



SMART SNACKS – FAST FACTS



USDA's Smart Snacks in School guidelines, which went into effect July 1, 2014, require all competitive foods in school (foods sold in vending machines, school stores, snack carts and a la carte lines, and for some fundraisers, depending on the state) to meet certain nutrition requirements. Below are the new requirements:

1. **Smart Snack standards do not apply during non-school hours, on weekends, and at off-campus fundraising events**
2. **Entrée items as competitive foods:** Entrée items offered as competitive foods at lunch and breakfast on the day of service or the day afterwards are exempt from the Smart Snacks guidelines
3. **Accompaniments:** Food accompaniments (salad dressings, cream cheese, etc.) must be included in the nutrient profile as part of the food item
4. **Calorie Limits:** Snack items and a la carte side dishes must be 200 calories or less; A la carte entrée items must be 350 calories or less
5. **Sodium Limits:** Snack items and a la carte side dishes must contain 230 mg of sodium or less; Entrée items must contain 480 mg of sodium or less
6. **Fat Limits:** Food items can have up to 35% of their calories from total fat, up to 10% of their calories from saturated fat, and cannot have any trans fat
7. **Sugar Limits:** Food items can have up to 35% of their total weight from sugars
8. **Water:** All schools may have plain water, with or without carbonation, without portion limits
9. **Flavored Water:** High Schools may have up to 20-oz portions of no-calorie flavored water, with or without carbonation
10. **Milk:** Elementary schools may have up to 8-oz portions of unflavored low-fat milk, and up to 8-oz portions of unflavored fat-free milk and milk alternatives permitted by the National School Lunch Program
11. **Milk:** Middle/High schools may have up to 12-oz portions of unflavored low-fat milk, and up to 12-oz portions of fat-free milk and milk alternatives permitted by the National School Lunch Program
12. **Juice:** Elementary schools may have up to 8-oz portions of 100% fruit juice, and up to 8-oz portions of 100% fruit or vegetable juice diluted with water with no added sweeteners
13. **Juice:** Middle/High schools may have up to 12-oz portions of 100% fruit juice, and up to 12-oz portions of 100% fruit or vegetable juice diluted with water with no added sweeteners
14. **Fundraising:** Any foods that meet the Smart Snacks nutrition requirements can be sold at fundraisers during the school day
15. **Fundraisers:** State agencies determine if districts can hold fundraisers that sell foods/beverages that do not meet the Smart Snacks guidelines
16. **Exemptions:** 1) fresh fruits and vegetables with no added ingredients except water, 2) canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup, and 3) canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrition standards

17. **Exemptions:** Reduced-fat cheese, nuts, seeds, and nut/seed butters are exempt from the total fat regulations
18. **Exemptions:** Sugar-free gum is exempt from the nutrition standards
19. **Exemptions:** Seafood with no added fat is exempt from the total fat standards
20. **Exemptions:** 1) Dried fruits or vegetables (in whole form or pieces) with no added sweeteners, or with nutritive sweeteners required for processing and/or palatability purposes, and 2) items consisting of only dried fruit with nuts/seeds and no added sweeteners or fats are exempt from the sugar standards
21. **Caffeine:** Elementary and Middle Schools may have food and beverages with trace amounts of natural occurring caffeine ONLY
22. **Caffeine:** High schools may have foods and beverages that contain caffeine

For more information on Smart Snacks in School, visit [AASA's website](#) or contact Summer Kriegshauser at skriegshauser@aasa.org or 703-875-0732