be sold luicements     May not be sold luicements  | carbonation,          |                           |                           |                        |
| luice with lty,     ≤8 fl. oz.     ≤10 fl. oz.       nly,     120 calories     150 calories       without tion, No agar or ers     (15 kcal/oz.)     (15 kcal/oz.)       ers     ≤8 fl. oz.     ≤10 fl. oz.       150 calories ed, or fat-avored or avored or lncluding nutritionally equivalent milk alternative school meal requirements     (18.75 kcal/oz.)       lo Calorie es without tion and/or werages     May not be sold     May not be sold       without without tion and /or     May not be sold     May not be sold   | unsweetened           |                           |                           |                        |
| without (15 kcal/oz.)  lion, No  ligar or ers  ≤ 8 fl. oz.  (1%) (15 calories  ≤ 8 fl. oz.  150 calories  (18.75 kcal/oz.)  lncluding nutritionally equivalent milk alternative school meal requirements  lo Calorie  May not be sold  without withou  | Diluted Juice with    | ≤8 fl. oz.                | ≤ 10 fl. oz.              | ≤ 12 fl. oz.           |
| ition, No ligar or ers  ≤ 8 fl. oz.  (1%)  (15 kcal/oz.)  ≤ 8 fl. oz.  150 calories  (18.75 kcal/oz.)  avored or Including nutritionally equivalent milk alternatives school meal requirements  lo Calorie  May not be sold  without vition and/or  werages May not be sold  | water only,           | 120 calories              | 150 calories              | 180 calories           |
| agar or  ers  ≤ 8 fl. oz.  (1%)  (1%)  avored or  Including nutritionally equivalent milk alternative school meal requirements  In Calorie  May not be sold  vithout  | With or without       | (15 kcal/oz.)             | (15 kcal/oz.)             | (15 kcal/oz.)          |
| gar or ers  ≤ 8 fl. oz.  ≤ 8 fl. oz.  150 calories  ed, or fat- avored or Including nutritionally equivalent milk alternativ school meal requirements  lo Calorie  May not be sold without vion and/or  Nay not be sold without without ition and/or  May not be sold May not be sold without without without ition and/or  May not be sold May not be sold May not be sold May not be sold  | carbonation, No       |                           |                           | (May contain caffeine) |
| ers  \$\leq 8 \text{ fl. oz.}  \leq 10 \text{ fl. oz.}  \leq 10 \text{ fl. oz.}  \leq 10 \text{ calories}  \leq 20 \text{ fl. oz.}   \leq 20 \text{ fl. oz.}   \leq 20 \text{ fl. oz.}   | added sugar or        |                           |                           |                        |
| 28 fl. oz.   \$\leq 10 fl. oz.   \$\leq 6d, or fat-   \$\leq (18.75 kcal/oz.)   \$\leq (18.75 kcal | sweeteners            |                           |                           |                        |
| (1%)  avored or  Including nutritionally equivalent milk alternatives  school meal requirements  Io Calorie  May not be sold  without viion and/or  verages  May not be sold  | Milk                  | ≤ 8 fl. oz.               | ≤10 fl. oz.               | ≤ 12 fl. oz.           |
| avored or avored or Including nutritionally equivalent milk alternative school meal requirements  Io Calorie In May not be sold  May not be sold  without tion and/or  Werages May not be sold   | Low-fat (1%)          | 150 calories              | 190 calories              | 225 calories           |
| avored or Including nutritionally equivalent milk alternative school meal requirements  Io Calorie May not be sold May not be sold  without tion and/or  verages May not be sold May not be sold  May not be sold  May not be sold  May not be sold  | unflavored, or fat-   | (18.75 kcal/oz.)          | (18.75 kcal/oz.)          | (18.75 kcal/oz.)       |
| Including nutritionally equivalent milk alternative school meal requirements  Io Calorie May not be sold May not be sold without tion and/or  Including nutritionally equivalent milk alternative May not be sold May not be sold May not be sold May not be sold without tion and /or   | free unflavored or    |                           |                           | (May contain caffeine) |
| calorie school meal requirements thout mand/or May not be sold May not be sold erages May not be sold May not be sold thout thout mand/or  | flavored              | Including nutritionally e | equivalent milk alternati | ives as permitted by   |
| CalorieMay not be soldMay not be soldthout<br>on and/orMay not be soldMay not be solderages<br>thout<br>on and/orMay not be soldMay not be sold  |                       | school meal requiremen    | nts                       |                        |
| thout on and/or erages May not be sold May not be sold thout thout on and/or   | Low or No Calorie     | May not be sold           | May not be sold           | ≤ 20 fl. oz.           |
| thout n and/or erages May not be sold May not be sold thout thout n and/or   | Beverages             |                           |                           | 10 calories maximum    |
| May not be sold May not be sold  | With or without       |                           |                           | (≤ .5 kcal/oz.)        |
| May not be sold May not be sold  | carbonation and/or    |                           |                           |                        |
| May not be sold  May not be sold   | caffeine              |                           |                           |                        |
|  | Other Beverages       | May not be sold           | May not be sold           | ≤ 12 fl. oz.           |
| carbonation and /or  | With or without       |                           |                           | 60 calories maximum    |
| raffician  | carbonation and /or   |                           |                           | (≤ 5 kcal/oz.)         |
| caffenie   | caffeine              |                           |                           | (May contain caffeine) |

