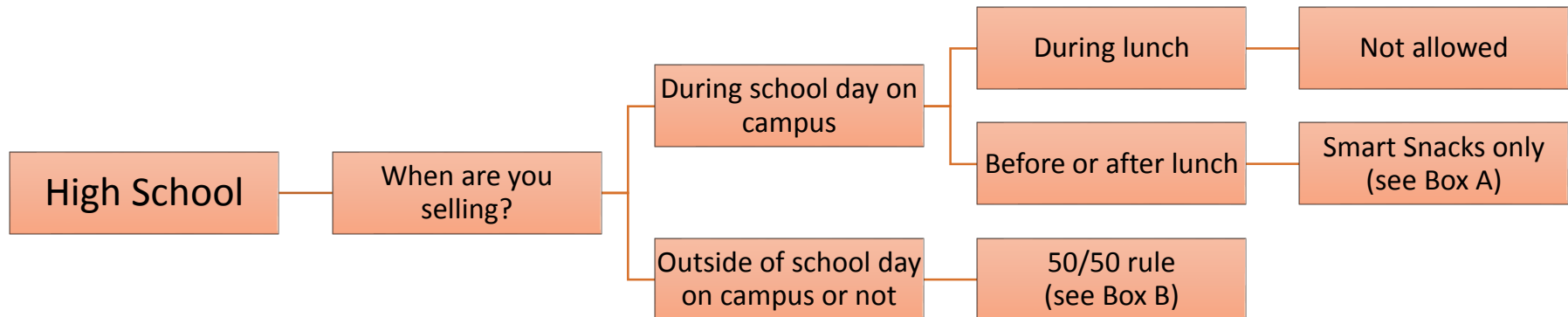
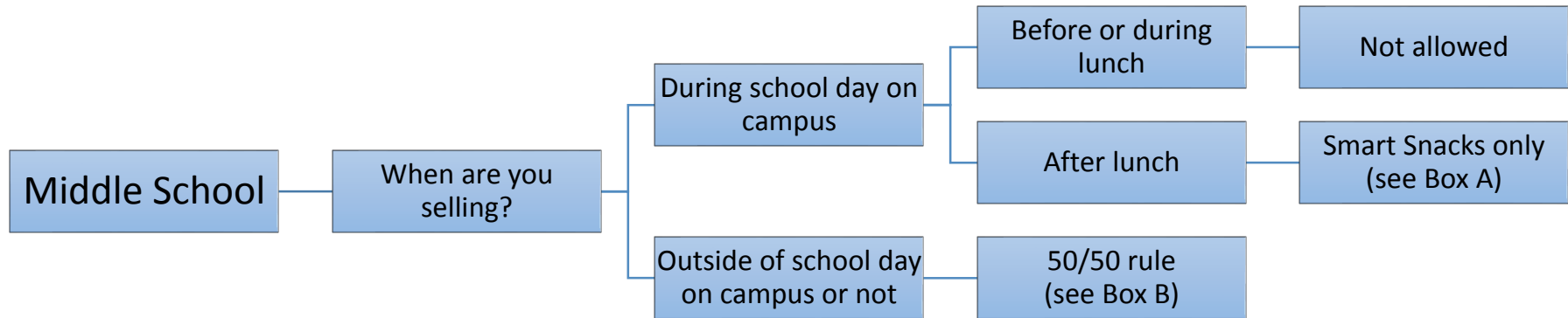
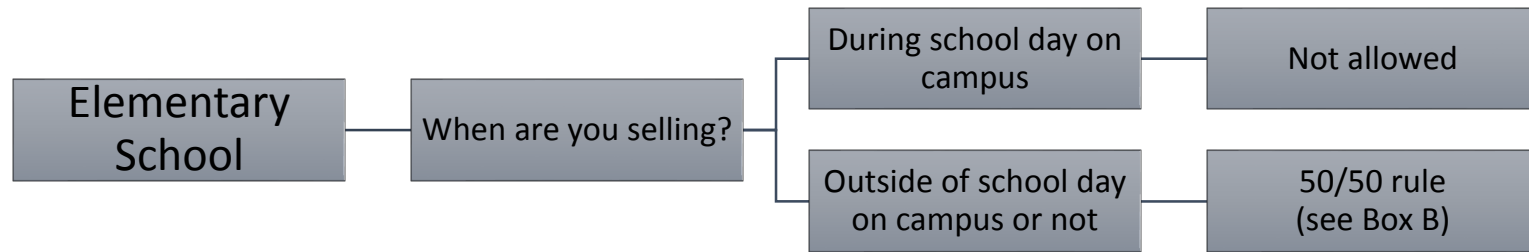


