2025 ISBE School Nutrition Training

Exploring Smart Snacks

Chasity Davis, Food Service Director
Judy Foster, ISBE Monitor

CHILD NUTRITION PROGRAMS

ILLINOIS STATE BOARD OF EDUCATION

Chasity Davis

- 10th Yr in Food Service
- 3rd Year as FSD

Family

- Husband Bobby Davis
- Lexi and Bryce
- Grandbaby Harper

Bryce, 2023 graduate, made history on the soccer field by scoring an incredible 126 career goals — setting a new record at Civic Memorial & named IHSA All State leaving a legacy that won't soon be forgotten all because he was fueled by hard work, determination & SMART SNACKS!

ILLINOIS STATE BOARD OF EDUCATION

Enrollment: 2,300

Free and Reduced: 46%

School Setup:

- **Bethalto East:** PreK-1
- **Parkside:** 2-3
- **Meadowbrook:** 4-5
- **Trimpe:** 6-8
- **Civic Memorial:** 9-12

ILLINOIS STATE BOARD OF EDUCATION

Agenda

- Background and Overview
- Food fundraisers
- Vending machines
- Snack stores
- Culinary programs
- How to prepare for ISBE review

ILLINOIS STATE BOARD OF EDUCATION

Build a Healthy School Environment—One Snack at a Time

- Snacks may undermine healthy breakfast and lunch
- Create consistent message
- Healthy, lifelong eating habits

ILLINOIS STATE BOARD OF EDUCATION

What Foods Must Meet Smart Snack Standards?

All foods and beverages, sold at school, during the school day, outside of the reimbursable meals, must meet Smart Snack guidelines.

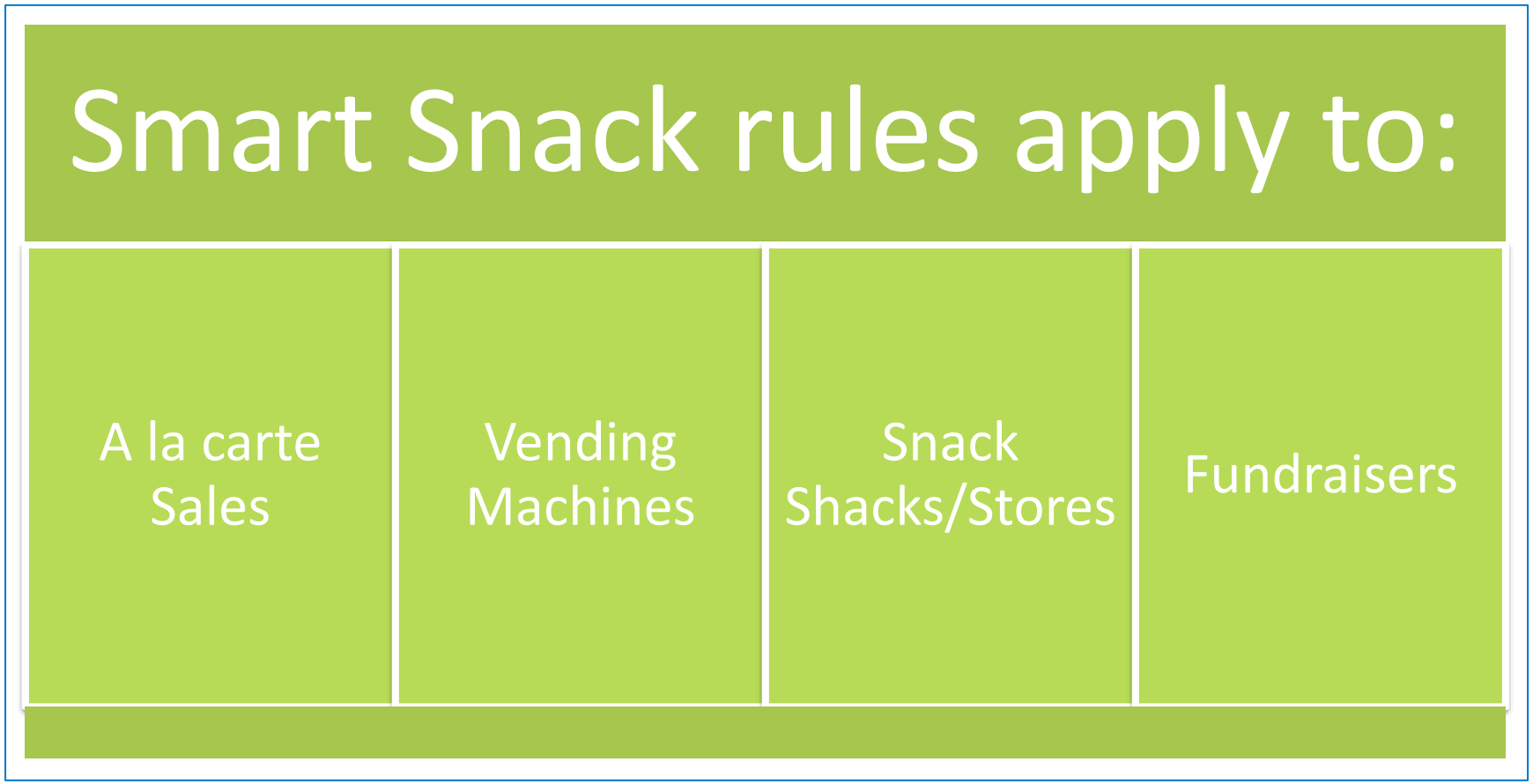
ILLINOIS STATE BOARD OF EDUCATION

School Day and School Defined

- School day
  - Midnight until 30 minutes after the end of the school day
- School
  - Only locations on the school campus accessible to students

ILLINOIS STATE BOARD OF EDUCATION

Outside of Reimbursable Meal Defined



This list is not necessarily inclusive of all sale types.

ILLINOIS STATE BOARD OF EDUCATION

Who needs to know about Smart Snack rules?

