Smart Snacks: All Foods Sold in Schools

Jenny Fuller, April 2014
Kentucky Department of Education
Division of School and Community Nutrition

Healthy Hunger-Free Kids Act

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

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

Definitions

- 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

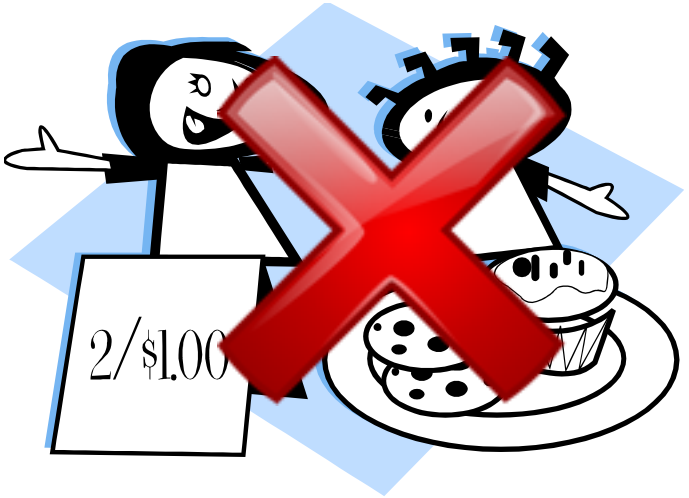
- The second window opens 30 minutes after the last lunch period and closes 30 minutes after the end of the official school day. While this window is open any food that is sold must meet all nutrition standards in the regulations (KY and or Federal).

Window 3

- The 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

- 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

- All foods that meet the regulatory standards may be sold on the school campus until 30 minutes after the school day.

- The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events.

Standards for Foods

- Applies to All Grade Levels
- Includes General and Specific Nutrient Standards
- Provides exemptions to Nutrient Standards for Specific Foods
- Allows broader exemptions for fruits and vegetables and some NSLP/SBP foods
- Will see stricter restrictions sometimes at State Level and sometimes at Federal Level

General Standards for Food

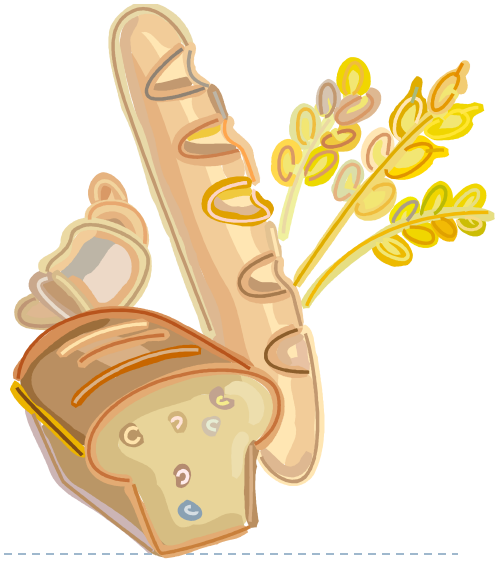
- To be allowable, a food item must meet all of the competitive food nutrient standards

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 ¼ cup fruit and/or vegetable; OR
4. Contain 10% of the Daily Value on one nutrient of public health concern (only through June 30, 2016)
   - Calcium, potassium, vitamin D, dietary fiber.

