

Improving child nutrition is the focal point of the USDA Child Nutrition Program. The Smart Snacks in School nutrition standards support better health for children. Technical assistance is provided to meet the goals of the USDA child nutrition program on the USDA website.

Smart Snacks in School, USDA's "All Foods Sold in Schools" standards will be followed and adopted according to the USDA timeline with an implementation date for all local education agencies of July 1, 2014. The current highlights of these standards are:

- Healthier beverage options that all schools are allowed to sell during the school day:
 - Plain water (carbonated or un-carbonated)
 - Unflavored low-fat milk
 - Flavored or unflavored non-fat milk (and milk alternatives): and
 - 100 percent juice and vegetable juices, and full-strength diluted with water, carbonated or non-carbonated, with no added sweeteners.
- Healthier food options during the school day:
 - Smart Snacks must have a first ingredient of whole grains, fruit, vegetables, dairy, or protein.
 - These products must meet certain nutrition standards, including less than 200 calories, no more than 200 milligrams sodium, 35% of calories or less total fat, 10% or less calories saturated fat, zero grams of trans fat, and less than 35% by weight sugar.
- Portion sizes based on age:
 - Elementary schools may sell up to 8-ounce portions of allowable milk and juice beverages, while middle and high schools may sell up to 12-ounce portions. In high schools, the standards limit the maximum container size to 12-ounce for lower calorie beverages and 20 ounces for calorie free beverages.
- Caffeinated beverages remain an option for high school students:
 - The new nutrition standards do not restrict the sale of caffeinated beverages to high school students. The USDA will continue to monitor the Food and Drug Administration's (FDA) work on caffeine and will consider revising the nutrition standards in the future as appropriate.
- Guidance documents for school gardens and the use of food grown in those gardens is provided by the National Food Service Management Institute.

Schools and parents may find additional information on the Buncombe County Schools website. Please reference Healthful Living, listed in the Curriculum section.

Legal References: Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296; State Board of Education Policy HSP-S-000

Cross References: Student Wellness (policy 6140)

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