



# USDA Smart Snacks

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# Healthy, Hunger-Free Kids Act

- USDA has **new authority** to establish nutrition standards for all foods and beverages sold outside of the Federal child nutrition programs in schools.
- The provisions specify that the nutrition standards shall apply to all foods sold:
  - outside the school meal programs;
  - on the school campus; and
  - at any time during the school day.
- *Section 208, HHFKA*



# Impact on students

- The proposed changes are intended to:
- improve the health of the Nation's children,
- increase consumption of healthful foods during the school day and
- create an environment that reinforces the development of healthy eating habits.



# Minimum Standards

- The nutrition standards for all foods sold in school are minimum standards.
- Additional State or local standards are allowed if consistent with the final rule.
  - Example: SHAC could decide to impose stricter guidelines for implementation by the district



# Definitions

- Nutrition standards for competitive foods apply to all foods and beverages sold:
  - outside the school meals programs;
  - on the school campus; and
  - at any time during the school day.
    - School day is now defined as midnight to 30 minutes after the end of the school day



# Definitions

- Competitive food: all food and beverages sold to students on the School campus during the School day, other than those meals reimbursable under programs authorized by Texas Department of Agriculture
  - SBP, NSLP, ASCP, CACFP AT-RISK



# Definitions

- School campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day.



## Applicability

- **The proposed standards apply to all foods and beverages sold on campus during the school day.**
- a la carte
- in school stores
- snack bars
- vending machines





# General Standard for Food

- To be allowable, a competitive food item **MUST**:
- meet all of the proposed competitive food nutrient standards

**AND**



# General Standard for Food

- Include one of the following:
- Be either a fruit, a vegetable, a dairy product, a protein food or a whole-grain rich product
- **OR**
- Contain 10% of the Daily Value of a naturally occurring nutrient of public health concern (i.e., calcium, potassium, vitamin D or dietary fiber)
- **OR**
- Be a combination food that contains  $\frac{1}{4}$  cup of fruit or vegetable.



# Grain Product Requirement

- **Must include** 50% or more whole grains by weight or have whole grains as the first ingredient. Example pizza may have water as the first ingredient by weight but first grain listed must be a whole grain.
- **Consistent** with NSLP meal pattern standards
- **Practical** because it can be easily identified by reading a product label. Most manufacturers have added whole grain identifiers



# Calories

- **Snack items/Side dishes (Non-NSLP/SBP):**
- $\leq 200$  calories per portion as sold (*including any added accompaniments such as butter, cream cheese, salad dressing etc.*)
  
- **Entrée items sold a la carte (Non-NSLP/SBP):**
- $\leq 350$  calories for non NSLP/SBP entrée items



# Sodium

- **Sodium per portion as packaged for non NSLP/SBP items:**
- **Snack and side items:  $\leq 200$  mg**
- **Entrée items:  $\leq 480$  mg**



# Total Fat

- **$\leq 35\%$  of total calories from fat per portion as packaged.**
- Exemptions include:
  - Reduced fat cheese;
  - Nuts and seeds and nut/seed butters;
  - Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat;
  - Seafood with no added fat.



## **Saturated Fat / Trans Fat**

- **Saturated Fat: <10% of total calories per portion as packaged.**
- Exemption for reduced fat cheese
- **Trans Fat: Zero grams of trans fat per portion as packaged.**



## Total Sugars

- **$\leq 35\%$  of weight from total sugars in foods**
- **Exemptions:**
- Fresh, frozen and canned fruits/vegetables with no added nutritive sweeteners except for fruits packed in 100% juice or extra light syrup;
- Dried whole fruits/vegetables, dried whole fruit/vegetable pieces; and dried dehydrated fruits/vegetables with no added nutritive sweeteners;





# Accompaniments

- Must be pre-portioned and included in nutrient profile as a part of item served and meet all proposed standards
- Examples include:
  - Dressings with salads
  - Butter or jelly on muffins
  - Cream cheese on bagels
  - Garnishes, etc.



# Caffeine

- **Elementary and Middle School**
- Foods and beverages must be **caffeine-free**, with the exception of trace amounts of naturally- occurring caffeine substances.
- **High School**
- No caffeine restrictions



# Beverages: Elementary School / MS

- Plain water (no size limit) and can be carbonated or uncarbonated
- Low fat milk, plain ( $\leq 8$  oz);
- Non fat milk, plain or flavored ( $\leq 8$  oz), including nutritionally equivalent milk alternatives; and
- 100% fruit/vegetable juice ( $\leq 8$  oz) and can be carbonated or uncarbonated
  - May be diluted with water
- **All above apply to middle school except portion size cannot exceed 12 OZ**



# Beverages: High School

- Plain water (no size limit) carbonated or uncarbonated
- Low fat milk, plain ( $\leq 12$  oz.);
- Non fat milk, plain or flavored ( $\leq 12$  oz.), including nutritionally equivalent milk alternative; and
- 100% fruit/vegetable juice ( $\leq 12$  oz.) carbonated or uncarbonated
  - May be diluted with water
- Calorie free carbonated or uncarbonated beverages ( $\leq 20$  oz)
- Low calorie carbonated or uncarbonated beverages up to 40 calories per 8 oz or 60 calories per 12 oz



# Fundraisers

- All foods that meet the proposed standards may be sold at fundraisers during school hours.
- The proposed standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events.
- Federal law allows state agencies (TDA) to set limited fundraising exemptions. TDA has not done this yet so defaults to meeting all standards.



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## Next Steps

- Evaluation will need to take place on items currently being offered to students at campuses by:
  - Food Service
  - Parties / fundraisers / afterschool snack sales by campuses
- Food service must maintain documentation of menu and a la carte sales
- SHAC must designate individual to store information of food items not offered by school food authority



## Next Steps

- Documentation may be requested at anytime by TDA
- Starting in 2015-2016 fiscal sanctions could be imposed if not complying similar to current state mandate
- SHAC will need to determine if additional stricter guidelines are recommended
  - Some concerns include birthday parties, foods brought from home and shared





# Questions