- Principals
- Administrative assistants
- Teachers
- Coaches
- Food service staff
- Club advisors
- Students

ILLINOIS STATE BOARD OF EDUCATION

Qualifications of a Smart Snack: Part 1

Meet one of the following:		
Be a grain product containing 50% or more whole grains by weight (whole grain is first ingredient)	First ingredient is fruit, vegetable, dairy food, or protein food	Combination food containing at least ¼ cup of fruit and/or vegetable

ILLINOIS STATE BOARD OF EDUCATION

Qualifications of a Smart Snack: Part 2

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
***Trans* Fat**	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

Determining if cookie from scratch meets standards

- 1 cup (2 sticks) unsalted butter, softened
- 1 cup brown sugar, light or dark brown sugar
- 1 cup granulated sugar
- 2 large eggs
- 2 teaspoons pure vanilla extract
- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour (see note below)
- 1 teaspoon baking soda
- 1 teaspoon fine sea salt
- 8 ounces (about 1.5 cups) chopped bittersweet chocolate or chocolate chips

ILLINOIS STATE BOARD OF EDUCATION

Determine Nutrient Count Per Ingredient

Ingredient	Calories	Sodium
1 cup granulated sugar	774	0 mg
2 large eggs	148	140 mg
2 teaspoons pure vanilla extract	24	2 mg
Total for 10 cookies	946	142 mg

946 calories divided by 10 cookies, i.e.

946 ÷ 10 = 94.6 or 95 calories per cookie

ILLINOIS STATE BOARD OF EDUCATION

Beverages – Plain Water

Water

Plain water, with or without carbonation.

All Grades

ILLINOIS STATE BOARD OF EDUCATION

Milk Requirements

- Types allowed
  - Flavored skim or 1%
  - Unflavored skim or 1%
  - Non-dairy milk alternatives that are equivalent nutritionally to cow's milk
- Portion size limits
  - Elementary School (Grades K–5)
    - **8 fluid ounces**
  - Middle School (Grades 6–8)
    - **12 fluid ounces**
  - High School (Grades 9–12)
    - **12 fluid ounces**

ILLINOIS STATE BOARD OF EDUCATION

100% Fruit or Vegetable Juice

- May be diluted with water, but no added sweeteners
- With or without carbonation

Elementary School

Middle School

High School

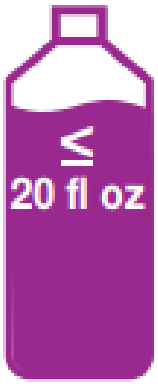
ILLINOIS STATE BOARD OF EDUCATION

High School Only

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.

Low Calorie Maximums:*
40 calories/8 fl oz
60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*
10 calories/20 fl oz

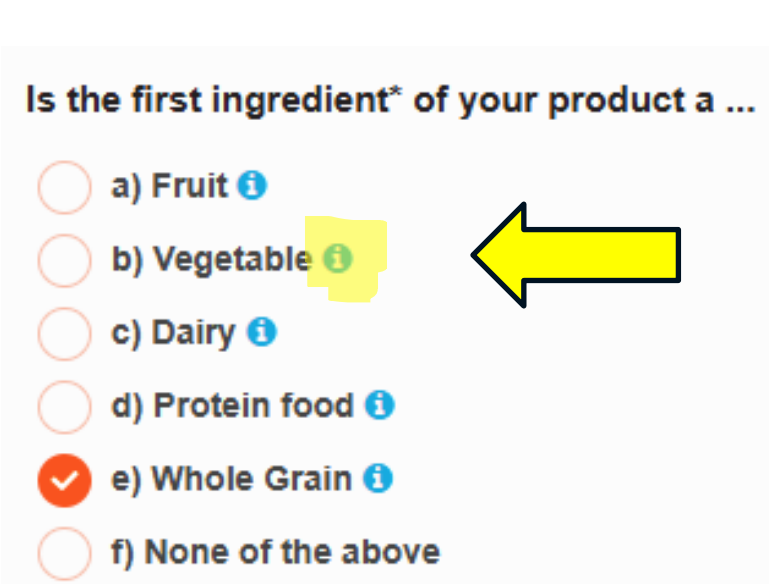
*Less than 5 calories per 8 fluid ounces.

