



# Smart Snacks



School Nutrition Programs  
Back to School Conference

Equity • Quality • Collaboration • Community



# Why are Smart Snacks Important?

- Almost  $\frac{1}{4}$  of kids' daily calories may come from snacks
- Kids with healthy eating patterns are more likely to perform better academically
- Kids consume more healthy foods and beverages during the school day. When Smart Snacks are available, the healthy choice is the easy choice
- Smart Snack Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program



# What are Smart Snacks?

Any food or beverage sold to students during the school day on the school campus, outside of the reimbursable meal.



# Smart Snacks in School

## School Campus



A la carte items  
in serving line



School stores



Vending  
machines



Coffee bars



Food trucks



Fundraisers

## School Day

Midnight the night before up  
until 30 minutes after the end  
of the official school day



## Does NOT Apply to:

- Lunches/snacks brought from home
- Foods/beverages provided, not sold to students
- Teacher's lounges
- Community, evening or weekend activities



# Smart Snack Standards





# Exempt from Smart Snack Standards

- Fresh/frozen fruit and vegetables
- Canned fruit packed in 100% juice or light syrup
- Canned vegetables with no salt/low sodium
- Leftover entrée from the day before sold a la carte



## Step One: Smart Snack Standards

To qualify as a Smart Snack, a snack or entrée must fall into one of the following categories:

- Have a whole grain as the first ingredient;

or

- The first ingredient is a fruit, a vegetable, a dairy product, or a protein food;

or

- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable



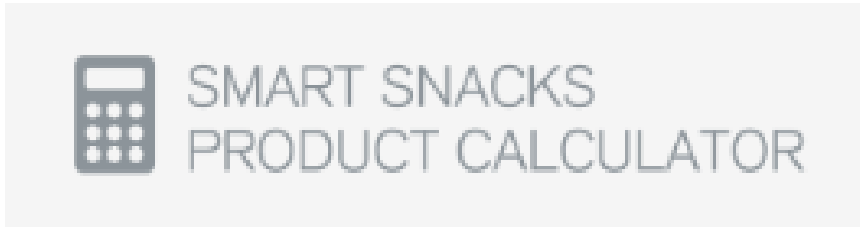


## Step Two: Nutrient Standards

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



# Smart Snack Calculator



<b>Nutrition Facts</b>	
Serving Size oz	<input type="text"/> (about g) <input type="text"/> ⓘ
Servings Per Container	<input type="text"/>
<hr/>	
Amount Per Serving	
<b>Calories</b>	<input type="text"/>
<hr/>	
<b>Total Fat (g)</b>	<input type="text"/>
<hr/>	
Saturated Fat (g)	<input type="text"/>
<hr/>	
Trans Fat (g)	<input type="text"/>
<hr/>	
<b>Sodium (mg)</b>	<input type="text"/>
<hr/>	
<b>Carbohydrates</b>	
<hr/>	
Total Sugars (g)	<input type="text"/>
<hr/>	

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



# Smart Snack Calculator

My Product is a ...

- a) Snack [i](#)
- b) Side [i](#)
- c) Entree [i](#)
- d) Beverage [i](#)





## Smart Snack Calculator

Is the first ingredient\* of your product a ...

- a) Fruit
- b) Vegetable
- c) Dairy
- d) Protein food
- e) Whole Grain
- f) None of the above

Nutrition Facts	
1 serving per container	
<b>Serving size 2 cups (30g)</b>	
Amount per serving	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Total Sugars</b> 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

INGREDIENTS: Popcorn, sugar, canola oil, salt





# Smart Snack Calculator

Enter your product's nutrition information per amount SOLD (including all components and accompaniments). For BULK products only, enter servings per container as "1". Do not enter the servings per container for the entire bulk box or case. [i](#)

Nutrition Facts	
Serving Size oz	<input type="text" value=""/> (about g) <input type="text" value="30"/> <a href="#">i</a>
Servings Per Container	<input type="text" value="1"/>
Amount Per Serving	
Calories	<input type="text" value="140"/>
Total Fat (g)	<input type="text" value="4"/>
Saturated Fat (g)	<input type="text" value="0"/>
Trans Fat (g)	<input type="text" value="0"/>
Sodium (mg)	<input type="text" value="170"/>
Carbohydrates	
Total Sugars (g)	<input type="text" value="8"/>

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>2 cups (30g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

INGREDIENTS: **Popcorn**, sugar, canola oil, salt



# Smart Snack Calculator

✔ **Your product is compliant!**

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

**Brand**

ABC Popcorn

**Serving Size**

30.00 g

**Product**

Popcorn

**First Ingredient**

Popcorn

*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.*

START OVER

NEXT STEP



# Accompaniments

Condiments such as cream cheese, salad dressing and dipping sauces must be included in the nutrient profile as part of the food item sold





# Nutrition Standards for Beverages

- Vary by grade levels
- Identify specific types of beverages allowed
- Address container size







## Beverages: Water

- Plain, carbonated or non-carbonated
- No maximum serving size



All Grades

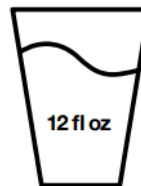


## Beverages: Milk

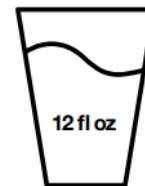
- Unflavored or flavored fat-free milk, unflavored low-fat milk
- Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack



Elementary School



Middle School



High School



## Beverages: Juice

- 100% fruit or vegetable juice, with or without carbonation
- Can be diluted with water
- No added sweeteners



Elementary School



Middle School



High School



# Beverages: Low & No-Calorie Beverages

- High school only
- Low- and no-calorie beverages, with or without caffeine and/or carbonation



No Calorie Maximum:\*  
10 calories/20 fl oz

\*Less than 5 calories per 8 fluid ounces.



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

\*Equivalent to 5 calories per fluid ounce.



## Caffeine

- High school only
- Elementary and middle schools – must be caffeine free, with the exception of trace amounts of naturally-occurring caffeine substance.



# Fundraising





## Allowable Fundraisers

- Foods and beverages that meet Smart Snacks Standards
- Non-food items
- Fundraisers that occur during non-school hours, on weekends, or at off-campus events
- Foods that are intended to be consumed outside the school day



# Illinois Exempted Fundraising Days

Allow for food and beverage fundraisers that do not have to meet Smart Snack Standards

- Grades 8 and below: prohibited
- Grades 9 through 12: no more than 9 days





# Illinois Exempted Fundraising Days

- Develop procedures to request an exempted fundraising day
- Include fundraising in the local school wellness policy
- Maintain documentation of the exempted fundraising days



# Revenue from Sale of Competitive Foods

All revenue from the sale of any food or beverage that is sold to students in the food service areas, during the meal period, shall accrue to the nonprofit school lunch program account



# Contact Information



School Nutrition Programs  
Back to School Conference

Nutrition Department  
Illinois State Board of Education

[www.isbe.net/nutrition](http://www.isbe.net/nutrition)

800-545-7892

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