

Smart Snacks

SY 14-15

(Waiver Section 2, (1-9) of 702 KAR 6:090)

Waiver Section 2, (1-9)

702 KAR 6:090

- o Competitive foods no longer must meet the 702 KAR 6:090 regulations
- o Food items must still meet the Federal Smart Snacks regulations
- o Section speaks to Food only
- o Will not eliminate time period for which food may be sold
- o Alliance for a Healthier Generation's Smart Snack Calculator
- o Waiver is for SY 14-15 only (must re-apply each year for waiver)

Healthy Hunger-Free Kids Act

- o Requires that USDA establish nutrition standards for all foods and beverages sold in school.

- o Applies to all foods sold:
 - o Outside the school meal programs;
 - o A la carte in the cafeteria
 - o In school stores
 - o Snack bars
 - o Vending machines
 - o Other venues
 - o On the school campus; and
 - o At any time during the school day

Definitions

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



School Day

Window 1

- First window is from midnight the night before until 30 minutes after the last lunch period. While this window is open, no sale of food or beverage may take place except as part of the school breakfast or school lunch program.

Window 2

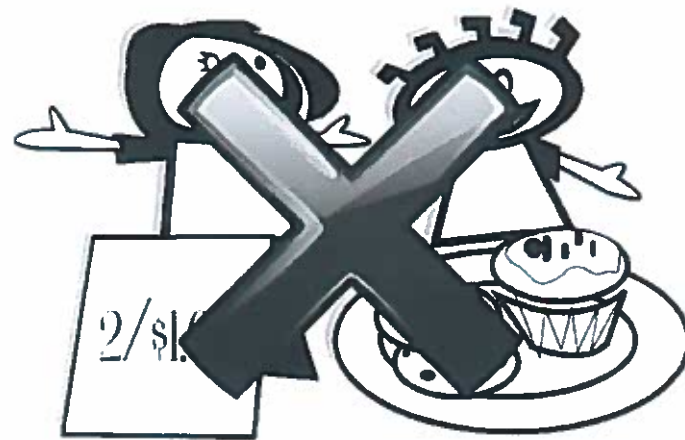
- Second window opens 30 minutes after the last lunch period and closes 30 minutes after the end of the official school day. While this window is open any food that is sold must meet all nutrition standards in the regulations.

Window 3

- Third window opens 30 minutes after the end of the official school day and closes at midnight. During this window, there is no nutrient standards restricting what may be sold.

Fundraiser Exemptions

- o There will be no exemptions given for fundraisers. No foods or beverages may be sold on the school campus during the school day that do not meet the new standards.



Fundraisers

- o All foods that meet the regulatory standards may be sold on the school campus from 30 minutes after lunch until 30 minutes after the school day.
- o The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events.

Standards for Foods

- Apply to all grade levels
- Include general and specific nutrient standards
- Provide exemptions to nutrient standards for specific foods
- Allow broader exemptions for fruits and vegetables and some NSLP/SBP foods

General Standard for Food

- o To be allowable, a food item must meet all of the competitive food nutritive standards

AND

1. Be a whole grain rich product; OR
2. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); OR
3. Be a “combination food” with at least $\frac{1}{4}$ cups fruit and/or vegetable; OR
4. Contain 10% of the Daily Value on one nutrient of public health concern (only through June 30, 2016)
 - o Calcium, potassium, vitamin D, dietary fiber