ILLINOIS STATE BOARD OF EDUCATION

Smart Snack Compliance—Made Simple

SMART SNACKS IN SCHOOLS PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

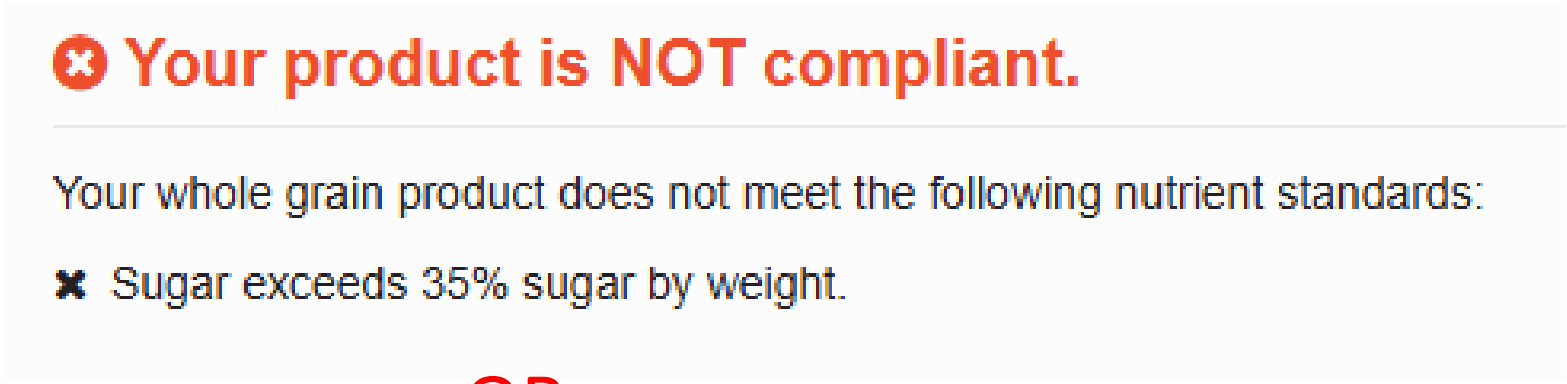


ILLINOIS STATE BOARD OF EDUCATION

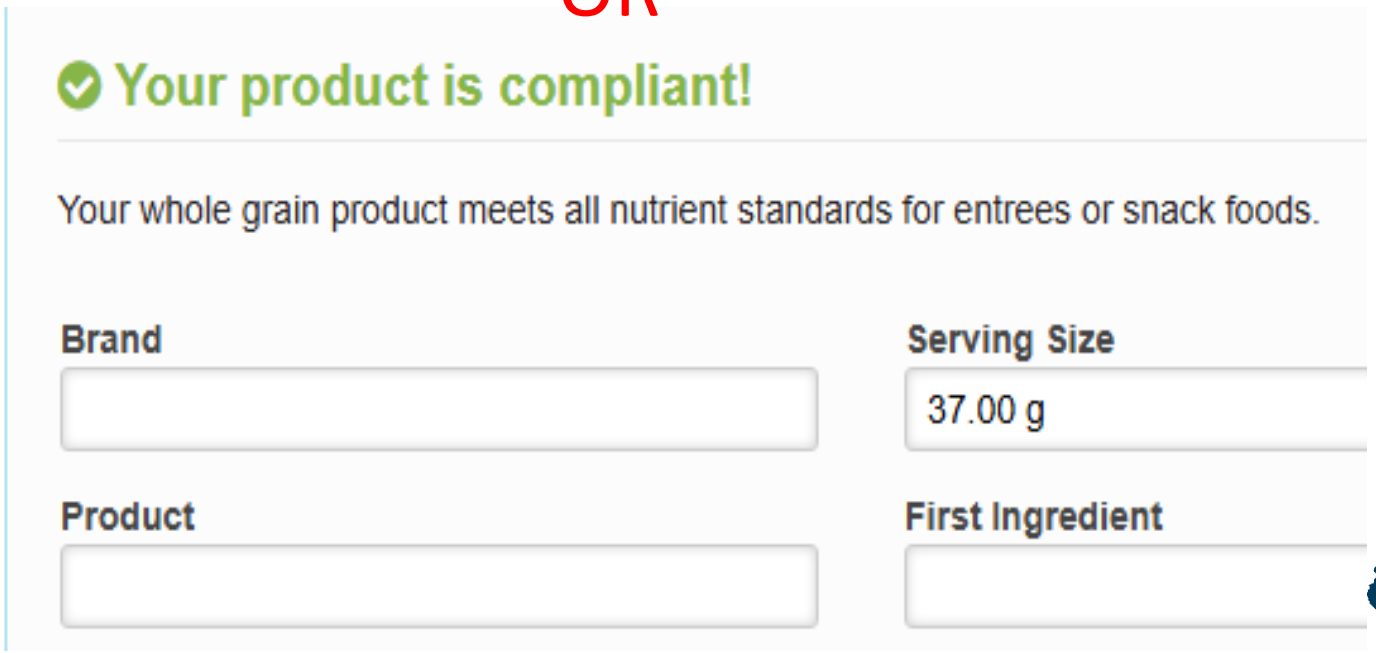
Finding the Right Info for the Calculator

ILLINOIS STATE BOARD OF EDUCATION

Calculator Results

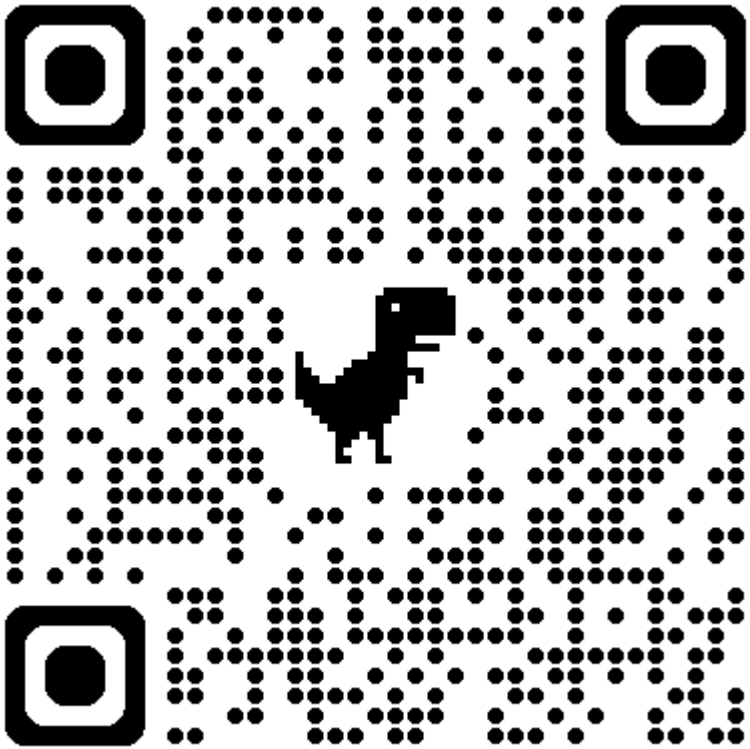


OR



ILLINOIS STATE BOARD OF EDUCATION

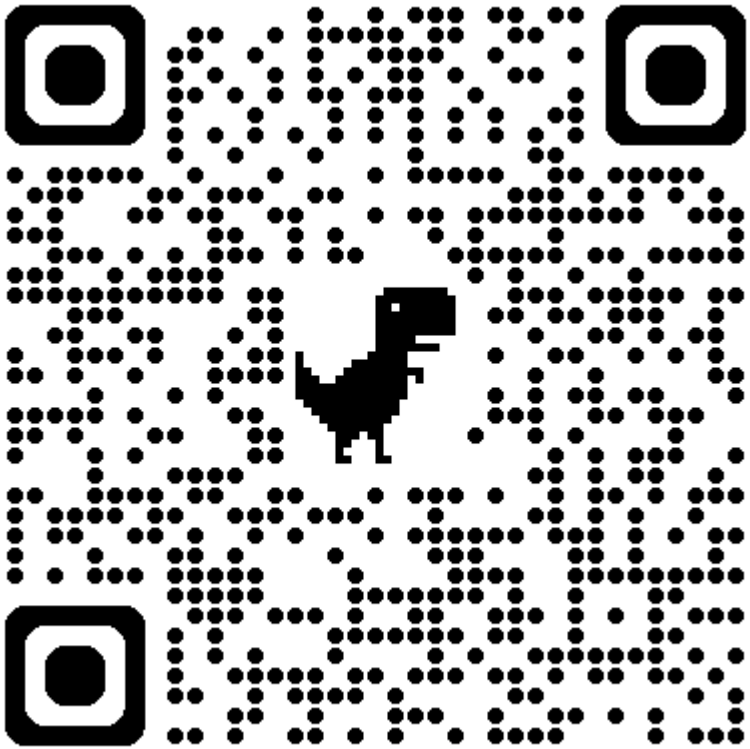
Hit Play: Learn the Easy Way to Use the Calculator