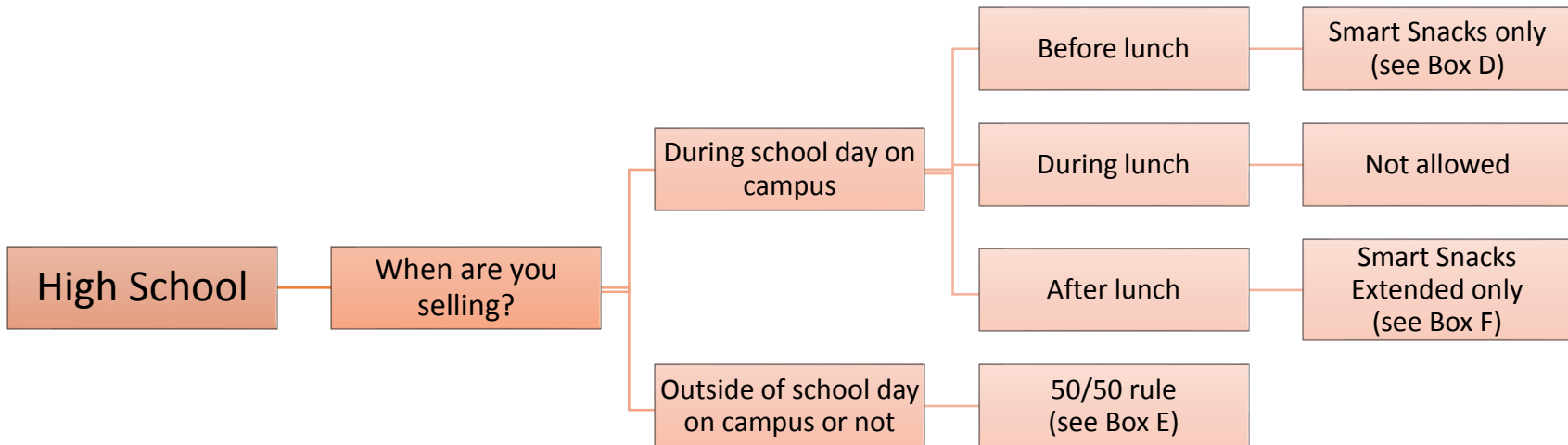
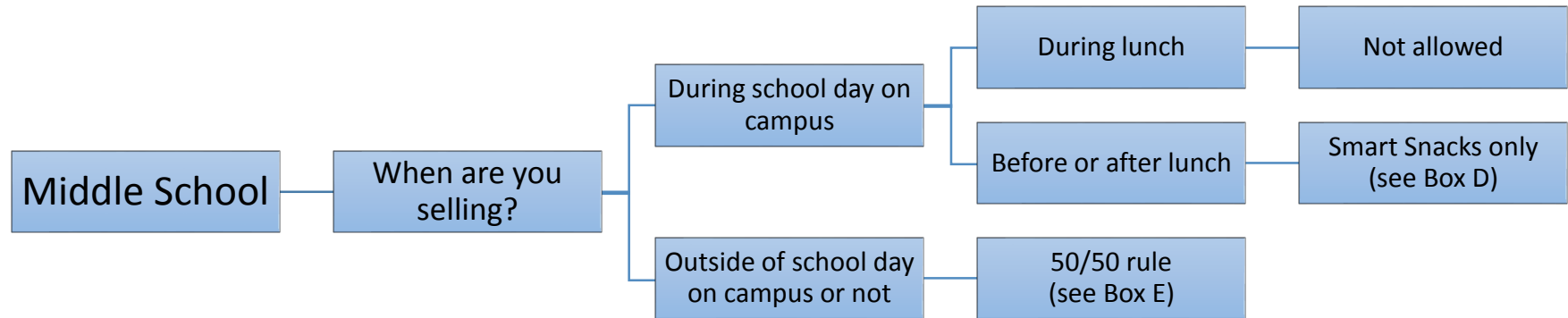
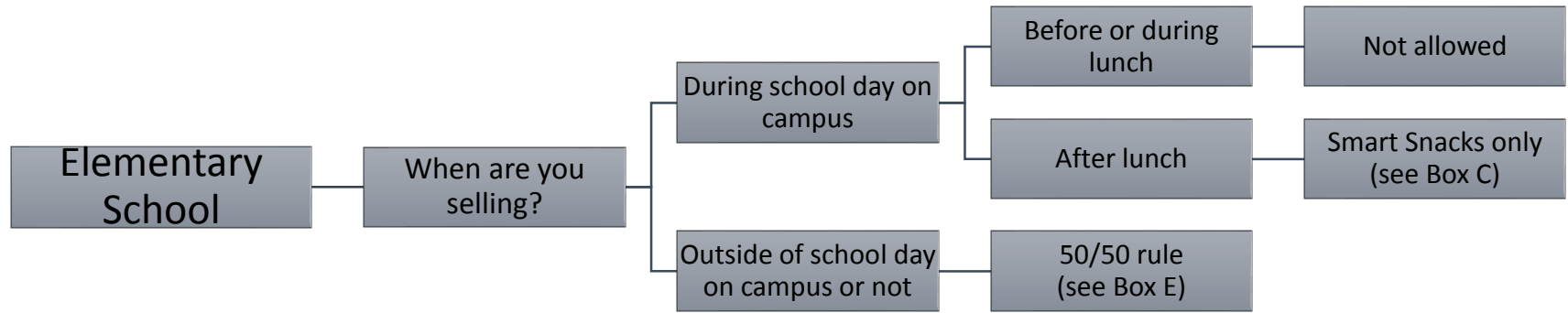
FOOD: Fundraising Flowchart

