

SMART SNACKS

Nutrition Standards for All Foods Served/Sold in Schools to Students

The Healthy Hunger-Free Kids Act of 2010 implemented Smart Snacks in school regulations during 2014-15 SY and states that all foods and beverages sold to students during the school day must meet minimum nutrition standards. The Smart Snacks in School regulation applies to all food and beverages sold including a la carte items in the cafeteria, school stores, in-school fundraisers, and vending machines. JCPS District Wellness Policy also includes all foods served to students. *

Time Periods Relevant for Food and Beverages Available to Students

From Midnight until 30 minutes after end of last lunch period:	30 minutes after close of last lunch until 30 minutes after the end of the school day:	After school (30 minutes after the last bell until midnight) and weekends:
<p>Nothing may be SOLD or SERVED at this time outside of the school meals program.</p> <ul style="list-style-type: none"> Only SCNS can sell foods and beverages during this time. Foods and beverages sold in School Nutrition programs are in compliance with the nutritional standards detailed in <i>Smart Snacks and the District Wellness Policy</i>. No food/beverages provided during this time outside of SCNS Food may be served per District Wellness Policy. No fundraisers which sell food/beverages may occur during this time. All vending machines are off during this time unless they are operated by nutrition services. (BOE Policy 07.12 and state regulations*) <p>Breakfast events, such as <i>Rise and Dine with Mom/Dad</i>, should go through the cafeteria manager if students are involved and eating. Students must be offered a school breakfast. Special event orders are available when at least 3 weeks' notice is given.</p>	<p>Fundraisers that sell food/beverages & celebrations with food may occur at this time ONLY IF they meet Smart Snack standards</p> <ul style="list-style-type: none"> PTA's and others may sell or serve food at this time as long as they are in compliance with the nutritional standards detailed in <i>Smart Snacks</i>. All foods and beverages sold or served in schools during this time must be in compliance with the nutritional standards detailed in <i>Smart Snacks & District Wellness Policy</i>. Vending machines may be on during this time if all items sold meet the nutritional standards detailed in <i>Smart Snacks</i>. Schools are responsible for maintaining a copy of their <i>*Smart Snacks Calculation Reports</i> for all foods and beverages sold to students during this window of time. *The reports will come from the Smart Snacks Calculator Tool. <div style="text-align: center; border: 1px solid blue; background-color: #4a90e2; color: white; padding: 5px; width: fit-content; margin: 0 auto;"> Smart Snacks allowed at this time. </div>	<p>No restrictions as far as nutritional guidelines.</p> <ul style="list-style-type: none"> Best practices are encouraged Finance Guidelines for Meals and Refreshments must be also be followed. See following link for this reference. Finance Guidelines

*Per JCPS District Wellness Policy

"When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in 7 C.F.R 210.11 and 702 KAR 6:090." " Foods and beverages provided in school, but not made available for sale, shall meet standards outlined in the schools' individual wellness plan (if applicable) and will not conflict with District Policy."

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30 minutes after close of last lunch until 30 minutes after the end of the school day:

Vending machines, fundraisers and other events that serve food/beverages at this time may occur but must meet the nutrition standards defined in Smart Snacks for beverages and food.

BEVERAGES

BEVERAGE	ELEMENTARY	MIDDLE	HIGH SCHOOL
Plain water, with or without carbonation	No size limit	No size limit	No size limit
Low fat (1%) milk, unflavored	≤8 oz.	≤12 oz.	≤12 oz.
Nonfat milk, unflavored or flavored	≤ 8 oz.	≤ 12 oz.	≤12 oz.
100% fruit &/or vegetable juice	≤ 8 oz.	≤ 12 oz.	≤12 oz.
Other calorie-free beverages	Not allowed	Not allowed	<5 calories per 8 oz. or ≤10 calories per 20oz.
Low calorie beverages, flavored &/or carbonated	Not allowed	Not allowed	<40 calories per 8oz. or ≤60 calories per 12 oz.

FOOD

NUTRIENT	SNACK	ENTRÉE
Calories	200 or less	350 or less
Sodium	200 mg. or less	480 mg. or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

JCPS Nutrition Services has Smart Snacks available for purchase. Order forms available via manager or bookkeeper.

Smart Snacks made Easy

1. If your product is not listed as Smart Snack but you have an ingredient and nutrition label use the [Smart Snacks Product Calculator \(https://foodplanner.healthiergeneration.org/calculator\)](https://foodplanner.healthiergeneration.org/calculator) to determine if your food or beverage item meets the standard. If you need assistance with the calculator, please feel free to call Andrea Wright at 485-3199.
2. Be sure to print off your Smart Snacks calculation reports from the calculator tool and file them. You will be responsible for all food and beverages served in your school outside of the nutrition services program.

Examples of Smart Snack Foods

- Fresh Fruits and Vegetables
- Cinnamon Graham Gripz (1 oz.)
- Smart Delight Popcorn, white cheddar (.5 oz.)
- Rich's Sour Swell Cherry Ice Cream bar (2.5 oz.)
- Cheetos Baked Flamin Hot or Crunchy (.875 oz.)
- Baked Lays Potato Chips, regular or BBQ (.875)
- Juicy Juice (size limits by levels)
- Gatorade G2 (Middle and HS)
- Dole 100% Fruit Punch (10 oz.) (Middle and HS)
- Snapple Grape juice or Fruit Punch (11.5 oz.) (Middle and HS)
- Whole Grain Goldfish (.75 oz.)
- Simply Chex Snack Mix (.92 oz.)