



# Smart Snacks in Schools

Jackson-Madison County Schools follow the USDA guidelines for *Smart Snacks in Schools* which is part of the Healthy-Hunger Free Kids Act of 2010. Nutrition standards apply to foods and beverages that students have access to purchase during the school day and on the school campus. Guidelines are designed to promote healthier snack choices available to students and prohibit schools from advertising or marketing any food or beverage that does not meet the Smart Snack standards. Below is a breakdown of the USDA *Smart Snacks in Schools* guidelines. To see if your smart snack meets the standards browse the Products section of the Alliance for a Healthier Generation’s Smart Foods Planner (<https://foodplanner.healthiergeneration.org/products>).

FACTS ABOUT SNACK FOODS:		FACTS ABOUT BEVERAGES:
<b>Any food sold in schools must:</b> <ul style="list-style-type: none"> <li>• Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the 1<sup>st</sup> ingredient); or</li> <li>• Have as the 1<sup>st</sup> ingredient a fruit, a vegetable, a dairy product, or a protein food; or</li> <li>• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or</li> <li>• <b>The food must meet the nutrition standards for calories, sodium, sugar, and fats:</b></li> </ul>		<b>All schools may sell:</b> <ul style="list-style-type: none"> <li>• Plain water (with or without carbonation), no limits.</li> <li>• Unflavored or flavored low-fat and fat-free milk (8 oz. elementary grades, 12 oz. middle and high school grades).</li> <li>• 100% fruit or vegetable juice, with or without carbonation, (8 oz. elementary grades, 12 oz. middle and high school grades).</li> <li>• 100% fruit or vegetable juice, diluted with water, with or without carbonation and no added sweeteners, (8 oz. elementary grades, 12 oz. middle and high school grades).</li> </ul>
Nutrient	Snack	
Calorie Limits:	200 calories or less	
Sodium Limits:	200 mg. or less	
Total Fat Limits:	35% of calories or less Saturated Fat: < 10% calories Trans Fat: 0 grams	<ul style="list-style-type: none"> <li>• <b>Low-and No-Calorie Beverages (High School grades only) With or without caffeine and/or carbonation; calorie-free, flavored water</b></li> </ul>
Sugar Limits:	35% by weight or less	“Low Calorie” Maximum 60 calories per 12 oz. “Zero Calorie” Maximum 10 calories per 20 oz.

Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program. Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars and vending machines. The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.