School Day = Midnight the day before to 30 minutes after the end-of-day bell.



BEVERAGES: Fundraising Flowchart

School Day = Midnight the day before to 30 minutes after the end-of-day bell.



Descriptions for Flowcharts

Box A – Smart Snacks Food	Box B – 50/50 Rule for Food		
<p>All foods must:</p> <ul style="list-style-type: none"> - Be a grain product with a “whole grain” as the first ingredient or - Have as the 1st ingredient a fruit, vegetable, a dairy product, or a protein food or - Be a combination food that contains at least ¼ cup of fruit and/or vegetable <p>AND</p> <p>Meet these nutrient requirements:</p> <p>Calories: Snack < 200 Entrée < 350</p> <p>Sodium: Snack < 200 mg Entrée < 480 mg</p> <p>Fat: Total < 35% of calories Saturated < 10% of calories Trans 0 gm</p> <p>Sugar: <35% of total weight from sugar</p> <div style="text-align: center; margin-top: 20px;"> </div>	<p>50% of the food items being sold must meet Smart Snacks (Box A). The other 50% can be whatever.</p> <p>For example:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Foods that Comply</p> <ul style="list-style-type: none"> Fresh fruit/vegetables Cup of corn w/ red chile Small plain popcorn Whole grain PB sandwich Nuts or seeds Fresh side salad Small bag baked chips Slice of Smart Snacks pizza w/ whole grain crust String cheese w/ whole wheat crackers </td> <td style="width: 50%; vertical-align: top;"> <p>Foods that Don't</p> <ul style="list-style-type: none"> Fruit roll-ups Pickles Fried chips Meat burrito Candy bars Garlic bread Fries Regular pizza Nachos </td> </tr> </table>	<p>Foods that Comply</p> <ul style="list-style-type: none"> Fresh fruit/vegetables Cup of corn w/ red chile Small plain popcorn Whole grain PB sandwich Nuts or seeds Fresh side salad Small bag baked chips Slice of Smart Snacks pizza w/ whole grain crust String cheese w/ whole wheat crackers 	<p>Foods that Don't</p> <ul style="list-style-type: none"> Fruit roll-ups Pickles Fried chips Meat burrito Candy bars Garlic bread Fries Regular pizza Nachos
<p>Foods that Comply</p> <ul style="list-style-type: none"> Fresh fruit/vegetables Cup of corn w/ red chile Small plain popcorn Whole grain PB sandwich Nuts or seeds Fresh side salad Small bag baked chips Slice of Smart Snacks pizza w/ whole grain crust String cheese w/ whole wheat crackers 	<p>Foods that Don't</p> <ul style="list-style-type: none"> Fruit roll-ups Pickles Fried chips Meat burrito Candy bars Garlic bread Fries Regular pizza Nachos 		
Box C – Smart Snacks Beverages (Elem)	Box D – Smart Snacks Beverages (Middle & High)		