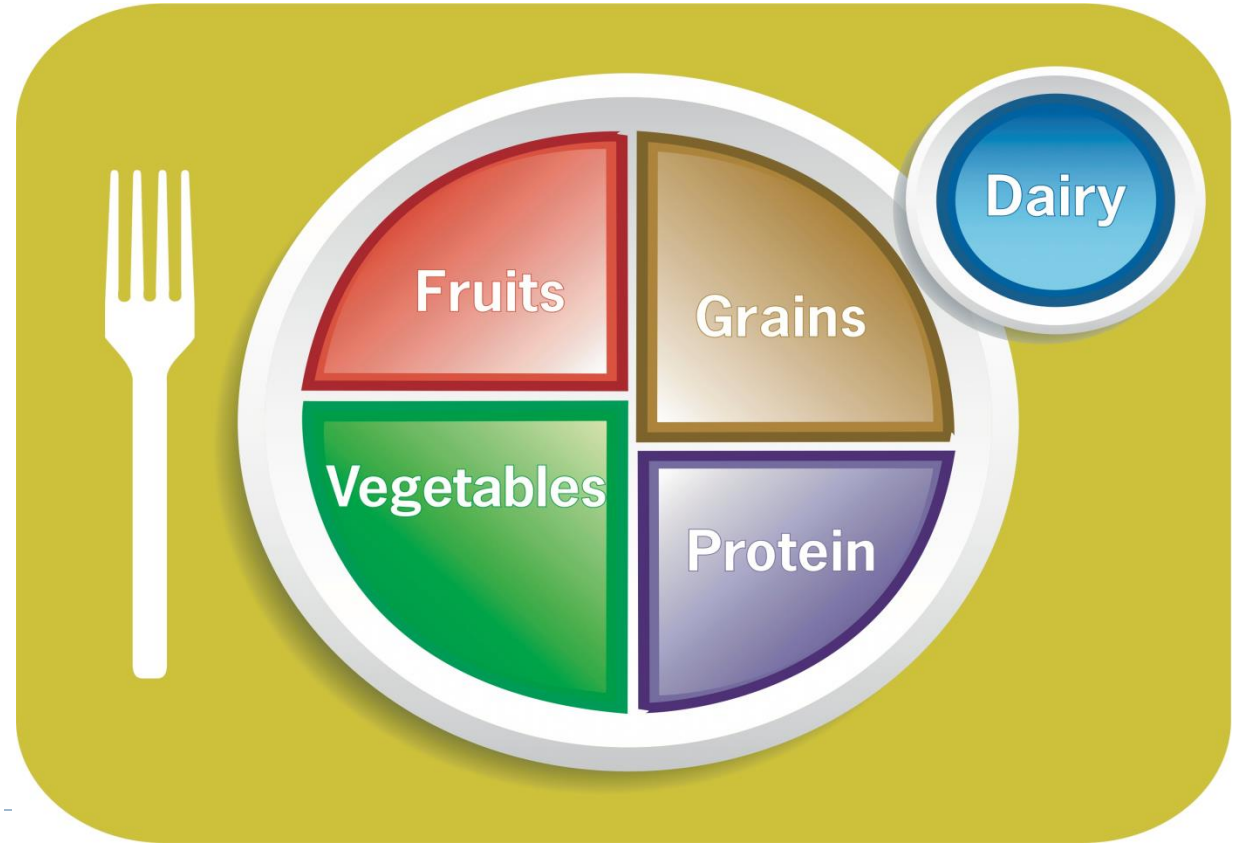
Whole Grain Rich

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



Major Food Groups

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



Combination Foods

- Be a "combination food" with at least ¼ cup fruit and/or vegetable
  - Combination foods means products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.
  - Examples: yogurt and cheese, cheese and crackers, hummus and vegetables, fruit cobbler with whole grain rich crust, etc.

Nutrients of Public Health Concern

- 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)
  - July 1, 2016 this is removed.
  - Allowable competitive foods must be food groups based after that date.

Exceptions

- Exceptions
  - Fresh fruits and vegetables with no added ingredients except water exempt from all nutrient standards.
  - Canned and frozen F/V, no added ingredients except waters, or are packed in – 100% juice, extra light syrup, or light syrup – exempt
  - Canned vegetables- no added ingredients except water or that contain a small amount of sugar for process to maintain quality and structure - exempt
- KENTUCKY
  - Restriction of no more than 14 grams of sugar would override some of the federal exemptions listed.

A La Carte

- Any entrée item offered as part of the lunch program or the breakfast program is EXEMPT from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.

- All side items must meet General Standards for Competitive Foods.

Nutrient Standards

- Total Fat
- Saturated Fat
- Trans Fat
- Sodium
- Calories
- 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

- Must be included in the nutrient profile as part of the item served.
- No pre-portioning required – may determine average portion.
- Examples:
  - Salad dressing
  - Butter or jelly on toast
  - Cream cheese on bagels
  - Garnishes, etc.

