

HEALTHY SNACK GUIDELINES RESOURCES



The United States Department of Agriculture (USDA) recently published practical nutrition standards called the **Smarts Snacks in School** for all 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.

Lakeport Unified School District (LUSD) is dedicated to improving the health and wellness environment of schools for the betterment of our students through sound, evidence-based nutrition education and policy.

What if my school district wants to have stricter standards?

These Federal standards are the minimum requirements. State agencies and/or local school districts can establish stricter standards, if desired. Consult your school's Local School Wellness Policy for more information.

How Do I Know if My Snacks and Beverages Are Compliant?

You can use the online tools below to calculate if your snack/beverage is compliant with the standards

Resource	Description	Website
Basics of the Nutrition Facts Label	Guide on how to read and use the nutrition facts label	https://goo.gl/txNnre
Alliance Product Calculator	Enter info. from nutrition facts label into tool to calculate product	https://goo.gl/A1aXH9
Oregon State Snack Calculator	Enter info. from nutrition facts label into tool to calculate product	https://goo.gl/xa3CkU
Oregon State Beverage Calculator	Enter info. from nutrition facts label into tool to calculate product	https://goo.gl/Vp0M3p

Where Can I Learn More About the Smart Snacks in School Standards?

Below are helpful resources to better understanding the standards

Resource	Website
A Guide to Smart Snacks in School	https://goo.gl/SzLZMA
Smart Snacks in School Fact Sheet	https://goo.gl/62XzFS
Smart Snacks in School Infographic	https://goo.gl/e8cDPO
Smart Snacks in School Beverage Options	https://goo.gl/nYDFJM
Nutrition Standards for All Foods Sold in School	https://goo.gl/j8XAEF

What Are Some Other Resources?

Resource	Description	Website
Team Nutrition	Access free nutrition education resources	https://goo.gl/W86njV
Tools for Schools	Read more about Smart Snacks regulations and policies	https://goo.gl/OCu7ux
Healthy Fundraising	Get ideas for healthier fundraising activities	https://goo.gl/kJczqk

Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions. For additional information, refer to the Smart Snacks Summary Chart at http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf.

Food	Smart Snacks Standards Exemptions
Fresh and frozen fruits and vegetables, with no added ingredients	Exempt from all nutrient standards
Canned fruits packed in 100% juice or light syrup, with no added ingredients except water	Exempt from all nutrient standards
Canned vegetables (no salt added/low sodium), with no added fats	Exempt from all nutrient standards
Reduced-fat cheese (including part-skim mozzarella)	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Nuts, seeds, or nut/seed butters	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Apples with reduced-fat cheese*	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Celery with peanut butter (and unsweetened raisins)*	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Whole eggs with no added fat	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Seafood with no added fat (e.g., canned tuna packed in water)	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Dried fruits with no added sugars	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards
Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards
Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

Finding Information on the Nutrition Facts Panel and Ingredients List

Enter this information into the Smart Snacks Product Calculator (<https://foodplanner.healthgeneration.org/calculator>) to see if your snack meets the standards.

