



## Smart Snack Fact Sheet

From 12:00 am through 30 minutes after the end of the school day  
 Other than reimbursable meals under School Lunch Program and School Breakfast Program  
 Effective July 1, 2014

### #1: Foods must fall into one of these categories:

- Be whole grain-rich ( $\geq 50\%$  whole grain by weight, or listed as first ingredient)
- First ingredient must be: fruit, vegetable, dairy product, or protein food
- Be a combination of food that consists of  $\geq \frac{1}{4}$  cup of fruit and/or vegetable
- Contain at least 10% of the Daily Value of a nutrient of public health concern: calcium, potassium, vitamin D, or dietary fiber (*on 7/1/16, this criterion will expire*)

### #2: If the food qualifies as one of the above, it must also meet all of these standards:

Calories		Sodium		Fats			Sugar
Snack/ Side Dish	Entrées	Snack/ Side Dish	Entrées	Total Fat	Saturated Fat	Trans Fat	weight sugar ÷ total weight
≤ 200 cal	≤ 350 cal	≤ 230mg  <i>After 7/1/16: ≤ 200mg</i>	≤ 480mg	≤ 35% of calories	≤ 10% of calories	Zero grams	≤ 35% of total weight from sugar

### Beverages must meet these standards:

	Elementary	Middle	High School
<b>Plain Water or Plain Carbonated Water</b>	Any Size	Any Size	Any Size
<b>Low-fat Milk, Unflavored Non-fat Milk, Flavored or Unflavored</b>	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>100% Fruit/Vegetable Juice</b>	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>100% Fruit/Vegetable Juice</b> - diluted with water, <i>with or without carbonation</i> - with no added sweeteners	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>Other Flavored and/or Carbonated beverages</b>	Not Allowed	Not Allowed	If ≤12 oz must meet: ≤ 40 calories/8 oz ≤ 60 calories/12 oz  If ≤20 oz must meet: ≤ 5 calories/8 oz ≤ 10 calories/20 oz
<b>Caffeine</b> , beyond naturally-occurring trace amounts	Not Allowed	Not Allowed	Allowed



## Compliance with Smart Snack Standards Administrative Review

Schools must meet the minimum requirements in 7 CFR 210.11 for all foods and beverages sold in schools. The compliance is throughout the school campus during the school day and includes entities operating independently from school food service.

### #3: The Wellness Bureau will review the following:

<b>Time Requirement</b>	Defined as 12 am on a school day and 30 minutes after the last bell.	
<b>One week of foods and beverages sold a la carte</b>	Review Production Records, USDA foods, CN Labels, and standardized recipes.	
<b>Staff Interview</b>	May include Superintendents, Principals, FSD, and other appropriate staff to understand SFA's food policies.	
<b>Nutrition Documentation</b>	Consistent with the foods and beverages offered to students for sale. To demonstrate compliance with the requirements.	Includes vending machines, a la carte items, school stores, etc.
<b>Exempt Fundraisers</b>	Documentation of exempt fundraisers per school site.	
<b>Local Wellness Policy</b>	<ul style="list-style-type: none"> <li>Documentation of Smart Snack guidelines within the SFA's policy.</li> </ul>	
<b>Location of all foods sold to Students</b>	Identify all locations students have access to purchase food during the school day.	

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

**Snack items and side dishes sold a la carte** must meet all applicable competitive food standards at all times.

**Exempted entrée items** include entrées that are part of the reimbursable meal and are available only the day the item is served or on the day after.

**NMPED allows two** exempt fundraisers per school, per semester (*NMAC 6.12.5.8(B)*)

**Smart Snacks calculator:** <https://foodplanner.healthiergeneration.org/calculator/>