ILLINOIS STATE BOARD OF EDUCATION

https://www.youtube.com/watch?v=5pRnQ6p8l_A

Smart Snack Calculator



ILLINOIS STATE BOARD OF EDUCATION

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

Smart Snack Nutrient Exemptions

- Fresh and frozen fruits and vegetables, no added ingredients except water
- Canned fruit packed in 100% juice or light syrup, no added ingredients except water
- Canned vegetables (no salt added/low sodium, no added fats

Calories	Sodium	Total Fat	Sat Fat	Trans Fat	Total Sugars
NA	NA	NA	NA	NA	NA

ILLINOIS STATE BOARD OF EDUCATION

Smart Snack Nutrient Exemptions

- Reduced-fat cheese including part-skim mozzarella
- Nuts, seeds, or nut/seed butter
- Apples with reduced-fat cheese
- Celery with peanut butter
- Whole eggs, no added fat

Calories	Sodium	Total Fat	Sat Fat	Trans Fat	Total Sugars
Must meet	Must meet	NA	NA	Must meet	Must meet

ILLINOIS STATE BOARD OF EDUCATION

Smart Snack Nutrient Exemptions

- Seafood with no added fat

Calories	Sodium	Total Fat	Sat Fat	Trans Fat	Total Sugars
Must meet	Must meet	NA	Must meet	Must meet	Must meet

ILLINOIS STATE BOARD OF EDUCATION

Smart Snack Nutrient Exemptions

- Dried fruits, no added sugars
- Dried cranberries, tart cherries or blueberries sweetened only for processing and/or palatability, no added fats

Calories	Sodium	Total Fat	Sat Fat	Trans Fat	Total Sugars
Must meet	Must meet	Must meet	Must meet	Must meet	NA

ILLINOIS STATE BOARD OF EDUCATION

Smart Snack Nutrient Exemptions

- Trail mix of ONLY dried fruits and nuts and/or seeds, no added sugars or fats

Calories	Sodium	Total Fat	Sat Fat	Trans Fat	Total Sugars
Must meet	Must meet	NA	NA	Must meet	NA

ILLINOIS STATE BOARD OF EDUCATION

What about entrees?

- When an entrée is sold a la carte, if it can also be selected in a reimbursable meal that same day, then the entrée is exempt from Smart Snack nutrient standards.

ILLINOIS STATE BOARD OF EDUCATION

Can school clubs ever have a bake sale at school during the day?

- Grades 9-12 can have up to nine exempted fundraising days per school year.
  - Exempted fundraising days are prohibited for grades K-8
- No limit on the number of organizations or clubs that may fundraise on an exempted fundraising day.
- Exempted fundraisers should not be in the food service area during mealtimes unless the group wants to give their "mealtime" profits to the food service account.

ILLINOIS STATE BOARD OF EDUCATION

Policy for Exempted Fundraising Days

- Who?
  - Designated person
  - Teachers/club sponsors
- What?
  - Fundraiser day request form
  - Approval/denial
- When?
  - Each school year
  - Maintain current year and three prior years
- Where?
  - Local Wellness Policy
  - Fundraiser location
  - Audit/review purposes

ILLINOIS STATE BOARD OF EDUCATION

Culinary Education Programs

- Sell to faculty
- Sell at community events
- Sell to students outside of school day
- Sell at school events outside of school day

ILLINOIS STATE BOARD OF EDUCATION

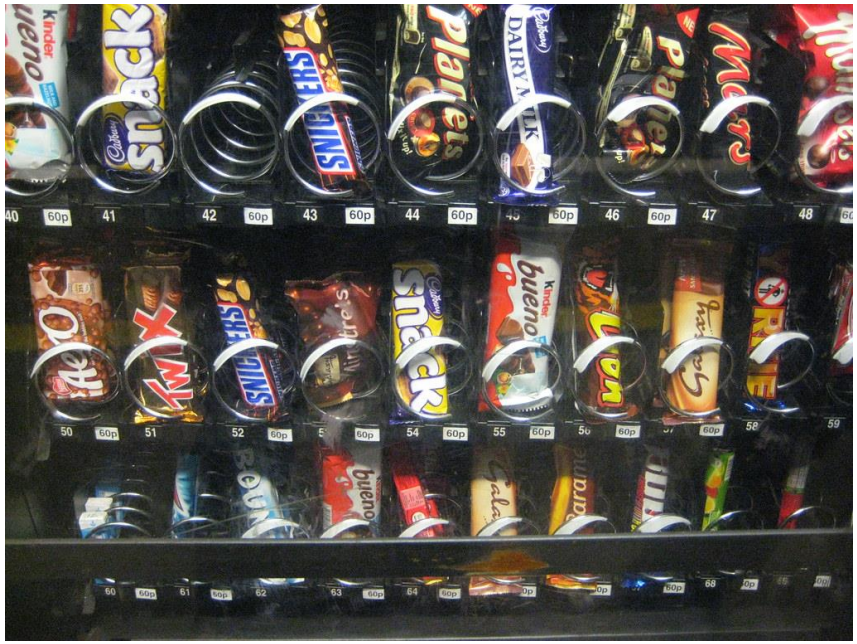
What about culinary program sales during the school day to students?

- Smart Snack compliant 
- NOT Smart Snack compliant, but is using a non-exempt fundraising day. 
- NOT Smart Snack compliant and did NOT request a fundraiser day. 