<p><u>Maximum 8 oz portion:</u></p> <ul style="list-style-type: none"> - Water (with or without carbonation)* - Unflavored low fat milk - Unflavored or flavored fat free milk and permitted milk alternatives (Lactaid, Silk) - 100% fruit or vegetable juice - 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners <p><i>* Portion size does not apply to plain water</i></p>	<p><u>Maximum 12 oz portion:</u></p> <ul style="list-style-type: none"> - Water (with or without carbonation)* - Unflavored low fat milk - Unflavored or flavored fat free milk and permitted milk alternatives (Lactaid, Silk) - 100% fruit or vegetable juice - 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners <p><i>* Portion size does not apply to plain water</i></p>		
Box E – 50/50 Rule for Beverages	Box F – Smart Snacks Beverages Extended (High)		
<p>50% of the drinks being sold must meet Smart Snacks (Boxes C or D). The other 50% can be whatever.</p> <p>For example:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Drinks that Comply</p> <ul style="list-style-type: none"> Water 100% juice Fat-free chocolate milk Fruit-infused water Iced tea Coffee* w/ milk & 1 sugar pkt (10 oz = 38 calories) </td> <td style="width: 50%; vertical-align: top;"> <p>Drinks that Don't</p> <ul style="list-style-type: none"> Soda Energy drinks Full sugar sports drinks Fruit punch Sweet tea Caramel Macchiato (10 oz = 156 calories) </td> </tr> </table> <p><i>*Caffeinated beverages allowed only at high school</i></p>	<p>Drinks that Comply</p> <ul style="list-style-type: none"> Water 100% juice Fat-free chocolate milk Fruit-infused water Iced tea Coffee* w/ milk & 1 sugar pkt (10 oz = 38 calories) 	<p>Drinks that Don't</p> <ul style="list-style-type: none"> Soda Energy drinks Full sugar sports drinks Fruit punch Sweet tea Caramel Macchiato (10 oz = 156 calories) 	<p><u>Maximum 12 oz portion:</u></p> <ul style="list-style-type: none"> - Water (with or without carbonation)* - Unflavored low fat milk - Unflavored or flavored fat free milk and permitted milk alternatives (Lactaid, Silk) - 100% fruit or vegetable juice - 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners <p><u>Allowed after end of last lunch period:</u></p> <p>Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.</p> <p>≤ 12 oz portion: No more than 5 calories per 1 fl oz. For example, 60 calories/12 fl oz.</p> <p>≤ 20 oz. portion: No more than 5 calories per 8 fl oz. For example, 10 calories/20 fl oz.</p> <p><i>* Portion size does not apply to plain water</i></p>
<p>Drinks that Comply</p> <ul style="list-style-type: none"> Water 100% juice Fat-free chocolate milk Fruit-infused water Iced tea Coffee* w/ milk & 1 sugar pkt (10 oz = 38 calories) 	<p>Drinks that Don't</p> <ul style="list-style-type: none"> Soda Energy drinks Full sugar sports drinks Fruit punch Sweet tea Caramel Macchiato (10 oz = 156 calories) 		

Does it meet Smart Snacks?

