

Smart Snacks Requirements and

Smart **Solutions for Schools**

Child Nutrition Services Smart Snacks



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

Smart Snacks Requirements: Federal Standards and WCPSS Wellness Policy

- Includes foods and beverages
- Specifies nutrient, ingredient, and portion size requirements
- Encompasses items “Sold” and “Provided”
(learning programs, celebrations, and in-school events)
- Applies to all areas accessible to students
- During the school day
(defined as midnight through 30 minutes after the dismissal bell)
- WCPSS: Must be commercially prepared

Why Smart Snacks Matter

- More than a quarter of kids' daily calories may come from snacks.
- Kids who have healthy eating patterns are more likely to perform better academically.
- Kids consume more healthy foods and beverages during the school day.
- When they are Smart Snacks, the healthy choice is the easy choice.
- Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.

Beverage Requirements

Approved for all schools:

- Plain water with or without carbonation
- Unflavored low fat milk
- Unflavored or flavored fat free milk/milk alternatives permitted by NSLP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners



Elementary schools: up to 8-ounce portions of milk and juice

Middle schools: up to 12-ounce portions of milk and juice with no portion size limit for plain water

High schools:

- Up to 12-ounce portions of milk and juice
- No portion size limit for plain water
- Additional no calorie and lower calorie options permitted.
 - "NO CALORIE" – No more than 20-ounce portions of:
 - Calorie-free flavored water with or without carbonation; and
 - Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces; or ≤ 10 calories per 20 fluid ounces
 - "LOWER CALORIE" – No more than 12-ounce portions of beverages with ≤ 40 calories per 8 ounces; or ≤ 60 calories per 12 fluid ounces.



Beverages and foods must be analyzed to assess compliance.

Food Requirements



Ingredient requirement:

- Be “whole grain-rich”; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Nutrition Facts		
Serving Size 1 bar (40g)		
Servings Per Container 3		
Amount Per Serving	Honey Nut Cheerios	Cereal Total Grs
Calories	160	
Calories from Fat	35	
	%DV*	
Total Fat	4g	6%
Saturated Fat	2g	4%

Nutrient requirements:

- Calories \leq 200
- Sodium \leq 200 mg
- Total fat \leq 35% of calories
- Saturated fat $<$ 10% of calories
- Trans fat zero grams
- Sugar \leq 35% of weight from total sugars in foods

Accompaniments such as dressings, spreads, etc... that are served with foods must be included.

Foods may be complex to analyze. Labels on “combination foods” do not necessarily indicate the amount of creditable fruit or vegetable. The only way to demonstrate compliance may be to obtain written documentation from a manufacturer.

A Smart Solution

- CNS's *Smart Solutions* Service
- Smart Snacks compliant items
- Slightly discounted pricing
- For use at school during the school day

Developed by CNS
For Schools
Approved by DPI

Smart
Solutions for Schools

Child Nutrition Services Smart Snacks



CHILD NUTRITION SERVICES

1551 Rock Quarry Road
Raleigh, NC 27610

- Other items available upon request
- See Café Manager for current year brochure and items
- CNS also offers full catering service

Smart Solutions

Snacks
Cheese, Mozzarella (String) Stick
Cookie, Iced Sugar (whole grain), SOLD BY THE DOZEN
Crackers, Pepperidge Farms Cheddar Goldfish (whole grain)
Crackers, Keebler Graham Bug Bites (whole grain)
Crackers, Movie Grahams – Jurassic World (whole grain)
Cupcake, “Celebration” Frosted Chocolate (whole grain)
Cupcake, “Birthday” Frosted Vanilla (whole grain)
Fruit Bar, Nutri-Grain, variety of flavors (whole grain)
Ice Cream - Novelty
Ice Cream - Premium
Muffin, Fruited
Popcorn, Frito Lay Smartfood White Cheddar (whole grain)
Pretzels, Low Sodium (whole grain)
Rice Krispies Marshmallow Treat (whole grain) Traditional or Choc.
Fresh Fruit in Season (1/2 cup)
Fresh Vegetable in Season (Ranch dressing available upon request)
Fruit/Vegetable – Specialty Items
Beverages
Juice Box (aseptic), Apple & Eve, 6.75oz, variety of flavors
Juice, Switch Brand, (carbonated) 8 oz., variety of flavors
Water, Plain, 12 oz. bottle

- **Assurance:** products meet Smart Snacks nutrition standards
- **Convenience:** order from the café
- **Tested:** snacks students enjoy
- **Specialties:** items formulated for CNS and not available in retail



CHILD NUTRITION SERVICES
1551 Rock Quarry Road
Raleigh, NC 27610
www.wcpss.net/school-meals

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information required in the form. To request a copy of the complaint form, call (866 632-9992). Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

fax: (202) 690-7442; or

email: program.intake@usad.gov

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