

Smart Snacks Questions and Answers

The CANS office has developed a list of Q&A in regard to frequently asked Smart Snack Questions.

Q: Smart Snacks Rules and Regulations apply to what in schools?

A: The Smart Snack Rules and Regulations apply to “All Foods Sold in Schools” on the school campus during the school day. This includes foods and beverages.

Q: What are the general standards for the Smart Snacks Rules and Regulations?

A: Entrees, snacks, and sides must meet one of the following:

- 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)

Q: Where can I find more information about Nutrient Standards?

A: [USDA Healthier School Day Website](#) 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](#)
- [Questions & Answers 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

Q: Who needs to follow the Smart Snack Rules and Regulations?

A: Every SFA, School Food Authority, must follow the Smart Snack Rule and Regulations.

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

A: 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
- teachers
- parents
- school community

Q: Where does the Smart Snack Rules and Regulation apply?

A: The Rule applies to foods sold:

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- 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
- a la carte
- school store/concession stands
- vending machines

Q: What beverages can be available during the school day?

A: [USDA Healthier School Day](#) has a tip sheet for [Beverage Options](#). [Alliance for a Healthier Generation](#) has a chart broken down by grade level for [Beverage Guidelines](#).

Q: Is there a list of foods and beverages that are Smart Snack compliant?

A: Check out the Alliance for a Healthier Generation [Product Navigator](#).

- Downloadable list of Smart Snacks
 - This list is always changing; currently it is about 200 pages.
- Search for Smart Snacks by category
 - Snacks
 - Side Items
 - Entrees
 - Beverages

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

A: Check out the Alliance for a Healthier Generation [Product Calculator](#).

- Easy step by step process to check compliance of a product.
- Have your nutrition facts label ready to help guide you through the process.

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

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

- Entrees the day of and the day after they are served as part of reimbursable meals
- Fresh, canned, and frozen fruits with no added ingredients except water, or packed in 100 percent 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

Q: What is an exempt fundraiser?

A: As outlined in the [South Dakota's Policy on Exempt Fundraisers](#)

1. School-sponsored groups can each have one exempt fundraiser per year during the school day on the school campus. Non school-sponsored groups cannot have fundraisers involving unallowable foods during the school day.
2. Each exempt fundraiser can only last for one day.

3. Exempt fundraisers cannot be given to another group. If an organized group chooses not to have an exempt fundraiser, another group cannot use that day.

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

A: 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.

Q: Where can I find more information about Smart Snacks?

A: To find out more information about the Smart Snacks Rules and Regulations please check out:

- [USDA Healthier School Day](#)
- [SD CANS National School Lunch/Breakfast Programs webpage](#)
- [SD CANS Nutrition Bulletin](#)
 - [August 2014](#)
 - Smart Snacks effective July 1, 2014
 - Exempt Fundraisers – Smart Snacks
 - [September 2014](#)
 - Smart Snack Recordkeeping
 - SD Policy on Exempt Fundraisers Recordkeeping