USDA Federal Regulations: SMARTER SNACKS IN SCHOOLS

- Mandatory Guidelines in effect July 1, 2014 for all foods sold to students on campus from 12 midnight through 1/2 hour past the end of the school day.

There is separate information for foods and beverages. These guidelines are for the school cafeteria, vending, school stores, and all fundraisers that are sold to students during the school day.

All Foods must meet one of the following criteria:

- Contain ≥50% whole grain or have whole grain as the first ingredient
- Have a fruit, vegetable, dairy food, or protein food as the first ingredient
- Contain ¼ cup fruit or vegetable in a combination food
- Contain ≥10% DV of calcium, potassium, vitamin D, or dietary fiber

Foods must meet all specific nutrient standards per serving

- Calories: ≤ 200 calories per serving including all condiments (Example- bagel with cream cheese & jelly)
- Fat: ≤ 35% of the calories from total fat, <10% of the calories from Saturated Fat, Zero grams Trans Fat, There are exemptions for some nut and cheese products
- Grain Foods: ≥50% Whole Grain or Whole Grain as the first ingredient
- Sodium: ≤ 230 mg by 2014-2015 and ≤200 mg by July 1, 2016
- Sugar: ≤35% of weight from total sugar; there are some exemptions for some dried fruit and dried vegetable products
- Other: All accompaniments/condiments must be included; Caffeine is only allowed at the High School.
- Per a New York State Law from the mid 1980s no Gum, Mints, and or Candy of any kind may be available for sale to students during the school day.

Exclusions from all standards

- Fresh fruits and vegetables
- Certain canned fruits and vegetables and frozen fruits

Beverage Guidelines are specified by grade level in addition to what is generally allowed:

- Plain or carbonated water
- Unflavored Low fat Milk
- Flavored or Unflavored non fat/fat free milk
- 100% Juice
- Diluted 100% Juice, may contain carbonation (Fruit 66, Izze for example)
- All beverages must be ≤ 8 fluid ounces for elementary schools
- All beverages must be ≤ 12 fluid ounces for middle and high schools
- NOTE: NO SIZE LIMIT ON WATER

Additional beverages allowed in High School Only:

- Flavored and/or carbonated beverages with ≤5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces. (This would be where the sport drinks may fit)
- The USDA regulations allow for the sale of Diet Soda of no more than 12 fluid ounces......BUT, NY Law is more restrictive and does not allow for this provision of the USDA Regulations.