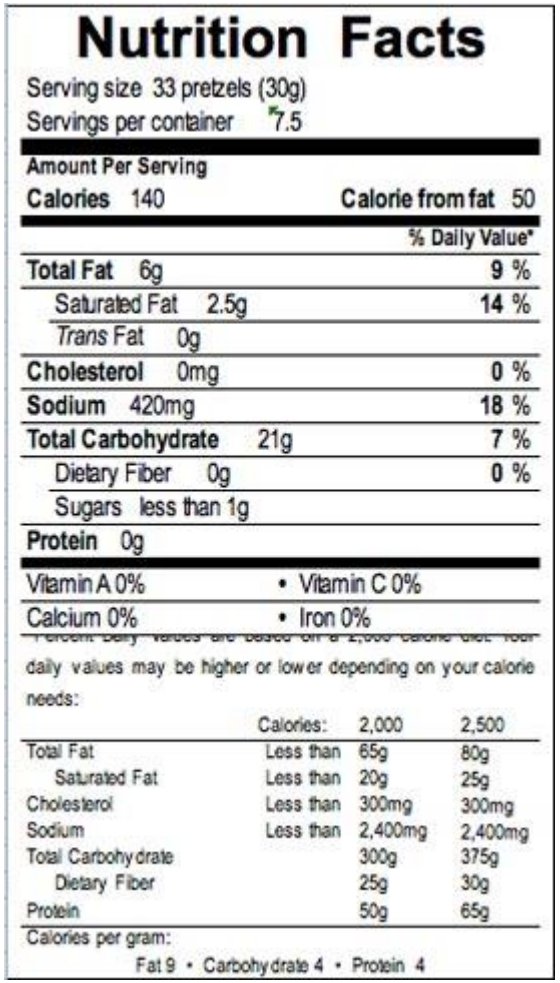
Total Fat

- Calories from fat shall not exceed **30%** (this is KY standard – MOST restrictive)

- Exemptions include:
  - Reduced fat cheese
  - Nuts, seeds and nut/seed butters

- To calculate the calories from fat information, take the calories from fat listed on the label and divide by the total calories, then multiply by 100.
- To use the total grams of fat method, take the grams of fat on the label and multiply by 9 (the calories in each gram of fat), divide that result by the total calories , then multiply by 100.

Total Fat



Nutrition Facts

Serving size 33 pretzels (30g)
Servings per container 7.5

Amount Per Serving		
Calories 140	**Calorie from fat** 50	
		% Daily Value*
Total Fat 6g		**9 %**
Saturated Fat 2.5g		**14 %**
Trans Fat 0g		
Cholesterol 0mg		**0 %**
Sodium 420mg		**18 %**
Total Carbohydrate 21g		**7 %**
Dietary Fiber 0g		**0 %**
Sugars less than 1g		
Protein 0g		

Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

- 50 calories ÷ 140 calories x 100 = 35.7 % of calories from fat.
- 6 grams x 9 calories ÷ 140 calories x 100 = 38% of calories from fat

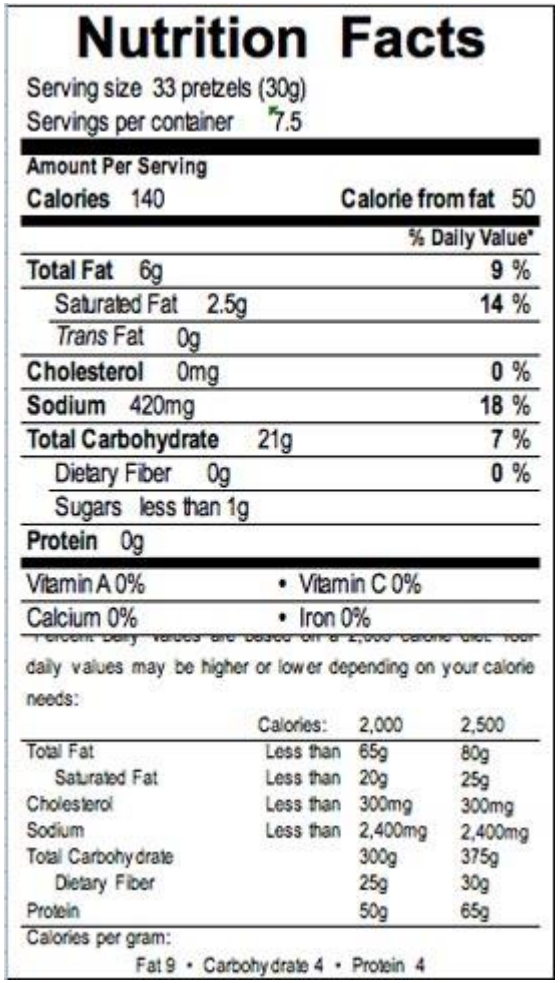
Saturated Fat

- The calories from saturated fat must be less than **10%** as served. (Federal Regulation – more restrictive)

- Federal proposed standards does have exemptions, however, KY Standards do not. Therefore, Federal Regulation will be followed without exemptions.

- To calculate the percentage of calories from saturated fat, take the grams of saturated fat and multiply by 9 (the calories in each gram of saturated fat), divide that result by the total calories, then multiply by 100.

Saturated Fat



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Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

- 2.5 grams x 9 calories ÷ 140 calories x 100 = 16.07%
- This number must be 9.9 or below.

