



Smart Snacks in Schools

<http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food. The *Smart Snacks in Schools* standards will build on healthy eating advancements made in school lunches which have added more fruits, vegetables and whole grains. These standards will support efforts by school staff and parents to instill healthy habits in students.

Nutrition Standards for Foods

- **Any food sold in school must:**
 - Be a "whole-grain product", or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food: or
 - Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines (calcium, potassium, vitamin D, or dietary fiber).
- **Foods must also meet nutrient requirements:**
 - Calorie limits:
 - Snack items: <200 calories
 - Entrée items: <350 calories
 - Sodium limits:
 - Snack items <230 mg
 - Entrée items <480 mg
 - Fat limits:
 - Total fat <35% of calories
 - Saturated fat <10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - < 35% of weight from total sugars in foods

Nutrition Standards for Beverages

- **All schools may sell:**
 - **Plain water (with or without carbonation)**
 - Unflavored lowfat milk
 - Unflavored or flavored fat free milk (and alternatives)
 - 100% fruit or vegetable juice (may be diluted)

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Additional Standards for Beverages:

- Elementary schools may sell up to 8-ounce portions of milk and juice
- Middle schools and high schools may sell 12-ounce portions of milk and juice
- Additional "no calorie" and "low calorie" beverage options for high school students include:
 - No more than 20-ounce portions of calorie-free, flavored water or other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 ounces
 - No more than 12-ounce portions of beverages with <40 calories per 8 ounces



- The standards do not apply during non-school hours, or weekends and at off-campus fundraising events.
- The standards provide an exemption for infrequent fundraisers that do not meet

the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Accompaniments:

Other Requirements:

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.

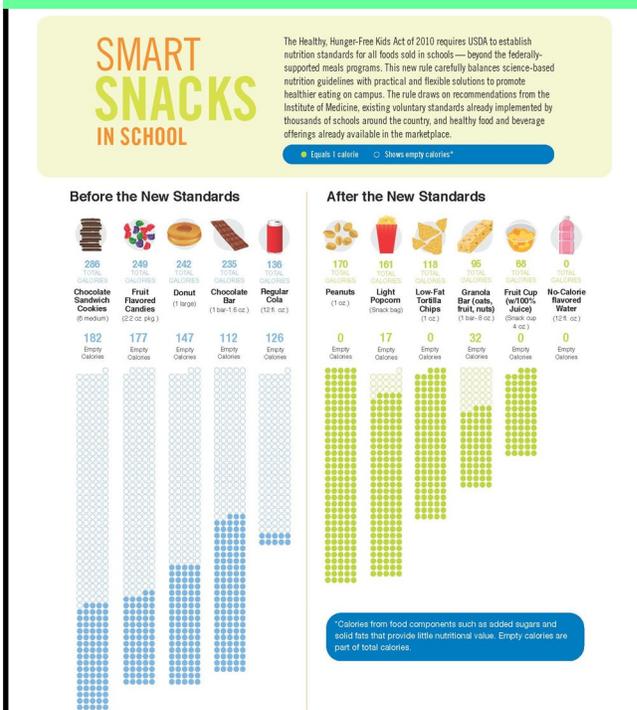
- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Frequently Asked Questions & Answers:

- **How do these affect foods brought from home?** *USDA has no role in regulating foods brought from home including bagged lunches, birthday treats, after-school sporting events, or after-school bake sales.*
- **What is the timeline for implementation?** *The rule allows for an entire school year to make the necessary changes.*
- **What products will be in, and what products will be out?** *Healthier versions of popular items are encouraged. Many schools are already serving these healthy items with support from parents and the industry.*
- **How will the new standards affect fundraising?** *Revenues from school stores, vending machines and occasional fundraisers can be important. There is flexibility built into the new standards.*
- **How will this affect a la carte items?** *Entrée items offered as part of lunch or breakfast are exempt from the competitive foods standards when sold a la carte the day of or the day after they are served in the lunch line.*
- **How will this impact revenue?** *Many schools report little or no change in revenue from similar standards.*

Smart Snacks Infographic Download

<http://www.flickr.com/photos/usdago/9143713859>



Get help with products and calculations:

Alliance for a Healthier Generation

https://schools.healthiergeneration.org/resources_too/school_meals/product_calculator/

