

WEST CHESTER AREA SCHOOL DISTRICT

Implementing Smart Snacks: Standards for All Foods/Beverages Sold in School

- * **Effective Date: July 1, 2014**
- * **USDA standards, authority under Healthy, Hunger-Free Kids Act 2010**
- * **Impacts ALL food and beverages sold to and eaten by students on school campus during school hours**
 - **School campus are the areas of the property under jurisdiction of the school that are accessible to students during the day**
 - **School day is the period from midnight before to 30 minutes after the end of the official school day.**
- * **Smart Snack Food must meet both General Standards and Specific Nutrient Standards**

Smart Snack Food: General Standards	
Meet One of the General Standards	
Must contain 50% or more whole grains by weight or have whole grains as the first ingredient	
Contain one of major food groups as the first ingredient, including a fruit, vegetable, dairy product or protein food	
Be a combination food with at least ¼ cup fruit and/or vegetable	
Contain 10% of the Daily Value of one nutrient of public health concern – Calcium, Potassium, Vitamin D, Dietary Fiber (through June 2016)	

Smart Snack Food: Specific Nutrient Standards	
Meet All of the Nutrient Standards	
Total Fat	Less than or equal to 35% of total calories Exemptions: reduced fat cheese, part skin mozzarella, nuts, seeds, nut/seed butters, seafood with no added fat
Saturated Fat	Less than or equal to 10% of total calories Exemptions: same as Total Fat
Trans Fat	0%
Sodium	Less than or equal to 230 mgs (230 mgs starting 7/1/16) per package
Calories	Less than or equal to 200 calories per package
Total Sugar	Less than or equal to 35% of total weight Exemptions: dried fruit/veg.

Sugar-Free Gum is exempt from all food standards.

Beverage Standards			
Beverage	Elementary	Middle	High
Plain Water (can be carbonated)	no size limit	no size limit	no size limit
Low Fat Milk unflavored	≤ 8 oz. size limit	≤ 12 oz. size limit	≤ 12 oz. size limit
Non Fat Milk including flavored	≤ 8 oz. size limit	≤ 12 oz. size limit	≤ 12 oz. size limit
100% Fruit/Veg. Juice	≤ 8 oz. size limit	≤ 12 oz. size limit	≤ 12 oz. size limit
Other Calorie Free Beverages	n/a	n/a	≤ 20 oz. size limit ≤ 5 calories./8 oz. or ≤ 10 calories/20 oz.
Other Lower Calorie Beverages	n/a	n/a	≤ 12 oz. size limit ≤ 60 calories/12 oz. or ≤ 40 calories/8 oz.
Caffeine	n/a	n/a	no caffeine restrictions