



SMART SNACKS IN SCHOOLS



Federally mandated guidelines that coincide with the District Wellness Policy to regulate all foods and beverages outside of school meal programs that are served or sold during the school day.¹

★ ALLOWABLE FOODS² ★

Can only be: Fruit, non-fried vegetable, dairy food, allowable protein (i.e. nuts, seeds, legumes, eggs, cheese), or whole grain item³

AND

Must be:

1. \leq 35% calories from fat* **AND**
2. $<$ 10% calories from saturated fat* **AND**
3. \leq 35% sugar by weight* **AND**
4. $<$ 0.5 grams trans fat per serving **AND**
5. \leq 230 milligrams sodium **AND**
6. \leq 175 calories - ELEM or
 \leq 200 calories - MS/HS (per item/pkg.)

*Exempt from fat and sugar standards:

Dried blueberries, cranberries, cherries, tropical fruit, chopped dates or figs, canned fruit in 100% juice, nuts, nut butters, seeds, reduced-fat cheese, non-fried veggies, legumes

Never Allowed: Candy, gum, fried chips, sodas, ice cream, food as reward or punishment

★ ALLOWABLE BEVERAGES⁴ ★

Must be (All Grade Levels):

1. Plain water **OR**
2. 100% juice (no added sweeteners⁵) **OR**
3. Milk (nonfat plain or flavored, 1%, or non-dairy milk)
 \leq 8 oz. (\leq 12 oz. for MS/HS)

OR (High School Only):

Non-Calorie Beverages

1. Water as first ingredient
2. \leq 16.8 grams added sweetener/8 oz.
3. \leq 5 calories/8 oz. or \leq 10 calories/20 oz.
4. 10-150 mg. sodium/8 oz.
5. 10-90 mg. potassium/8 oz.
6. No added caffeine
7. \leq 20 oz. serving **OR**

Low-Calorie Beverages

1. Water as first ingredient
2. \leq 16.8 grams added sweetener/8 oz.
3. $<$ 40 calories/8 oz.
4. 10-150 mg. sodium/8 oz.
5. 10-90 mg. potassium/8 oz.
6. No added caffeine
7. \leq 12 oz. serving

DEFINITIONS ★ REGULATIONS

1. **School day** - From midnight before to 30 minutes after school*
2. **Allowable foods** - Foods that are either served or sold on school campuses during the school day that meet the requirements listed above*
3. **Whole grain item** - Contains one of the following:
The statement "Diets rich in whole grain foods...and low in total fat...may help reduce the risk of heart disease" **OR**
First listed ingredient is whole grain **OR**
A combination of whole grain ingredients is at least 51% of the total grain weight of the product **OR**
The weight of the whole grain must be at least 51% of the total grain weight of the product
4. **Allowable beverages** - Beverages that are either served or sold on school campuses during the school day that meet the requirements listed above*
5. **Sweeteners** - Includes both natural, artificial, and non-calorie substitutes

*Code of Federal Regulations (CFR) sections 210.11-12/CA CFR sections 15575, 15577-78

★ FOOD AND BEVERAGE SALES AT SCHOOL ★

To ensure that we are in compliance with federal regulations and the district Wellness Policy, the following guidelines have been created to assist your organization with food and beverage sales at school.

*****ALL food and beverage sales must be pre-approved by Child Nutrition Services*****

GUIDELINES

- ★ Food and beverage sales may begin after the student body has been dismissed for the day.
- ★ **Elementary student organizations:** Each organization may host a maximum of 4 sales per year with 1 item offered per sale.
- ★ **Secondary student organizations:** Only one student organization may sell per day* and all organizations must coordinate sales through their local ASB.
 - ASB must partner with Child Nutrition Services on all food and beverage sales occurring during the school day.
- ★ **Parent organizations:** Each organization may host a maximum of 16 sales per year, limited to 1 sale per week.
 - Maximum of 3 items per sale.
- ★ **To receive approval for a food or beverage sale,** please follow the instructions located on the *Procedures for Conducting Food and Beverage Sales at School* form located on our website at www.smusd.org/cns. Please note that your official event request must be submitted to Child Nutrition Services a minimum of 14 days prior to the event date.

