# SMART SNAGKS REFERENGE SHEET > FOODS 

The Smart Snacks in School Standards require all foods sold on the "school campus" during the "school day" to meet standards for fat, saturated fat, trans fat, sugar and sodium while promoting products that have whole grains, low-fat dairy, fruits, vegetables or protein food (meat/meat alternate=M/MA) as their main ingredient. Includes foods sold by school food service, clubs, etc.
Review the following steps to determine if a planned food/beverage item meets the Smart Snacks Standards.


## STEP 2: Does the item meet ONE of the General Standards?

## Whole grain-rich grain product

Must be $50 \%$ or more whole grains by weight or first ingredient must be whole grain; if water is listed first, whole grain must be first dry ingredient.

## First ingredient is a fruit*/vegetable/dairy product

 or M/MA(*Excludes concentrated fruit juice or puree as these are considered added sugar.)

Combination food that contains at least $1 / 4$ cup of fruit and/or vegetable
Combination food: Food that contains two or more components representing two or more food groups. Two food group items packaged together can be considered a combination food.

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YES - Proceed to Step 3
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NO - Item does not meet Smart Snack Standards

| STEP 3: Does the item meet ALL of the Nutrient Standards? |  |  |
| :---: | :---: | :---: |
|  |  | EXCEPTIONS |
|  | Entree Snack | NSLP/SBP entrée items* sold á la carte on day of or day after service in NSLP/SBP |
| Calories | $\leq 350 \leq 200$ | No exceptions |
| Sodium | $\leq 480 \leq 200$ | No exceptions |
| Total Fat | $\leq 35 \%$ of calories | Reduced fat cheeses (includes part-skim mozzarella) <br> Nuts, seeds and nut/seed butters <br> Items consisting of only dried fruit with nuts/seeds (without added fat or nutritive sweeteners) <br> Seafood (no added fat) |
| Saturated Fat | < 10\% of calories | - Reduced fat cheeses (includes part-skim mozzarella) <br> - Nuts, seeds and nut/seed butters <br> - Items consisting of only dried fruit with nuts/seeds (without added fat or nutritive sweeteners) |
| Trans Fat | < 0.5 grams | No exceptions |
| Sugar | $\leq 35 \%$ (of weight from total sugars) | . Dried whole fruits or vegetables and dehydrated fruits or vegetables (without added nutritive sweeteners) <br> . Dried whole fruits or vegetables and dehydrated fruits or vegetables with nutritive sweeteners that are required for processing and/or palatability (i.e., cranberries or tart cherries) <br> - Items consisting of only dried fruit with nuts/seeds (without added fat or nutritive sweeteners) |

YES - Item meets Smart Snack Standards no need to evaluate further

NO - Item does not meet Smart Snack Standards


## SMART SNACKS REFERENGE SHEET > BEVERAGES

| Beverage Standards |  |  |  |
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| Beverages | Elementary School* | Middle School* | High School** |
| Water (plain or plain carbonated) | No size limit | No size limit | No size limit |
| Low fat Milk (unflavored) | $\leq 8 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ |
| Fat Free Milk (flavored or unflavored) | $\leq 8 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ |
| 100\% fruit/vegetable juice | $\leq 8 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ |
| 100\% fruit/vegetable juice diluted with water (with or without carbonation, no added sweeteners) | $\leq 8 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ | $\leq 12 \mathrm{fl} \mathrm{oz}$ |
| Other flavored and/or carbonated beverages (containing $\leq 5$ calories/8 oz or $\leq 10$ calories/20 oz) | Not allowed | Not allowed | $\leq 20 \mathrm{fl} \mathrm{oz}$ |
| Other flavored and/or carbonated beverages (containing $\leq 40$ calories $/ 8$ oz or $\leq 60$ calories $/ 12 \mathrm{oz}$ ) | Not allowed | Not allowed | $\leq 12 \mathrm{fl} \mathrm{oz}$ |
| * Must be caffeine free (except trace amount of naturally occurring | caffeine substances) | **May contain caffeine |  |

## COFFEE AND COFFEE DRINKS (High school Only)

Plain Coffee, Espresso or Tea is allowable.
Coffee/Tea with Accompaniments is allowed but must be sold together and meet calorie standards for "other flavored beverages" $\leq 5$ calories/oz (12 oz or less)

## Coffee "Drink"

1) Allowed when made from two allowable beverages/in allowed amounts (nothing added) (12 oz or less) For example:
Espresso + steamed nonfat flavored milk
Espresso + steamed low-fat unflavored milk
Espresso + steamed nonfat flavored milk + ice
2) When made with anything other than or in addition to allowable beverages, must meet "other flavored beverages" calorie standards of $\leq 5$ calories/oz. (12 oz or less) For example:

1 oz espresso + 1 oz sugar free syrup + 10 oz of non-fat milk
1 oz espresso + 1 oz sugar free syrup +6 oz of non-fat milk + 4 oz crushed ice

## SMOOTHES

Smoothies as a Food

1) Entrée: Contains M/MA and the first ingredient is one of the main food group categories and meets nutrient standards for an entrée. For example, yogurt + fruit + milk.
2) Snack: Does not contain a M/MA and the first ingredient is one of the main food group categories and it meets nutrient standards for a snack. For example, fruit + milk.

## Smoothies as a Beverage

1) Allowed in limited portion sizes and made from allowable beverages. (8 oz or less elementary;
12 oz or less middle/high schools) For example:

- 100\% juice + nonfat flavored milk
- 100\% juice + low fat unflavored milk
- $100 \%$ juice + nonfat unflavored milk + ice

2) When made with anything other than or in addition to allowable juice/milk, must meet "other flavored beverages" calorie standards of $\leq 5$ calories/oz (12 oz or less) (High School Only)

## FLORIDA-SPECFIC COMPETITIVE FOODS RULE [5P-1.003(2)]

Incorporated 7 CFR 210.11 (USDA Smart Snack Standards) by reference.
A limited number of competitive food sales compliant with Smart Snack Standards are permitted 30 minutes after the last lunch period. Compliant and non-compliant food sales are allowed 30 minutes after the end of the school day as allowed in the School Wellness Policy.
Ready-to-eat entrée foods from M/MA and grains (pizza, hamburger, etc.) can only be sold by the non-profit school food service program.
As of 2015, each sponsor site must have a Healthy School Team in place to help with monitoring of any food-based fundraisers and to report on the school's Wellness Policy (42 U.S.C. 1758).

Allows a limited number of in school food-based fundraisers to be exempt from Smart Snack Standards and the meat/grain entrée restriction.

| School Type | Maximum Number of <br> School Days to Conduct <br> Exempted Fundraisers |
| :---: | :---: |
| Elementary Schools | 5 days |
| Middle Schools/ <br> Junior High Schools | 10 days |
| Senior High Schools | 15 days |
| Combination Schools | 10 days |

