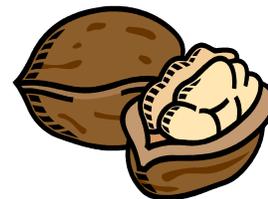


# ***In a “Nutshell”***

## **Nutrition Standards for All Foods Sold In Schools Interim Final Rule (Smart Snacks) School Year 2015-2016**



The Smart Snacks interim final rule, which establishes science-based nutrition guidelines for competitive foods sold on the school campus during the school day, became effective July 1, 2014. Foods and beverages sold in schools must now meet both the general standards and the nutrient standards outlined in the interim final rule if they do not qualify for an exemption.

### **Foods**

#### **General Standards**

Entrées, snacks, and sides must meet one of the following criteria:

- Be a whole grain-rich product
- Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.) as the first ingredient
- Be a combination food with at least ¼ cup fruit and/or vegetable
- Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber (only allowable through June 30, 2016)

#### **Nutrient Standards**

Nutrient standards should be assessed for the serving size available for purchase and include all accompaniments. Entrées, snacks, and sides must meet all of the following standards:

- *Calories*
  - Entrée: ≤350 calories
  - Snack or side: ≤200 calories
- *Fat*
  - ≤35% of total calories from fat
    - Exemptions: reduced-fat cheese, part-skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners or fat), and seafood with no added fat
  - <10% of total calories from saturated fat
    - Exemptions: reduced-fat cheese, part-skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners or fat), and seafood with no added fat
  - 0 g of trans fat (<0.5 g)
- *Sodium*
  - Entrée: ≤480 mg
  - Snack or side:
    - ≤230 mg (July 1, 2014 – June 30, 2016)
    - ≤200 mg (beginning July 1, 2016)
- *Sugar*
  - ≤35% of weight from total sugar
    - Exemptions: dried/dehydrated fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seed (no added nutritive sweeteners or fat)

#### **Exemptions from general and nutrient standards**

The following items are exempt from all of the general and nutrient standards:

- An entrée the day of and the day after it is served as part of a reimbursable meal
- Fresh, canned, and frozen fruits with no added ingredients except water or packed in 100% juice, extra light syrup, or light syrup
- Fresh, canned, and frozen vegetables with no added ingredients except water or a small amount of sugar for processing purposes

## Entrées

A product or dish must meet one of the following standards to qualify as an entrée under Smart Snacks:

- A combination food of meat/meat alternate and whole grain-rich grain
- A combination food of meat/meat alternate and vegetable or fruit
- A meat/meat alternate alone (excludes yogurt, cheese, nuts, seeds, nut/seed butters, and meat snacks [e.g. beef jerky])
- A breakfast entrée defined by the menu planner and served as part of the School Breakfast Program

If a product does not meet any of the qualifications for an entrée, it must be evaluated against the nutrient standards for a snack/side.

## Beverages

	Elementary School	Middle School	High School
Water (plain), <i>flat or carbonated</i>	All sizes	All sizes	All sizes
Low-fat milk (unflavored)	≤8 fl oz	≤12 fl oz	≤12 fl oz
Fat-free milk (flavored or unflavored)	≤8 fl oz	≤12 fl oz	≤12 fl oz
100% juice, <i>flat or carbonated</i>	≤8 fl oz	≤12 fl oz	≤12 fl oz
Calorie-free beverages, <i>flat or carbonated</i>	Not allowable	Not allowable	≤20 fl oz
Low-calorie beverages (≤5 kcal/oz), <i>flat or carbonated</i>	Not allowable	Not allowable	≤12 fl oz
Caffeine	Not allowable	Not allowable	Allowable with no restriction

## Definitions

*Combination foods:* foods that contain more than one component representing more than one of the recommended foods groups (fruit, vegetable, dairy, protein, and grains)

*Competitive foods:* all foods and beverages sold to students on the school campus during the school day, other than reimbursable meals

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

*School day:* the period from the midnight before to 30 minutes after the end of the instructional school day

## Fundraisers

The Wisconsin Department of Public Instruction allows two fundraiser exemptions per student organization per school per school year. A fundraiser cannot exceed two consecutive weeks. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule but may not compete directly with the sale of reimbursable meals.

The Smart Snacks standards represent the minimum standards and the exemption policy represents the maximum exemptions allowed; school food authorities (SFAs) have the discretion to establish additional restrictions on competitive foods and further limit fundraiser exemptions through their Local School Wellness Policy if they are consistent with Federal requirements.

## Smart Snacks Product Calculator

The Alliance for a Healthier Generation created a Smart Snacks Product Calculator to assist SFAs in determining whether a product meets the general and nutrient standards outlined in the Smart Snacks interim final rule. After a determination is made, an informational sheet can be printed and maintained as documentation. The calculator can be found at <http://tools.healthiergeneration.org/calc/calculator/>.



For more information and updates, visit:

<http://dpi.wi.gov/school-nutrition/national-school-lunch-program/smart-snacks>.

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