| Snacks/Side Dishes         | <ul><li>Be a who</li><li>Have as t</li></ul> | Be a whole grain-rich grain product; or Have as the first ingredient a fruit, vegetable, | roduct; or<br>fruit, vegetable, |
|----------------------------|--|--|---------------------------------|
|                            | dairy pro                                    | dairy product, or protein; or  |                                 |
|                            | ➤ Be a com                                   | Be a combination food that contains at least ¼   | contains at least ¼             |
|                            | cup of fru                                   | cup of fruit and/or vegetable; or  | y, or                           |
|                            | Grades K-5                                   | Grades 6-8   | Grades 0_17                     |
| 2                          |  |  |                                 |
| Serving Size               | Single-serving, pe                           | Single-serving, per item as packaged or served, including                                | or served, includin             |
|                            | any condiments                               |  |                                 |
| Calories per               | ≤150 calories                                | ≤180 calories  | ≤200 calories                   |
| serving                    |  |  |                                 |
| Total calories             | ≤359   | ≤35% of total product calories   | alories                         |
| from fat <sup>a</sup>      |  |  |                                 |
| Saturated fat <sup>b</sup> | < 10'  | < 10% of total product calories  | calories                        |
| Trans fat                  |  | 0 grams  |                                 |
| Sugar content              | ≤ 35   | ≤ 35% of total product weight  | weight                          |
| by weight <sup>c</sup>     |  |  |                                 |
| Sodium limit               |  | ≤ 200 milligrams (mg)  | ng)                             |
| Exceptions:                |  |  |                                 |

#### Exceptions:

<sup>a</sup> Total calories from fat limit does not apply to seafood, eggs, or legumes

served alone, and not part of a combination food.

<sup>b</sup> Saturated fat limit does not apply to eggs when served alone, and not part of

a combination food.

| Entrées/Main  Dishes  Dishes |   | Exceptions:           |
|--|---|-----------------------|
| // Aain  | ≤ 480 milligrams (mg)                               | Sodium limit          |
|  |   | by weight             |
|  | ≤ 35 % of total product weight                      | Sugar content         |
|  | 0 grams   | Trans Fat             |
| Vain  Ze  Pries  | < 10% of total product calories                     | Saturated fat b       |
| s/Main   |   | from fat <sup>a</sup> |
| s/Main   | ≤ 35% of total product calories                     | Total calories        |
| j j  |   | serving               |
| is is  | ≤350 calories                                       | Calories per          |
| Entrée n of the fc   | Per item as packaged or served, includes condiments | Serving Size          |
| Entrée n of the fc >> >> >>  | All Grades K-12                                     |                       |
| Entrée n of the fc >> >> >>  | ¼ cup of fruit and/or vegetable.                    |                       |
| · · · · · · · · · · · · · · · · · · ·  |   |                       |
|  | snacks).  |                       |
|  | seeds and nut or seed butters, and meat             |                       |
|  | yogurt, low-fat or reduced fat cheese, nuts,        |                       |
|  |   |                       |
| ***************************************  | or  |                       |
| · · · · · ·  | vegetable, dairy product, or a protein food         |                       |
|  | Have as the first ingredient a fruit,               |                       |
|  | ➤ Whole grain-rich food or                          |                       |
|  | of the following General Standards:                 | Dishes                |
|  | Entrée must contain meat/meat alternate and one     | Entrées/Main          |

<sup>&</sup>lt;sup>a</sup> Total calories from fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, nut butters, seeds, seed butters, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, and seafood with no added fat when not part of a combination food.

bSaturated fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, when not part of a combination food. 'Sugar limit does not apply to products that consist of only dried fruit with nuts and/or seeds with not added nutritive sweeteners or fat, dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes.