



Book	Policy Manual
Section	200 Students
Title	Student Wellness
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WALLINGFORD-SWARTHMORE SCHOOL DISTRICT

Purpose

The Wallingford-Swarthmore School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

The Board adopts this Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws and regulations.[1][2][3].

To ensure the health and well-being of all students, the Board establishes that the District shall provide to students:

1. A comprehensive nutrition program aligned with federal and state requirements where students receive consistent nutrition education messages across school activities, cafeterias, classrooms, and school media.
2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards. Proposed curriculum revisions must be submitted to the Superintendent by June 15.

Delegation of Responsibility

The Superintendent or designee shall be responsible for the implementation and oversight of this Policy to ensure each of the District schools, programs, and curriculum is compliant with this Policy,

related policies and established guidelines or administrative procedures.[2][3]

Each building principal or designee shall report to the Wellness Committee regarding compliance in the principal's school.[3]

Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent shall annually report to the Board on the District's compliance with law and policies related to School Wellness. The report may include:

1. Assessment of school environment regarding school wellness issues.
2. Evaluation of food services program.
3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from District staff, students, parents/guardians, community members and Wellness Committee.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this Policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:[2][3]

1. The extent to which each school is in compliance with law and policies related to school wellness.
2. The extent to which this Policy compares to model wellness policies.
3. A description of the progress made by the District in attaining the goals of this Policy.

At least once every three (3) years, the District shall update or modify this Policy as needed, based on the results of the most recent triennial assessment and/or as District and community needs and priorities change; wellness goals are met; new health science information and technologies emerge; and new federal or state guidance or standards are issued.[3]

The District shall annually inform and update the public, including parents/guardians, students, and other in the community, about the contents, updates and implementation of this Policy via the District website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness Policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness Policy; and a means of contacting Wellness Committee leadership.[2][3]

Guidelines

Recordkeeping

The District shall retain records documenting compliance with the requirements of the School Wellness Policy, which shall include:[3][4]

1. The written School Wellness Policy.
2. Documentation demonstrating that the District has informed the public, on an annual basis, about the contents of the School Wellness Policy and any updates to the Policy.
3. Documentation of efforts to review and update the School Wellness Policy, including who is involved in the review and methods used by the District to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of School Wellness Policy and notification of the assessment results to the public.

Wellness Committee

The Board shall maintain a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, District administrator, District food service representative, student, parent/guardian, school health professional, physical education teacher, and member of the public. The Superintendent shall appoint a chairperson who in turn shall select committee members. The number of committee members should not exceed twenty (20). Meeting dates and times shall be determined by the chairperson. Meeting dates, times and locations shall be presented on the District calendar of events and announced with two (2) or more weeks' notice. The goal is to have a minimum of three (3) meetings annually at times when the majority of members can attend.[2]

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity, and other school based activities that promote student wellness as part of the Policy development and revision process.[3]

The Wellness Committee shall provide a report to the Superintendent or designee regarding the status of its work by June 30.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[5][6][7]

Schools will strive to ensure that students receive consistent nutrition education messages across school activities, cafeterias, classrooms, and school media.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. Lifelong energy balance shall be reinforced by linking nutrition education and physical activity, when possible.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition, especially in local communities.

The staff responsible for providing nutrition education shall be trained and shall participate in professional development.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Consistent nutrition messages shall be disseminated and displayed throughout the District schools, classrooms, cafeterias, homes, community and media.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.[6][7][9]

District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Students and the community shall have access to physical activity facilities outside of school hours.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All District students must participate in physical education.

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on a variety of developmentally appropriate skills and knowledge for lifelong, health-enhancing behaviors.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be maintained.

A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Documented medical conditions and disabilities shall be accommodated.

Physical education classes shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a student to teacher ratio comparable to those of other courses.

Other School Based Activities

Nutrition professionals who meet hiring criteria established by the District and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for District nutrition staff, as required by federal regulations. [8][14][15][16]

District schools shall provide adequate space, as defined by the District, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the District.

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day. [10][11][12][13]

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition content of school meals shall be available to students and parents/guardians.

Students and parents/guardians should have the opportunity to be involved in menu selections through various means, such as taste testing and surveys.

To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness.

The District shall provide appropriate training to all appropriate staff on the components of the School Wellness Policy.

Goals of the School Wellness Policy shall be considered in planning all school based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

The District shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in District schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. Water should be the default beverage for class parties and celebrations and school events.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards. [10][11][14][15]

Competitive Foods -

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts, and fundraisers. [3][17][18]

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this Policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.[3][17]

For purposes of this Policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[3][17]

The District may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.[17]

Fundraiser Exemptions -

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).

The District may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Each fundraiser may not exceed one school week. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards. Non-food fundraisers and food fundraisers that meet the requirements of the Smart Snack Standards do not require an exemption. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).[17]

District must keep records of all food fundraisers for four (4) years and present to the Pennsylvania Department of Education when audited.

The District shall establish administrative regulations to implement fundraising activities in District schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods -

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentive, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the District.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply: (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).

1. Rewards and Incentives:

- a. Foods and/or beverages of minimal nutritional value shall not be provided as a reward or incentive except for circumstances where prior approval is obtained. (SEE ATTACHED CATEGORIES OF FOODS OF MINIMAL NUTRITIONAL VALUE).

2. Classroom/Birthday Parties and School Celebrations:

Parties and celebrations are encouraged to substitute the provision of food high in calories, sugar and fat with non-food items such as erasers, pencils, stories, songs, games, or other special recognition.

- a. For individual classroom or birthday parties, there will be no food provided. If teachers, parents and students choose to organize a classroom party, non-food items such as erasers, pencils, stickers, etc. or activities such as stories, songs, or games, etc. are

recommended.

- b. School Celebrations are encouraged to minimize the amount of foods containing sugar as primary ingredient (e.g., cupcakes, cookies) and should provide the following:

- i. Fresh fruits/vegetables, and
- ii. Water

The food service provider can provide recommendations on healthy Smart Snack compliant options and compliant food options for purchase, if desired.

School Celebrations may include but are not limited to, cultural awareness days, end of year celebrations, Valentine's Day, Halloween, and other building wide events as approved by the building principal.

3. Food Allergies:

- a. Children with allergies will be allowed to access their designated safe snacks as provided by the caregiver to the teacher, staff, or school nurse. Teachers are not responsible for reading food product labels or ensuring foods are safe from allergens (see WSSD food allergy guidelines for additional guidance).

4. Shared Curricular Foods and Snacks:

- a. Shared classroom foods and snacks are permitted when in conjunction with District curricular activities or programs. Examples include cultural awareness days and special program events. Foods and/or beverages should meet the Smart Snacks in School nutrition standards in all possible cases and be limited when not in compliance with those standards. Foods and/or beverages of minimal nutritional value are discouraged. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL and ATTACHED CATEGORIES OF FOODS OF MINIMAL NUTRITIONAL VALUE).
- b. Individual snacks brought by the student for consumption by that student are not covered by this Policy and should not be shared.

Marketing/Contracting -

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).[3][17]

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.[19]

Management of Food Allergies in District Schools

The District shall establish Board policy and may establish administrative procedures to address food allergy management in District schools in order to:[20]

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.

2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

ATTACHMENTS:

USDA: A Guide to Smart Snacks in School
Categories of Foods of Minimal Nutritional Value

Legal	1. 24 P.S. 1422.1
	2. 42 U.S.C. 1758b
	3. 7 CFR 210.31
	4. 7 CFR 210.15
	5. 24 P.S. 1513
	6. Pol. 102
	7. Pol. 105
	8. Pol. 808
	9. 24 P.S. 1512.1
	10. 7 CFR 210.10
	11. 7 CFR 220.8
	12. 24 P.S. 701
	13. 24 P.S. 742
	14. 42 U.S.C. 1751 et seq
	15. 42 U.S.C. 1773
	16. 7 CFR 210.30
	17. 7 CFR 210.11
	18. 7 CFR 220.12
	19. 24 P.S. 504.1
	20. Pol. 209.1
	24 P.S. 1337.1
	21. 24 P.S. 1422
	24 P.S. 1422.3
	P.L. 111-296
	7 CFR Part 210
	7 CFR Part 220
	Pol. 103
	Pol. 103.1
	Pol. 913.1

246 - SCHOOL WELLNESS - FOODS OF MINIMAL NUTRITIONAL VALUE.pdf (9 KB)

246 - SCHOOL WELLNESS - USDA SMARTSNACKS GUIDE.pdf (6,331 KB)

7 CFR
SUBCHAPTER A—CHILD NUTRITION PROGRAMS
PART 210—NATIONAL SCHOOL LUNCH PROGRAM
APPENDIX B TO PART 210
CATEGORIES OF FOODS OF MINIMAL NUTRITIONAL VALUE

(a) *Foods of minimal nutritional value*—Foods of minimal nutritional value are:

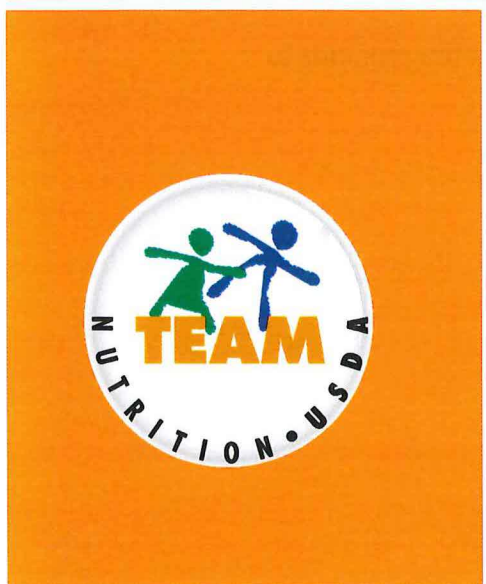
- (1) *Soda Water*—A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60° F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
- (2) *Water Ices*—As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
- (3) *Chewing Gum*—Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing
- (4) *Certain Candies*—Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
 - (i) *Hard Candy*—A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
 - (ii) *Jellies and Gums*—A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied an fruit-flavored slices.
 - (iii) *Marshmallow Candies*—An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
 - (iv) *Fondant*—A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 - (v) *Licorice*—A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
 - (vi) *Spun Candy*—A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
 - (vii) *Candy Coated Popcorn*—Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.



United States Department of Agriculture

Help make the healthy choice
the easy choice for kids at school

A Guide to Smart Snacks in School



Learn About Smart Snacks

Do you...

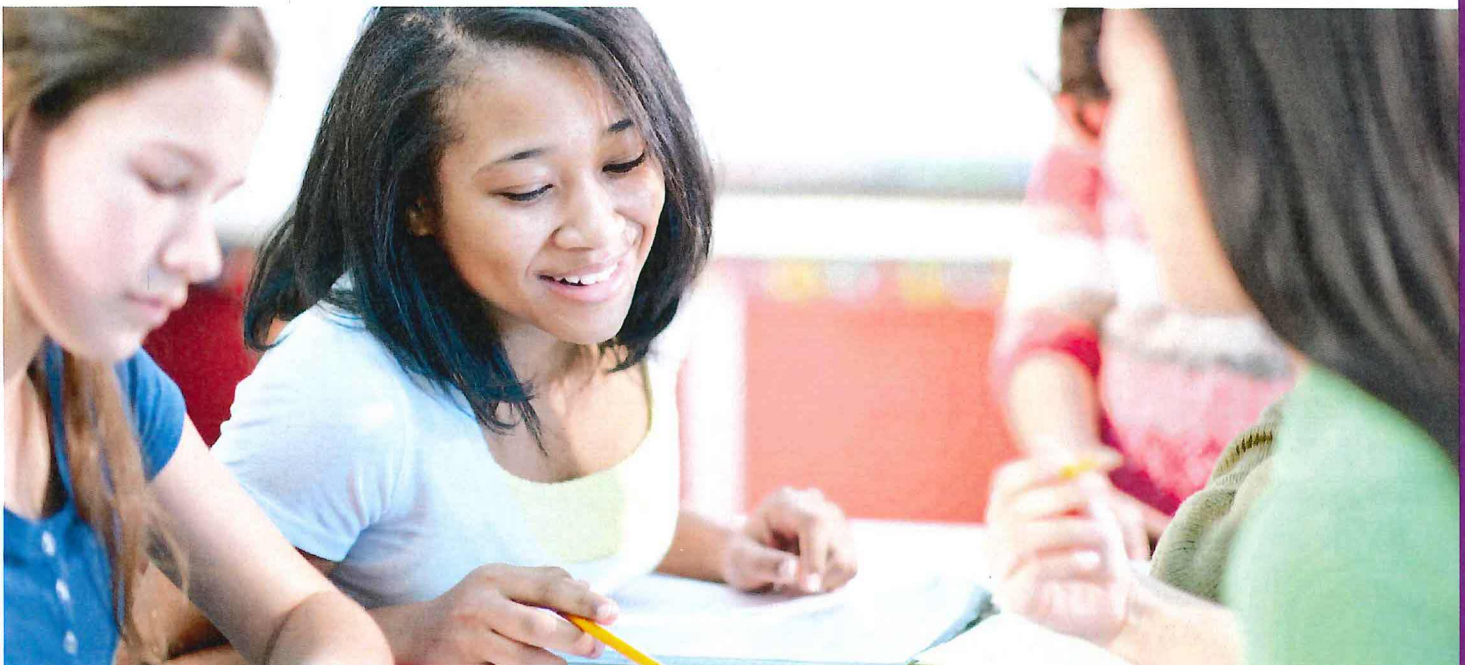
- Coordinate school fundraisers,
- Manage a school store or snack bar,
- Sell food during the school day on campus,
- Manage school vending machines, or
- Want healthier foods on your school's campus?

If you checked any of the boxes above, then the foods and beverages you're selling need to meet the Smart Snacks in School Standards. You play an important role in helping kids get the nutrition they need to grow and learn. Use this guide to learn how!

If you didn't check a box and still want to learn more about encouraging kids to choose Smart Snacks in school, see the resources on page 14.

Why are Smart Snacks important?

- 1 More than a quarter of kids' daily calories may come from snacks.
- 2 Kids who have healthy eating patterns are more likely to perform better academically.
- 3 Kids consume more healthy foods and beverages during the school day. When they are Smart Snacks, the healthy choice is the easy choice.
- 4 Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.



Which food and beverages sold at school need to meet the Smart Snacks Standards?

- 1** Any food and beverage sold to students at schools during the school day,* other than those foods provided as part of the school meal programs.
- 2** Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.
- 3** Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your state.

* The school day is defined as the midnight before to 30 minutes after the end of the school day.



The Smart Snacks Standards apply only to locations on the school campus that are accessible to students. So, this does not include places like the teachers' lounge, although you may choose to vend healthy snacks there too.

How can I tell if my snack meets the Smart Snacks Standards?

1

See if your snack is listed in the Products section of the Alliance for a Healthier Generation's Smart Food Planner (<https://foodplanner.healthiergeneration.org/products>). These products were determined to meet the Smart Snacks Standards based on the product's ingredient statement and Nutrition Facts panel.

2

Enter information from the food or beverage's Nutrition Facts panel and ingredients list into the Alliance for a Healthier Generation's Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>). It is important to note that the standards are for the food items as packaged and sold. Therefore, if the item is labeled as having two servings per package, then the information in the Nutrition Facts panel must be multiplied by two. The Smart Snacks Product Calculator does this math for you.

3

If your snack doesn't have a nutrition label because it is made from scratch, use the MyRecipe feature in the SuperTracker (<https://www.supertracker.usda.gov/myrecipe.aspx>) to calculate the nutrition information. Your school nutrition program may also have nutrient analysis software approved by the United States Department of Agriculture (USDA; <http://go.usa.gov/cvNaC>) which can be used to evaluate recipes.

Look for the blue information icons in the Smart Snacks Product Calculator! These helpful bubbles include additional information and regulatory guidance so you can enter product information correctly and get an accurate result.



Does USDA have a list of approved foods and beverages?

1

USDA does not approve individual foods or beverages. Even if a food says “Smart Snacks approved,” you should still evaluate the Nutrition Facts panel and ingredients list.

2

You can find examples of foods and beverages that meet the standards by browsing the Products section of the Alliance for a Healthier Generation’s Smart Food Planner (<https://foodplanner.healthiergeneration.org/products>).

3

If you still have questions about a food or beverage, refer to the Smart Snacks in Schools: Questions and Answers (<http://www.fns.usda.gov/sites/default/files/cn/SP23-2014v3os.pdf>) and consult your State agency (<http://www.fns.usda.gov/school-meals/school-meals-contacts>).



Fruits, vegetables, and water with no added ingredients are always Smart Snacks!



How do I find out if my granola bar is a Smart Snack?

Granola bars and other snack bars that have as a first ingredient a whole grain (e.g., whole grain rolled oats), protein food (e.g., nuts), dairy, fruit, or vegetable will meet the general standards. Then, the product must be measured against the nutrient snack standards for calories, sodium, sugar, and fats. You can use the Smart Snacks Product Calculator to assist you with evaluating the product against the snack standards.



Tip:

When checking to see if your snack meets the standards, be sure to consider both how it is packaged as well as how it is sold, including all accompaniments. For example, if butter is added to popcorn, or ranch dressing is sold along with veggies, be sure to count the nutrition information for these condiments when determining if your snack meets the standards.



What are the Smart Snacks Standards for foods?

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

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); 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 $\frac{1}{4}$ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

What is an entrée?

For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate;
- meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, cheese, nuts, seeds, and nut or seed butters; and
- a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.



Finding Information on the Nutrition Facts Panel and Ingredients List

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









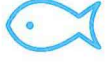



Nutrition Facts	
Serving Size & Servings Per Container	Serving Size 2 cups (30g) Servings Per Container 1
Amount Per Serving	
Calories	Calories 140 Calories from Fat 36
% Daily Value*	
Total Fat	Total Fat 4g 6%
Saturated Fat	Saturated Fat 0g 0%
Trans Fat	Trans Fat 0g
	Cholesterol 0mg 0%
Sodium	Sodium 170mg 7%
	Total Carbohydrate 25g 8%
	Dietary Fiber 2g 8%
Sugars	Sugars 8g
	Protein 1g
	Vitamin A 0%
	Vitamin C 0%
	Calcium 0%
	Iron 0%

INGREDIENTS: Popcorn, sugar, canola oil, salt

First Ingredient

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	
 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	
 Reduced-fat cheese (including part-skim mozzarella)	
 Nuts, seeds, or nut/seed butters	
 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)*	
 Whole eggs with no added fat	
 Seafood with no added fat (e.g., canned tuna packed in water)	Exempt from the total fat standard, but must meet all other nutrient standards
 Dried fruits with no added sugars	
 Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats	Exempt from the 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.

What are the Smart Snacks Standards for Beverages?

Water



Plain, with or without carbonation

No Limit

Milk

Unflavored low-fat, unflavored fat-free, or flavored fat-free milk; milk alternatives as permitted by the National School Lunch Program/School Breakfast Program



Elementary School



Middle School



High School

Juice

100% fruit or vegetable juice, with or without carbonation



Elementary School



Middle School



High School

Diluted Juice

100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners



Elementary School



Middle School



High School

Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water



“Lower Calorie” Maximum 40 calories/8 fl oz. Maximum 60 calories/12 fl oz. (Equivalent to 5 calories per fluid ounce).



“No Calorie” Less than 5 calories/8 fl oz. Maximum 10 calories/20 fl oz.



Do you have questions about Smart Snacks Standards? Get more information by reviewing the *Smart Snacks in School: Questions and Answers* (<http://www.fns.usda.gov/sites/default/files/SP23-2014os.pdf>) or contact your State agency (<http://www.fns.usda.gov/school-meals/school-meals-contacts>).

How do the Smart Snacks Standards affect school fundraisers?

- 1** Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
- 2** Fundraising activities that occur during nonschool hours, on weekends, or at off-campus events are not limited under the Federal policy.
- 3** Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
- 4** Some States allow a certain number of in-school fundraisers to be exempt from the Smart Snacks Standards. Contact your State agency for more information.



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.

What are some other resources?

Team Nutrition

<http://teammnutrition.usda.gov>

Access free nutrition education resources like this Guide to Smart Snacks in School handout.

Tools for Schools

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Read more about Smart Snacks regulations and policies and get answers to common questions.

Healthy Meals Resource System: Healthy Fundraising

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>

Get ideas for healthier fundraising activities.

**U.S. Department of Agriculture
Food and Nutrition Service**

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