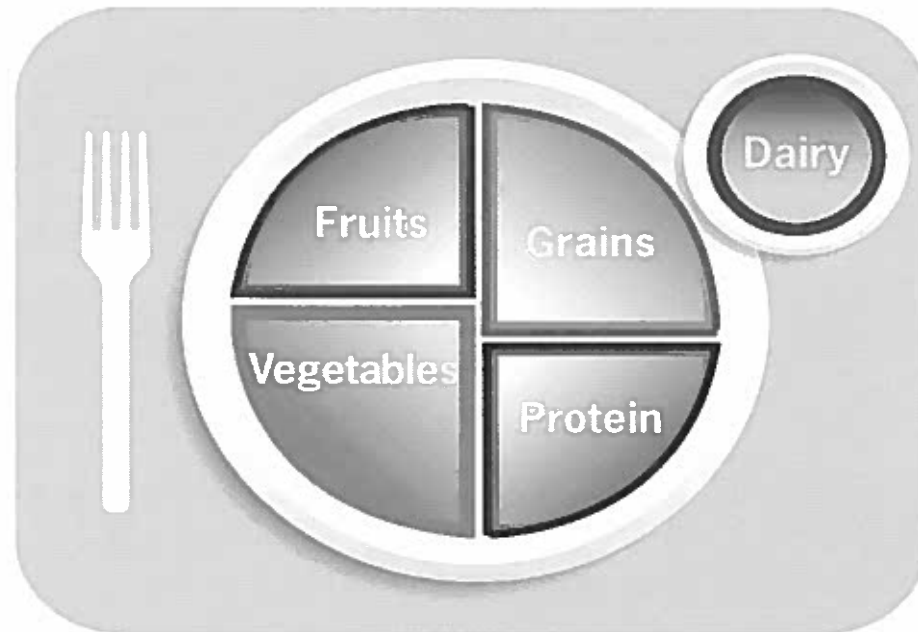
Whole Grain Rich

- o Whole Grain Rich Product
 - o Must include 50% or more whole grains by weight or have whole grain as the first ingredient
 - o Consistent with NSLP meal pattern standards and the HUSC whole grain requirement



Major Food Groups

- o Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.)



Combination Foods

- o Be a “combination food” with at least $\frac{1}{4}$ cup fruit and/or vegetable
- o Combination food means products that contain two or more components representing two or more of the recommended food groups: fruits, vegetable, dairy, protein or grains.
- o Examples: yogurt and cheese, cheese and crackers, hummus and vegetables, fruit cobbler with whole grain rich crust, etc.

Nutrients of Public Health Concern

- o Through June 30, 2016, foods that contain 10% of the Daily Value of one nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber)
- o July 1, 2016 this is removed.
- o Allowable competitive foods must be food group based after that date.

Specific Nutrient Standards for Food

Nutrient Standards

- o Total Fat
- o Saturated Fat
- o Trans Fat
- o Sodium
- o Calories
- o Total Sugar

Nutrition Facts

Serving Size: 1 pastry (52g)

Amount Per Serving

Calories 203 Calories from Fat 46

% Daily Value*

Total Fat 5.1 g 8%

Saturated Fat 0.9 g 4%

Trans Fat

Cholesterol 0 mg 0%

Sodium 198.12 mg 8%

Potassium 59.8 mg 2%

Total Carbohydrate 37.57 g 13%

Dietary Fiber 0.52 g 2%

Sugars 18.41 g

Sugar Alcohols

Protein 2.29 g

Vitamin A 500.24 IU 10%

Vitamin C 0 mg 0%

Calcium 11.96 mg 1%

Iron 1.82 mg 10%

Accompaniments

- o Must be included in nutrient profile as part of the item served: examples include:
 - o Salad dressings
 - o Butter or jelly on toast
 - o Cream cheese on bagels
 - o Garnishes

- o No pre-portioning required – may determine average portion

Total Fat

- $\leq 35\%$ of total calories from fat per item as packaged/served
- Exemptions include
 - Reduced fat cheese
 - Nuts and seeds and nut/seed butters
 - Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat
 - Seafood with no added fat, and
 - Part-skim mozzarella

Saturated Fat

o < 10% of total calories per item as packaged/served

o Exemptions for:

o Reduced fat cheese, part-skim mozzarella

o Nuts, seeds and nut/seed butters

o Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

Trans Fat

- o Zero grams of trans fat per portion as packaged/served (0.5g)

Definition of Entrée

- o An item that is
 - o A combination food of meat/meat alternate and whole grain rich food, or
 - o A combination food of vegetable or fruit and meat/meat alternate, or
 - o A meat/meat alternate alone, with exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (i.e dried beef jerky and meat sticks)
 - o Breakfast (SFA determines which item(s) are the entrée)
 - May include whole grain rich items and can be exempted from the standards on day of and day after service

