



## COMPETITIVE FOOD POLICY & SMART SNACKS STANDARDS

### Competitive Food Policy



states that foods and beverages cannot be sold to children on school campus 30 minutes before breakfast and/or lunch service until 30 minutes after meal service unless all proceeds during these times go to the school nutrition program

### Smart Snacks Standards



are nutrient standards that apply to all food and beverages sold to children during the school day and on school campus, such as a la carte, school store, fundraiser, and vending machine items (see page 2)

### : School day



midnight before the official school day to 30 minutes after the official school day ends

### : School campus



all areas of school property that are accessible to students

### Smart Snacks Exemptions

Food and beverages that are part of a reimbursable meal

Fundraiser food and beverages that are intended to be consumed outside of school, like frozen cookie dough

Extra school breakfast or lunch entrees sold as a la carte items, up to one day after being served for breakfast or lunch

\*\*\*School Meal side dishes sold as a la carte items must follow Smart Snack Standards

Food sold after the school day or off campus



Use the  
**Healthier  
Generation  
Smart Snacks  
Product  
Calculator**

to make sure  
your food or  
beverage  
meets Smart  
Snack  
Standards

Please read the USDA's **A Guide to Smart Snacks in School** to view all other exemptions and additional information



## COMPETITIVE FOOD POLICY & SMART SNACKS STANDARDS

### FOOD

Nutrient	Snack	Entree
<b>Calories</b>	≤ 200 calories	≤ 350 calories
<b>Sodium</b>	≤ 200 mg	≤ 480 mg
<b>Total Fat</b>	≤ 35% of calories	
<b>Saturated Fat</b>	≤ 10% of calories	
<b>Trans Fat</b>	0 g	
<b>Total Sugar</b>	≤ 35% by weight	



If 1st ingredient is a grain, product must be whole grain rich

or



1st ingredient is fruit, vegetable, dairy, or protein

or



Combination foods must contain at least ¼ cup fruit and/or vegetable

### BEVERAGES



Buildings must adhere to the most restrictive guideline based on the youngest grade group enrolled at the building



Maximum beverage size for a building with the listed grade groups	K - 6, K - 8, K - 12	6 - 8, 6 - 12	9 - 12 ONLY
<b>Water</b> With/without carbonation	Any size	Any size	Any size
<b>Milk</b> Unflavored skim or 1%; flavored skim	8 oz	12 oz	12 oz
<b>100% Juice</b> With/without carbonation; 100% juice diluted with water, no added sweeteners	8 oz	12 oz	12 oz
<b>Zero-Calorie Beverage</b> With/without caffeine and carbonation; ≤ 10 calories/20 fl oz	Not allowed	Not allowed	20 oz
<b>Low-Calorie Beverage</b> With/without caffeine and carbonation; 60 calories/12 fl oz	Not allowed	Not allowed	12 oz