ILLINOIS STATE BOARD OF EDUCATION

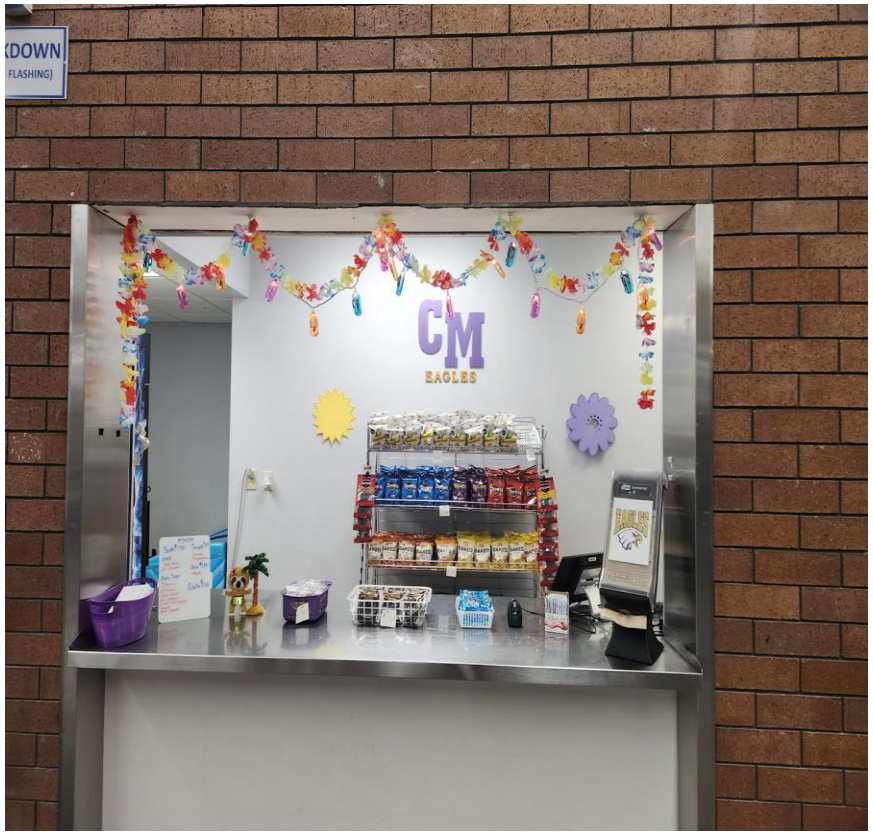
The Quiet Salesperson: Vending Machines

- Location(s)
- Who is responsible?
- Operational during school day?