Sodium

o Entrée items that do not meet NSLP/SBP exemptions

o ≤ 480 mg sodium per item

o Snack and side items

o ≤ 230 mg (until June 30, 2016)

o ≤ 200 mg (after July 1, 2016)

Calories

- o Entrée items that do not meet NSLP/SBP exemption
 - o ≤ 350 calories
- o Snack items and side dishes
 - o ≤ 200 calories per item



Total Sugars

$0 \leq 35\%$ of weight from total sugars per item



Sugar Exemptions

- Dried/dehydrated fruits or vegetables (no added nutritive sweeteners)
- Dried fruits with nutritive sweeteners for processing and/or palatability (e.g. dried cranberries, tart cherries, and blueberries)
- Exempt dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)

Exemptions from General Nutrition Standards for Food

Fruit and Vegetable Exemption

Exempt from meeting all nutrient standards

- o Fresh, frozen and canned fruit packed in water, 100% juice, light syrup or extra light syrup
- o Fresh, frozen and canned vegetables with no added ingredients except water
- o Canned vegetables with small amount of sugar for processing purposes

NSLP/SBP Entrée Exemption

- o Exemptions for entrée items only
- o Side dishes sold as competitive food must meet all standards
- o Entrée exemption for day of service and school day after

Alliance for Healthier Generation Smart Snack Calculator

[https://www.healthiergeneration.org/take action/schools/snacks
and beverages/smart snacks/alliance product calculator/](https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/)

This can be used for food items only.

Nutrition Standards for Beverages

Standards for Beverages

- o Not affected by Waiver
 - o Vary by Grade Level
 - o Identify Specific Types of Beverages Allowed
 - o Address Container Size
-
- o Beverages for All
 - o Water
 - o Milk
 - o Juice



Elementary School Beverage Options

- o Water – Plain, non-caloric, noncarbonated water. **No size limit.** (KY regulation)
- o Milk – Low fat milk (**8 ounces or less**) or non fat milk, flavored or unflavored (**8 ounces or less**). Federal regulation. (With exception that KY does not allow the nutritionally equivalent milk alternatives to be sold a la carte.)
- o Juice – 100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**8 ounces or less**).
- o No other beverages are allowed
- o All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

Middle School Beverage Options

- o Water – Plain, non-caloric, noncarbonated water. No size limit. (KY regulation)
- o Milk – Low fat milk (**12 ounces or less**) or non fat milk, flavored or unflavored (**12 ounces or less**). Federal regulation. (With exception that KY does not allow the nutritionally equivalent milk alternatives to be sold a la carte.)
- o Juice – 100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**12 ounces or less**).
- o No other beverages are allowed
- o All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

High School Beverage Options

- o Water – Plain, non-caloric, noncarbonated water. No size limit. (KY regulation)
- o Milk – Low fat milk (**12 ounces or less**) or non fat milk, flavored or unflavored (**12 ounces or less**). Federal regulation. (With exception that KY does not allow the nutritionally equivalent milk alternatives to be sold a la carte.)
- o Juice – 100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**12 ounces or less**).

High School Beverage Options

Cont'd

- o Calorie free Beverages - Any other flavored beverages (**20 ounces or less**) that are labeled to contain **5 calories or less per 8 ounce**, or **10 calories or less per 20 ounce**; and contains no more than **ten (10) grams** of sugar per serving.
- o Lower Calorie Beverages - Any other flavored beverages (**12 ounces or less**) that are labeled to contain **40 calories or less per 8 ounces**, or **60 calories or less per 12 ounces**; and contains no more than **ten (10) grams** of sugar per serving.
- o Beverages may contain caffeine.

Recordkeeping

- o LEAs and SFAs should maintain records such as receipts, nutrition labels and product specifications.
- o SFAs maintain records for competitive foods sold under the nonprofit school food service account.
- o LEAs maintain records for all other competitive food sales.



Questions

o If you have questions, please contact your consultant.