Trans Fat

- Acceptable food items must have **zero** grams of trans fat served. (< 0.5 g per portion)

Total Sugar

- Calories from sugar shall not exceed **32%** by weight (KY standard – most restrictive)
- Grams of sugar cannot exceed **14 grams**

- Exemptions:
  - Fresh fruits and vegetables
  - Frozen fruits and vegetables
  - Dried fruits and vegetables
  - Canned fruits and vegetables – Federal exemption most restrictive – Canned fruits would have to be packed in extra light syrup, light syrup, or 100% juice. Canned vegetables can only contain a small amount of sugar for processing.

Total Sugar

- How do you calculate??
  - To calculate percentage of sugar by weight, take the grams of sugar on the nutrition panel and divide that by the total weight of the food in grams.

Total Sugar

Nutrition Facts

Serving Size (70g)
Servings Per Container

Amount Per Serving

Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 8g	
Protein 3g	

Vitamin A 0%	• Vitamin C 8%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

- 8g (grams of sugar) ÷ 70g (weight of product) x 100 = 11.4%
- Does this product have 14 grams of sugar or less???

Portion Size Requirements for Food

- Portion or pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seed or jerky shall not exceed **2 ounces**.
- Portion or pack size for cookies shall not exceed **1ounce**.
- Portion or pack size for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, or other bakery-type items shall not exceed **2 ounces**.
- Portion or pack size for non-frozen yogurt shall not exceed **8 ounces**.
- Portion or pack size for frozen dessert items, including low-fat or fat free ice cream, frozen fruit juice bars, or frozen real fruit items, shall not exceed **4 ounces**.

Portion Sizes Cont'd

- Federal Proposed standards, whole grain, sodium, calorie, State regulation for fat, saturated fat, and sugar must be applied to food items in addition to the State regulation of portion sizes.

- Example:
  - POPCORN – Popcorn may be considered whole grain, and may be eligible as a smart snack, however there are many types of popcorn available on the market, some with added sugar, and added fats, therefore, you must check the nutrition facts panel or product specifications to determine if the product meets the nutrition standards. It must also be 2 ounces or less.

Entrée

- Entrée item means:
  - Combination food of meat/meat alternate and whole grain rich food; or
  - A combination food of vegetable or fruit and meat/meat alternate; or
  - A meat/meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky and meat sticks)
  - Does not include grain-only items. This may limit availability of products that are healthy choices for breakfast. Therefore, a SFA is permitted to determine which item(s) are the entrée items for breakfast offered as part of SBP. Per SP 35-2014.

Sodium

- Snack items and side dishes sold a la carte should not exceed **230 mg** sodium per items served.
  - July 1, 2016 snack items and side dishes shall not exceed 200 mg sodium per item served, including accompaniments.

- Entrée items sold a la carte should not exceed **480 mg** sodium per item as served including any added accompaniments.
  - Pastas, meats, and soups shall not exceed more than **450 mg** sodium per serving. (KY standard – more restrictive)

Calories

- Snack items and side dishes sold a la carte should not exceed **200 calories** per item as served, including any accompaniments.

- Entrée items sold a la carte should not exceed **350 calories** per item as served including any added accompaniments.

Standards for Beverages

- Vary by Grade Level
- Identify Specific Types of Beverages Allowed
- Address Container Size

- Beverages for All
  - Water
  - Milk
  - Juice

Elementary School Beverage Options

- Water – Plain, non-caloric, noncarbonated water. **No size limit**. (KY regulation)
- 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.)
- Juice – 100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**8 ounces or less**).
- No other beverages are allowed
- All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

Middle School Beverage Options

- Water – Plain, non-caloric, noncarbonated water. No size limit. (KY regulation)
- 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.)
- Juice – 100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**12 ounces or less**).
- No other beverages are allowed
- All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

High School Beverage Options

- Water – Plain, non-caloric, noncarbonated water. No size limit. (KY regulation)
- 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.)
- 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

- Any other flavored and/or noncarbonated 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.
- Any other flavored and/or noncarbonated 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.
- Beverages may contain caffeine.

Recordkeeping

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

Monitoring and Compliance

- Will monitor compliance with the standards through a review of LEA records as part of the State agency administrative review.
- Violations:
  - First violation will result in a fine of no less than one (1) week's revenue from the sale of the competitive food;
  - Subsequent violations shall result in a fine of no less than one (1) month's revenue;
  - "Habitual violations," five or more violations within a six month period, shall result in a six month ban on competitive food sales at violating school
  - Revenue collected as a result of the fines shall be transferred to the food service fund of the local school district.
- If violations have occurred, technical assistance and corrective action plans will be required.

Questions???