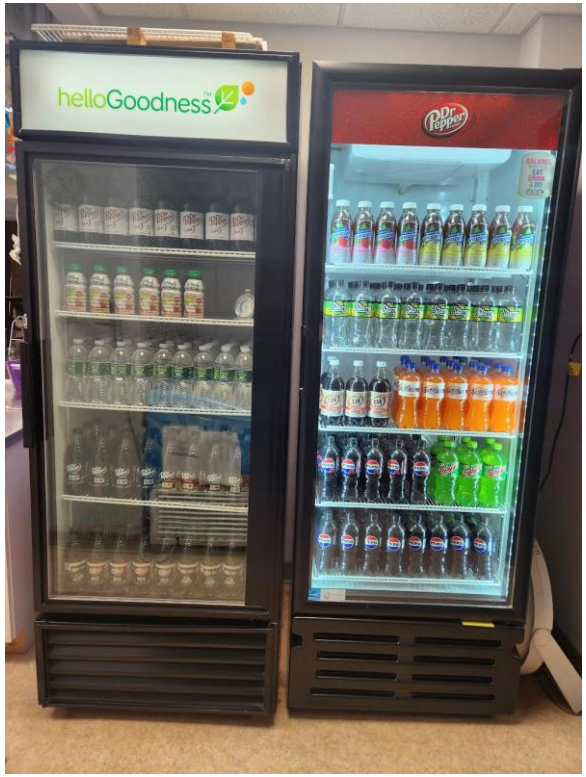
ILLINOIS STATE BOARD OF EDUCATION

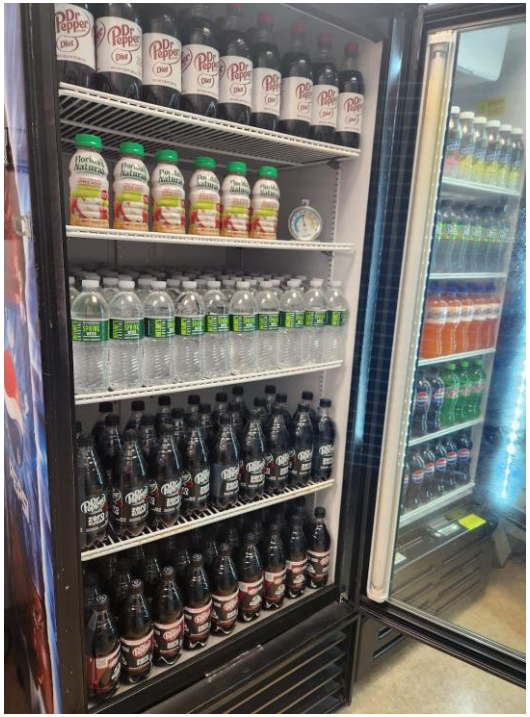
Snack Shack Civic Memorial



ILLINOIS STATE BOARD OF EDUCATION

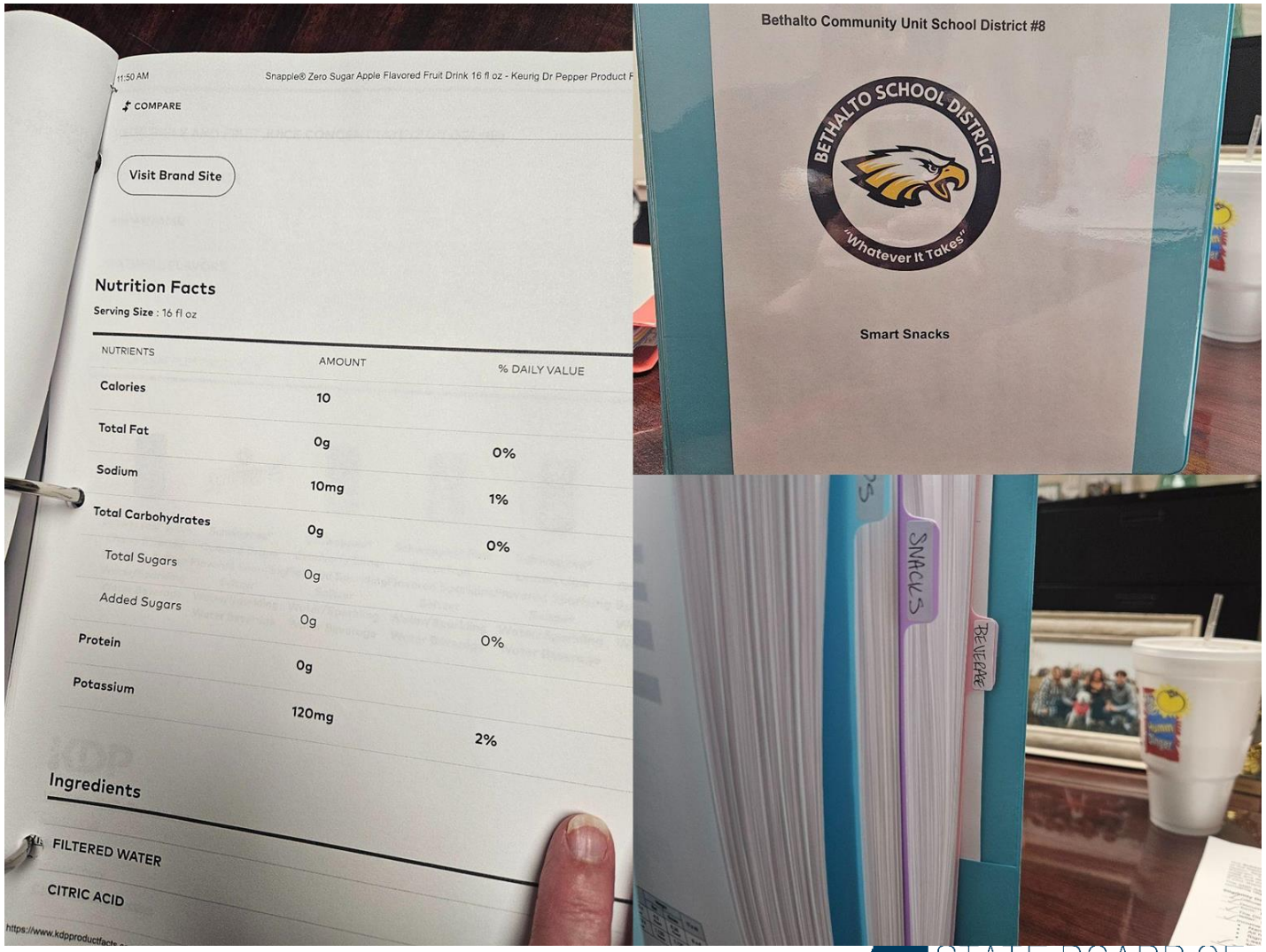
Snack Shack Civic Memorial





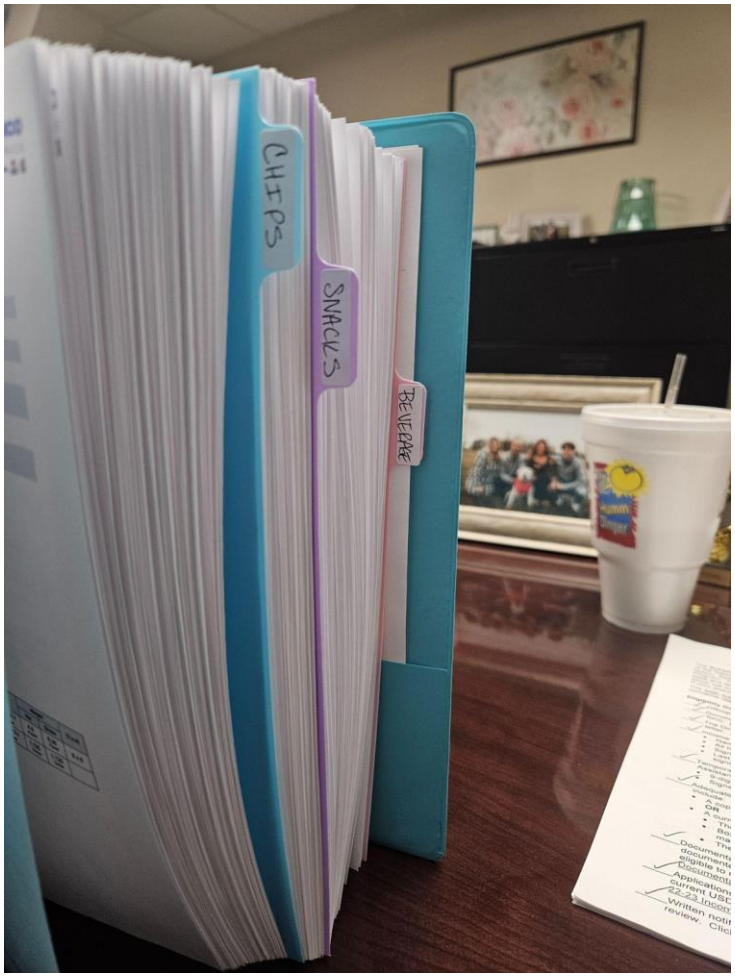
ILLINOIS STATE BOARD OF EDUCATION

Smart Snack Binder



Preparing For The Review

- **Section 1:** Chips
- **Section 2:** Snacks
  - Ice Cream
  - Cookies
  - Fruit Snacks
  - Beef Jerky
- **Section 3:** Beverages
  - Propel
  - Soda
  - Snapple



ILLINOIS STATE BOARD OF EDUCATION

Preparing For The Review

Having your binder set up in this manner will be very helpful for your Monitor when making sure your snacks are compliant. I recommend running each product through the Smart Snack Calculator, printing the results and attaching with the products you are selling. You will need the first ingredient of the item, the nutritional facts and the package size to get the correct results using this method. Here are a few items that are sold at the snack shack and what the compliance report will look like.

ILLINOIS STATE BOARD OF EDUCATION

01/01/2024

Rachel Huber, MPH, RDN
PepsiCo Foodservice Dietitian
rachel.huber@pepsico.com

Lay's Baked Potato Crisps Barbecue Flavored 1.125 Oz

GTIN: 00028400071895 | **UPC:** 028400071895
NET CONTENT: 31.8 Gram | **PRODUCT ID:** 071895

Frito-Lay's line of Oven Baked snacks are baked, not fried, to give you the great taste you've come to love with Frito-Lay snacks. On top of that, LAY'S Oven Baked Barbecue Flavored Potato Crisps offer 65% less fat than regular potato chips. Fat content of regular potato chips is 10g per 1 oz serving. Fat content for these snacks is 3g per 1 oz serving. Each package contains 1.125 oz.

