

# Smart Snacks in School

Fountain-Fort Carson School District

Updated: July 28<sup>th</sup>, 2014



## Policy Updates for Smart Snacks in School

The health of today's school environment continues to improve. Students across the country are now offered healthier school meals with more fruits, vegetable and whole grains through the National School Lunch Program and the School Breakfast Program.

The Smart Snacks in School standards published by the USDA will build on those healthy advancements by ensuring that all other snack foods and beverages available for sale to students in school are tasty and nutritious. The following information is to be utilized when providing any snacks in a school setting from student stores to fundraisers.



### Nutrition Standards for Foods

Effective July 1<sup>st</sup>, 2014, any foods sold in schools must have at least one of the following:

- Be a "whole grain rich" grain product.
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable.
- Contain 10% of the Daily Value calcium, potassium, Vitamin D or dietary fiber.



# How does this affect schools?

The new rules apply to all foods and beverages **SOLD** on campus or district property during the school day including:

- Ala Carte
- Homemade/Scratch Foods
- All foods sold in vending machines.
- School Stores
- Fundraisers
- Concessions
- ANY sold food or beverage

It does not apply to foods brought into the school by parents or other groups that are provided, **NOT SOLD**.

The new regulations include information on “Competitive Food Service”. The definition is explained as; no food or beverage service shall be allowed that is not part of the district’s nonprofit, federally reimbursed, food service program. Any school approved organizations or school approved outside vendors shall not operate in competition with the district’s food service program and shall be closed from Midnight to 30 minutes after the end of the official school day for all grade levels.

## Fundraising Information:

- Fundraisers utilizing foods or beverages will not be allowed if foods are being sold on school grounds. School grounds include any property under the jurisdiction of the school that are accessible to students during the school day.
- Non-food fundraisers can be done at any time! There are some great ideas that don’t involve selling food at all!
  - Sell gift wrap.
  - Sell apparel with school branding.
  - Sell flowers for holidays.
  - Host a student talent show or craft fair.
  - Organize a school carnival.
  - Have classes compete in a penny war competition.
  - Publish a cookbook with healthy recipes.

“The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer.”