

SMART SNACKS

Q&A

Smart Snacks Rules and Regulations apply to what in schools?

To “All Foods Sold in Schools” on the school campus during the school day, including foods and beverages.



Who should help implement the Smart Snacks Rules and Regulations in School?

This should be a combined effort with everyone working hard to instill healthy habits in students. Support should come from:

- school food service staff
- school administrators
- school community
- teachers
- parents

Where can I find more information about Nutrient Standards?

USDA Tools for Schools: Focusing on Smart Snacks has links and multiple helpful tools including:

- Fact Sheet for USDA’s “All Foods Sold in Schools” Standards
- Summary Chart for Nutrition Standards for “All Foods Sold in School”
- Interim Final Rule
- Q&As Related to the “Smart Snacks” Interim Final Rule – SP 64-2014
- Smart Snacks Standards for Exempt Foods when Paired Together - SP 63-2014
- Grain Entrees Related to the Smart Snacks in School Standards – SP 35-2014

Who needs to follow the Smart Snack Rules and Regulations?

Every SFA, School Food Authority.

What beverages can be available during the school day?

USDA Focusing on Smart Snacks has tip sheet for Beverage Options and their Guide Book has beverage guidelines on pages 11-12.

As outlined in SD's Policy on Exempt Fundraisers: School-sponsored groups can each have 1 exempt fundraiser per year during the school day on the school campus. Each exempt fundraiser can only last for 1 day and cannot be given to another group if unused.

I have a product that I currently use, how can I check if it is Smart Snack compliant?

Use the Product Calculator from the Alliance for a Healthier Generation for a step-by-step process to check compliance. Have your nutrition facts label handy!

What is an exempt fundraiser?

This institution is an equal opportunity provider.

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

- Entrees the day of and the day after they are served as of reimbursable meals
- Fresh, canned, and frozen fruits with no added ingredients except water, or packed in 100% juice, extra light, or light syrup
- Fresh, canned, and frozen vegetables with no added ingredients except water or a small amount of sugar for processing purposes

There is no limit to fundraisers that fit the Smart Snack Rules and Regulations. We encourage you to find fundraisers that meet the Smart Snacks or fundraisers that do not involve food.

Is there a limit to the number of Smart Snack compliant fundraisers?

Are there any foods that are exempt from the general and nutrient standards?

What are the Smart Snack Standards for foods?

Where does the Smart Snack Rules and Regulations apply?

The Rule applies to foods sold:

- on the School campus
 - all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- during the School day - the period from the midnight before, to 30 minutes after the end of the official school day
- school store/concession stands
- a la carte
- vending machines

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the 1st ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats

Where can I find more information about Smart Snacks?

CANS Office
Phone: 605-773-3413
Email:
DOE.SchoolLunch@state.sd.us

Got more Questions??



To find out more information check out:

- [USDA Tools for Schools: Focusing on Smart Snacks](#)
- [SD CANS National School Programs webpage](#)
- [SD CANS Nutrition Bulletin](#)