FEATURES & BENEFITS
- 1.125 oz. LAY'S Oven Baked Barbecue Flavored Potato Crisps
- Personal-sized barbecue flavored baked chips
- Great for enjoying at lunch or in-between meals
- No Artificial Flavors Or Preservatives
- Gluten Free
- *65% less fat than regular potato chips Fat content of regular potato chips is 10g per 1 oz. serving
- fat content of these snacks is 3g per 1 oz. serving. This package contains 1¼ oz.
- Zero Grams Trans Fat

INSTRUCTIONS
- Ready To Eat

ALLERGENS
- CONTAINS MILK AND SOY INGREDIENTS

NUTRITIONAL CLAIMS
- No Artificial Flavors Or Preservatives
- Gluten Free
- Zero Grams Trans Fat

Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Lay's
Manufacturer	PepsiCo Food Service
Volume	.045 Cubic foot
Minimum Life Span (days)	
From Arrival: 56	**From Production:** 98
Storage & Handling Temperature	
Minimum: 35 °F	**Maximum:** 85 °F
Origin	
Region:	**Country:** US

INGREDIENTS: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Onion Powder, Maltodextrin (Made from Corn), Dextrose, Brown Sugar, Molasses, Spices, Fructose, Tomato Powder, Garlic Powder, Yeast, Soybean Oil, Natural Flavors (Contains Milk), Sunflower Oil, Paprika, Acacia Gum, Paprika Extracts, Annatto Extracts, and Caramel Color. CONTAINS MILK AND SOY INGREDIENTS

Nutrition Facts

1 servings per container

Serving Size	1 package
Amount Per Serving	
Calories	**140**
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 2g	

Vitamin D 0mcg 0% • Calcium 10mg 0%
Iron 0.3mg 2% • Potassium 240mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

0 28400 07189 5

Product formulation, packaging and promotions may change. For current information, refer to packaging. Information may also differ from package labels because of the limited space on some packages.

SMART SNACKS PRODUCT CALCULATOR

HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Frito Lay

Product Name:
Baked BBQ

Serving Size:
3543.75 g

First Ingredient:
Potatoes

Your vegetable product meets all nutrient standards for entrees or snack foods.

Your product is compliant!

Nutrition Facts

Serving Size 125 oz (about 3543.75 g)
Servings Per Container

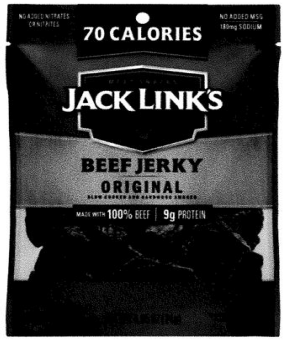
Amount Per Serving	
Calories 140	
Total Fat (g) 3.5	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 160	
Carbohydrates	
Total Sugars (g) 3	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

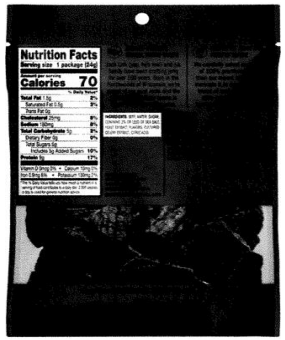
The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

LEADING THE WAY FOR CHILDREN'S HEALTH

ILLINOIS STATE BOARD OF EDUCATION

10000007721 - 0.85 oz Jack Link's Original Beef Jerky





Product Information

Manufacturer:	Link Snacks, Inc.
Product Name:	.85oz Jack Link's Original Beef Jerky
3TIN Case:	10017082876512
GTIN Pack:	00017082876515
Meat Percentage:	100% Beef
Meal Contribution:	1 oz Equivalent Meat/Meat Alternate
Allergy Statement:	N/A
Buy American:	Meets USDA K12 Buy American Provision

Package & Shipping Information

Package Size:	0.85 oz
Servings Per Container:	1
Package Type:	5" x 7" Bag
Shipping/Storage:	Ambient
Gross Case Weight:	3.748 lbs
Net Case Weight:	2.55 lbs
Units Per Case:	48
Case :	16.875" x 8.75" x 8.063"
Cases Per Pallet:	100
TixHi:	10x10
Shelf Life:	365 Days

Nutrition Facts
Serving Size 1 package (24g)
Amount Per Serving
Calories 70

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 9g	17%

Vitamin D 0mcg 0% • Calcium 10mg 0%
Iron 0.9mg 6% • Potassium 130mg 2%

*Percent Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BEEF, WATER, SUGAR, CONTAINS 2% OR LESS OF SEA SALT, YEAST EXTRACT, FLAVORS, CULTURED CELERY EXTRACT, CITRIC ACID.

SMART SNACKS PRODUCT CALCULATOR

HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Jacks

Product Name:
Original Beef Jerky

Serving Size:
24.00 g

First Ingredient:
Beef

Your protein food product meets all nutrient standards for entrees or snack foods.

Your product is compliant!

Nutrition Facts

Serving Size 24.00 g
Servings Per Container

Amount Per Serving	
Calories 70	
Total Fat (g) 1.5	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 180	
Carbohydrates	
Total Sugars (g) 5	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