IMPORTANT NOTES

- ★ Sales of compliant foods and beverages that have been pre-approved by Child Nutrition Services may begin at the time that all students are dismissed from school for the day.
- ★ Organizations that choose to host food or beverage sales on school campuses during the school day without approval from the Child Nutrition Services department risk cancellation of all future sales since this would be a violation of federal law.
- ★ District approval is not required for food and beverage sales that occur outside of the school day (i.e. from 30 minutes after school through midnight).
- ★ Non-compliant food or beverage sales that occur outside of the school day may **not** be marketed or advertised on school campuses.
- ★ Please note that the same regulations also apply to foods and beverages **served** to students during the school day (i.e. classroom parties, events, etc.).
- ***Exception:** Multiple student organizations may host sales on the same day on 4 designated days per school year.

PROCEDURES FOR FOOD AND BEVERAGE

★ SALES AT SCHOOL ★

SAN MARCOS
UNIFIED SCHOOL DISTRICT

Determine the date, time, and location of your event

1



- Will the event occur after all students are dismissed for the day?
 - If yes, proceed to question # 2.
 - If no, the event is not allowed under federal regulations and the District Wellness Policy.

Determine the food(s) and/or beverage(s) you wish to sell

2



- You may also select from a list of pre-approved items, which are available for purchase directly from Child Nutrition Services. Visit the CNS website to view the list.

Go to the CNS website at www.smusd.org/cns

3



- Review the *Smart Snacks in Schools AND Guidelines for Food and Beverage Sales at School* documents.
- Does your product(s) meet Smart Snacks guidelines?
 - If yes, proceed to # 4.
 - If no, the event is not allowed.

Complete the *Food and Beverage Sale Request Form* located on the CNS website

4



- Don't forget to make copies of your receipts as well as the nutrition facts label and ingredients list located on your product(s) packaging.

Submit the *Food and Beverage Sale Request Form*, nutrition facts label(s), and ingredients list(s)

5



- Submit online or send to Ke'Anna Dodds at keanna.dodds@smusd.org or via fax at (760) 752-1137.
- Please note that requests must be submitted a minimum of 14 days prior to the proposed event date.

Upon receiving approval, you may finalize the plans for your event

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- Please note that the organization hosting the event is responsible for keeping records of product receipts and nutrition information for a period of three years following each sale.

★ PRE-APPROVED SNACK LIST ★



★ NUTRIFREEZE 100% JUICE POPS

Flavors: Strawberry, orange, sour cherry, tropical blend

Pack Size: 1 case = 48 pops

★ COOL TROPICS 100% JUICE SLUSHIE

Flavors: Lemonade, kiwi-strawberry, dragon punch, cool blue razz, orange mango, sour apple, blue raspberry

Pack Size: 1 case = 60/4 oz. pouches (delivered unfrozen)

★ INDIANA KETTLECORN

Pack Size: 1 case = 48/1 oz. bags

★ SUNOPTA SUNFLOWER KERNELS

Flavors: Blazin' hot & honey roasted

Pack Size: 1 case = 150/1 oz. bags

★ WHOLE GRAIN COOKIES

Flavors: Chocolate chip & snickerdoodle

Pack Size: 1 case = 140/1.3 oz. cookies

Contact Child Nutrition Services for prices

HEALTHY NON FOOD REWARDS

★ ELEMENTARY SCHOOL STUDENTS

- Make deliveries to office
- Fun movie
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Show and tell
- Free time at the end of class
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Walk with the principal or teacher
- Fun physical activity break
- Teacher or volunteer reads special book to class
- Certificate, trophy, ribbon, plaque
- Listen to music or book on audiotape
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Teacher performs special skill , e.g., singing, guitar playing, juggling
- Earn points or play money to spend on privileges or non-food items
- Commendation certificate or letter sent home to parents by teacher or principal
- Trip to treasure box filled with non-food items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Access to items that can only be used on special occasions, e.g., special art supplies, games, or toys

★ MIDDLE SCHOOL STUDENTS

- Sit with friends
- Choose partners for activities
- Listen to music while working at desk
- Reduced homework or “no homework” pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or non-food items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside

★ HIGH SCHOOL STUDENTS

- Extra credit
- Fun movie
- Reduced homework/Late homework pass
- Donated coupons for music, movies, or books
- Drawings for donated prizes
- Pep rally
- Recognition on morning announcements
- Tickets to school events, e.g., dances, sporting events

★ PTO★PTA REWARDS

- Water bottles
- School-branded apparel
- Movie passes
- Special time with a teacher
- Dance Dance Revolution, Wii or video game party
- Pool party, hike, or group trip to a kid’s fun place
- Raffle for bigger prizes, e.g., bike, iPod, or a ride in a limo