

WHAT IS SMART SNACKS?

In order to foster a healthy food environment in schools, the United States Department of Agriculture (USDA) has developed a federal rule known as ‘Smart Snacks’ in School” which establishes nutrition standards for all foods sold to students on a school campus. The ‘Smart Snacks’ standards will apply to any foods sold in competition with the reimbursable meals provided by the National School Lunch and Breakfast Programs and will be effective July 1, 2016, in time for the 2017-17 school year. These rules will be applied along with previously established Colorado competitive food rules.

WHAT ARE COMPETITIVE FOODS?

COMPETITIVE FOODS:

Any foods sold to students on a school campus during the school day other than reimbursable meals sold through the National School Lunch and Breakfast Programs.

SCHOOL CAMPUS:

All areas of the property under the jurisdiction of the school that is accessible to students during the school day.

SCHOOL DAY:

The period from the midnight before to 30 minutes after the end of the official school day.

WHEN CAN COMPETITIVE FOODS BE SOLD IN SCHOOLS?

Colorado requires that no food items are to be sold to students in competition with the National School Lunch and Breakfast programs during the time period 30 minutes before through 30 minutes after the breakfast and lunch periods. This includes all food-based fundraising efforts.

WHERE DO NUTRITIONAL STANDARDS AND COMPETITIVE RULES APPLY?

Foods sold in school cafeterias that are not part of the reimbursable school meal.

Other food Service Operations (DECA cafeterias, school stores)
Vending Machines

Bake sales and other food-based fundraisers

****These nutrition standards do not apply to foods brought to school by families such as those served at class parties or in lunches brought from home.**

WHAT ARE THE 'SMART SNACKS' NUTRITION STANDARDS

Allowable food items must be whole grain or the 1st ingredient must be a fruit, vegetable, dairy or protein food. In addition, 'Smart Snacks' sets the following nutrition standards:

Calories ***Snacks items:** less than or equal to 200 calories
***Entrée Items:** less than or equal to 350 calories

Sodium ***Snack Items:** less than or equal to 200mg
***Entrée Items:** less than or equal to 230 mg

Total Fat ***<35% Calories from Fat**

Saturated Fat ***<10% Calories from Saturated Fat**

Trans Fat ***Zero grams per serving**

Sugar ***<35% Sugar (by weight)**

****Questions?**

If you have questions about these rules or to learn if a product meets the nutrition standards, please contact

Tammy Wolf at (719) 395-7128 or TamaraW@bvschools.org

WHAT ABOUT SCHOOL FUNDRAISERS?

All food-based fundraisers conducted on our campuses will be subject to the new nutrition standards established by the 'Smart Snacks' regulation. Please note the following as you plan fundraisers to be conducted during the school year.

- There is no limit to the number of fundraisers conducted that are not food-based (school supplies, spirit wear, wrapping paper, etc.)
- There is no limit to the number of fundraisers that are food-based but meet the nutrition standards and that are not sold during school meal periods or 30 minutes before and after.
- The Colorado Department of Education's Office of School Nutrition has established that each school is allowed 3 food-based fundraisers per school year and may be exempt from the 'Smart Snacks' nutrition standards.
- These rules do not apply to foods sold outside of the school day or food fundraisers not meant to be consumed at school.