LEADING THE WAY FOR CHILDREN'S HEALTH

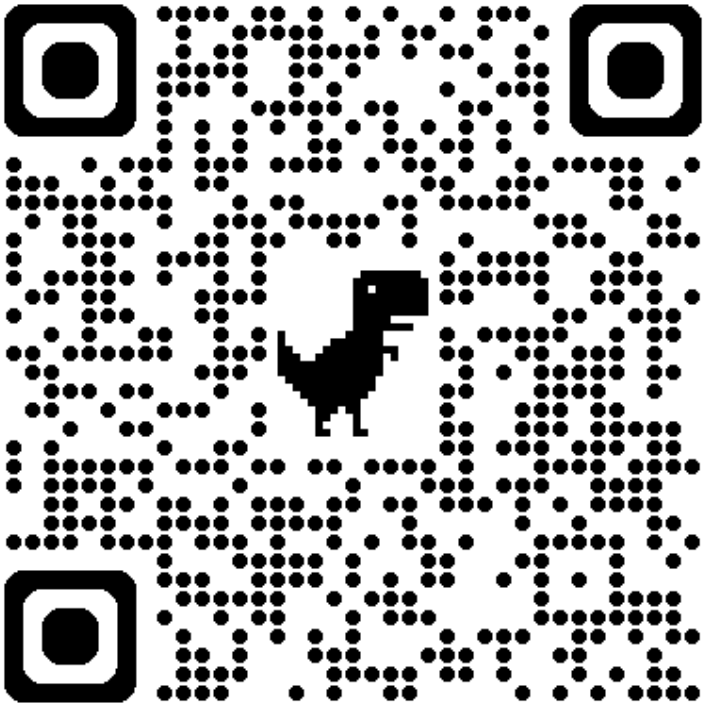
ILLINOIS STATE BOARD OF EDUCATION

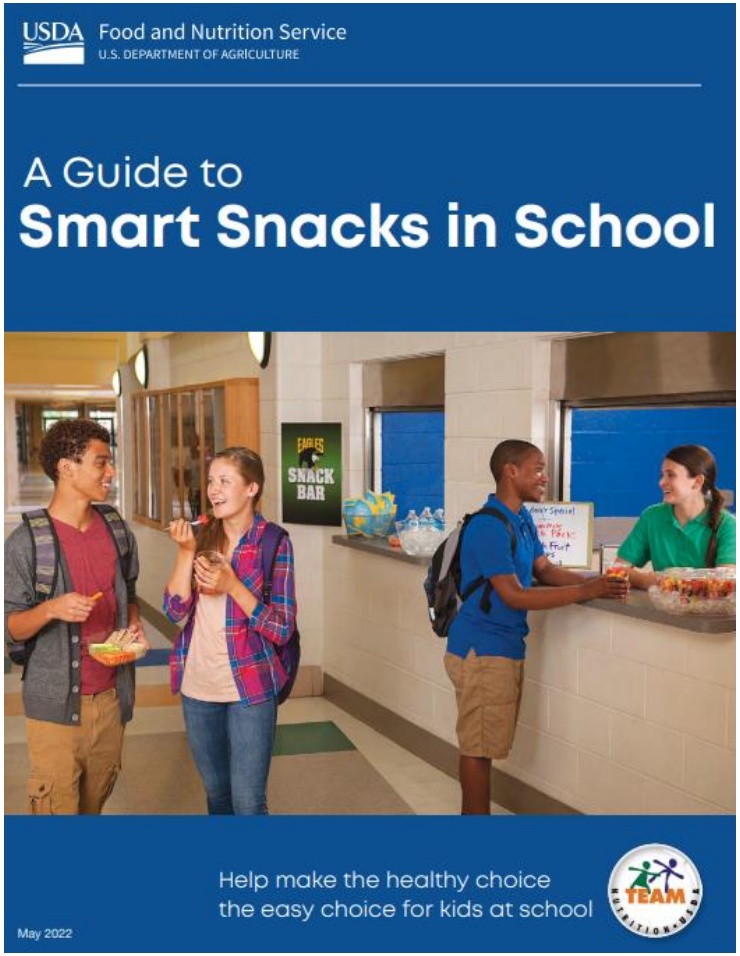
Exempt Fundraiser Days

Foods that do not meet the USDA Smart Snacks nutrition standards may be sold on exempted fundraising days at the 9-12th grade level. Nine exempted days will be permitted throughout the school year. This request must be submitted through the school office with the Principal. The principal is in charge of approving or denying the request, and keeping the proper documentation on file for review purposes and notifying the Food Service Director to make them aware.

ILLINOIS STATE BOARD OF EDUCATION

USDA's Guide to Smart Snacks in School





ILLINOIS STATE BOARD OF EDUCATION

ISBE Smart Snack & Fundraisers Fact Sheet

SMART SNACKS STANDARDS & FUNDRAISERS

USDA's Smart Snacks Standards apply to all food and beverage items sold to students (outside of the reimbursable school meal) on the school campus during the school day, including fundraisers. Read on for information about how Smart Snacks Standards impact fundraisers.

DEFINITIONS

- School day—the midnight before to 30 minutes after the end of the official school day
- School campus—any area of the campus accessible to students during the school day

SMART SNACKS STANDARDS

- Smart Snacks Standards set limits on certain nutrients, like calories, sodium, fat, and sugar. Detailed information on these nutrition standards can be reviewed in USDA's Guide to Smart Snacks in School
- Check if your product is compliant with Smart Snack Standards by using Healthier Generation's Smart Snacks Product Calculator

FUNDRAISERS

- USDA considers a fundraiser to be an event that includes any activity during which currency/tokens/tickets of monetary value are exchanged for the sale/purchase of a product in support of a school or school-related activities, such as clubs, organizations, and classroom programs
- Fundraisers that occur on the school campus during the school day must meet Smart Snack Standards (unless they are exempt; see *Exempted Fundraising Days* below)

EXEMPTED FUNDRAISING DAYS

- Smart Snacks guidelines allow a certain number of fundraisers each year that do not have to meet the nutrition standards
- In Illinois, grades 9-12 can have up to nine exempted fundraising days per school year
  - Exempted fundraising days are prohibited for grades K-8
- There is no limit on the number of organizations or clubs that may fundraise on an exempted fundraising day
- To have exempted fundraising days, schools must adopt their own policy outlining procedures to request exempted fundraisers, as well as the process to approve or deny a request
  - This policy must be included in the school's local wellness policy
  - A list of exempted fundraising days held must be maintained for no less than three years

SMART SNACK STANDARDS DO NOT…

- Limit the number of fundraisers that can be held that sell non-food items or foods/beverages that meet Smart Snack Standards
- Apply to fundraisers and food/beverage sales that occur outside of the school day (see *Definitions* above), such as at sporting events after school hours
- Apply to fundraisers selling food/beverage items that are not for immediate consumption, such as frozen pizza or cookie dough
- Apply to classroom rewards in which foods/beverages are provided (not sold) to students. For example, classroom cash or good behavior bucks being exchanged for foods/beverages are not subject to Smart Snacks Standards (unless a school's local policy requires it)

ILLINOIS STATE BOARD OF EDUCATION

https://www.isbe.net/Documents/SmartSnacks-Fundraisers-FactSheet.pdf

Questions?

ILLINOIS STATE BOARD OF EDUCATION

Thank You For Your Time !

Illinois State Board of Education

Nutrition Department

100 North First Street, W-270

Springfield, IL 62777-0001

- 800/545-7892 in IL
- 217/782-2491

FAX: 217/524-6124

cnp@isbe.net

www.isbe.net/nutrition

ILLINOIS STATE BOARD OF EDUCATION