Determine if a food item will meet the guidelines using this **Smart Snacks Product Calculator**:

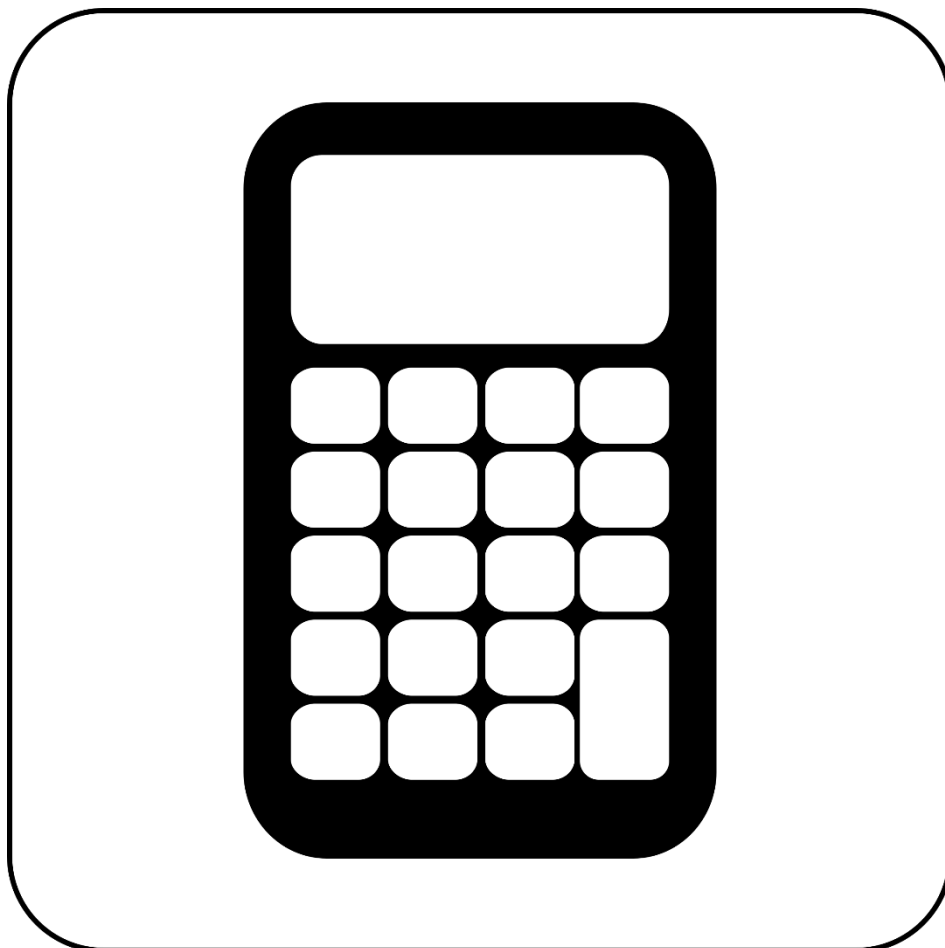
<https://foodplanner.healthiergeneration.org/calculator/>

You can also browse products that meet the guidelines using this **Smart Foods Planner**:

<https://foodplanner.healthiergeneration.org/products/>






Making something from scratch? You can use this **Recipe Nutrition Calculator** to get the nutrition facts for a serving.

<https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>



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 <https://fns-prod.azureedge.net/sites/default/files/cn/allfoods-summarychart.pdf>.

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

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

Food Fundraising Checklist 2018-19

- At least one person from each school, booster club, group, etc. must take the Food Fundraising Class each school year and sign an MOU attesting to their willingness to follow the district food sales rules.
- Use the flowcharts or Food Sale Grid to determine what can be sold and when depending on your school.
- Determine if the food or beverage items you're planning to sell meet the federal Smart Snacks in School guidelines. You can use the Smart Snacks Product Calculator, Smart Foods Planner, Recipe Nutrition Calculator, or the guidelines (Descriptions for Flowcharts handout or Food Sale Grid).
- If preparing food, apply for a Temporary Food Establishment permit from the NM Environment Department. At least one person with a Food Handler Card needs to be present at the event at all times.
- Use the MOU and Temporary Food Establishment permit to get a facility use permit from LCPS.
- Contact info for LCPS vendors:
 - Mesilla Valley Snacks: Bill Jensen 575-523-1474
 - Coca-Cola: Tracy Pena 915-471-4084
- Questions? Contact Claire LeGault at clegault@lcps.net or 575-527-6651