Legume Fun Facts

<http://www.northernpulse.com/> → Food Professionals → School Food Service

- Legumes (pulses) are plants that produce pods. Beans or peas are seeds inside these pods. Sizes, colors, and shapes vary from oval and white to round and black.
- Legumes have been a staple of recipes for thousands of years.
- Beans can be prepared by soaking and cooking or by choosing canned varieties (plain, flavored, or mashed as in hummus or refried beans.)
- Legumes provide good nutrition from complex carbohydrates, dietary fiber, protein, B vitamins, several important minerals; plus they are low in sugar, fat and cholesterol.
- Legumes are a cheap source of protein and complex carbohydrates. Dry versions are less expensive than canned.
- The Cool Cooks recent summer training rated these recipes as "the best"!

Spaghetti el Lentil

Ingredients

2 #10 cans, low sodium tomato sauce (12 cups each)
 2 Tablespoons garlic powder
 2 Tablespoons onion powder
 1/3 cup oregano
 1/3 cup dried basil
 1/3 cup dried parsley
 7 1/2 cups browned ground beef (3 lbs. raw)
 6 cups lentils (cooked)

Directions

1. Stir all ingredients in a saucepan and simmer for 30 minutes.
 2. Serve over spaghetti or pasta.
 3. Sprinkle with parmesan cheese.
- Serves 48. 140 calories. (Divide by 8 for 6 servings.)



Veggie Dip (Hummus)

Ingredients

2—#10 cans of chickpeas, drained (reserve some liquid) (12 cups each)
 2 Tablespoons jarred garlic, or 12 cloves (pureed)
 4 Tablespoons cumin
 1.5 cups lemon juice
 3/4 cup extra virgin olive oil

Directions

1. In a large bowl combine all ingredients.
 2. Pureed the chickpea mixture in the food processor in batches.
 3. If the mixture is too thick add a few tablespoons of the reserved liquid.
 4. Stir well and serve with fresh vegetables.
- Serves 48. 120 calories.
 (Divide by 8 for 6 servings.)

South Dakota Team Nutrition Past, Present and Future

Over the past two years of the SD Team Nutrition Training Grant there have been over 120 mini-grants offered to schools and child care agencies to do the work of Team Nutrition. In addition there have been several training events for Harvest of the Month/Youth Gardens, Cool Cooks in Schools, and Wellness Policy Development. Additionally, many stipends were offered for Amazing Body Tour food samples and New Recipe testing.

I regret to report that the funds for the team Nutrition 2013-15 grant were not approved by USDA. There will be no mini-grants offered in the 2013-14 school year. Child & Adult Nutrition Services will continue to support training for school food service staff and provide newsletter updates for them.

The national Team Nutrition website at <http://teamnutrition.usda.gov> provides current information on curricula and other resources. You can sign up for "Email Updates" using the link in the left hand breakout box to keep up on the news.

Ongoing sources of SD nutrition information include sdhavestofthemonth.com, Extension's igrow.org/healthy-families/, and healthysd.gov.



See the Success Story slide shows for each mini-grant on the website soon.
www.doe.sd.gov/cans/teamnutrition.aspx

Like the web?
Join a blog to keep up
with the news:

- **Let's Move**—www.letsmove.gov/blog/all
- **USDA Team Nutrition**—blogs.usda.gov/tag/team-nutrition/
- **School Meals That Rock**—<http://schoolmealsthatrock.org/>
- **Alliance for a Healthier Generation**—https://www.healthiergeneration.org/news_events/
- **iGrow Healthy Families**—igrow.org/healthy-families/health-and-wellness/



United States
Department of
Agriculture



Child & Adult Nutrition
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Child & Adult Nutrition Services
SD Department of Education

Website:

doe.sd.gov/cans/teamnutrition.aspx

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Team Nutrition Success Stories 2012-13



Cool Cooks Mini-grant—New Recipe Tasting,
New Underwood



Amazing Body Tour Tasting
Event Hillcrest, Brookings



Cool Cooks Training—Legume
Recipes, Rapid City



Harvest of the Month Training—
Practicing Samples, Rapid City



Summer Fun with Food & Fitness—Cov
in the Garden Party, Enemy Swim



Harvest of the Month Mini-grant—
Sampling Activity, Jefferson
Elementary, Pierre



Garden to Table Mini-grant—
Patrick Henry MS, Sioux Falls



Summer Fun with Food & Fitness Mini-
grant—Healthy Pool Party, Big Stone