

NSLP-SBP Smart Snacks

Participant Guide

This participant guide provides resources, hand-outs, activities, and space to write notes during class. It is designed to supplement the class rather than directly mirror the PowerPoint slides in a one-to-one manner.

Training Overview

Length	3 Hours
Description	This course provides an overview of Smart Snack compliance in the NSLP and SBP programs. To include federal regulations for competitive food being sold in schools
USDA Key Areas	1000(Nutrition) 2000 (Operations)
USDA Professional Standards Codes	Menu Planning: 1110, 11150 Food Production: 2150
Learning Objective(s)	<ul style="list-style-type: none">• Understand federal regulations for all competitive foods sold outside of the National School Lunch and Breakfast Programs.• Be able to Identify criteria for determining which foods and beverages can be sold in schools during the school day.• Be able to utilize available tools to help ensure compliance with regulations and helpful resources for planning.

Common Acronyms



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Food and Nutrition Division
Nutrition Assistance Programs

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CE	Contracting Entity (same as RA)
FND/F&N	Food & Nutrition
NSLP	National School Lunch Program
RA	Recipient Agency (same as CE). This term is more common in USDA
TDA	Texas Department of Agriculture

Resources

SquareMeals.org	TDA Food & Nutrition Website	News, resources, and trainings for all 12 Food & Nutrition programs in Texas
ARM	Administrative Review Manual (located on SquareMeals.org)	A reference document used to provide guidance on the administration of federally funded programs.
TASB.org	Texas Association of School Boards Website	TASB is a voluntary, nonprofit, statewide educational association that serves and represents local Texas school boards to share information through publications and training to help Texas board members serve their communities more effectively.
TheICN.org	Institute of Child Nutrition Website	The ICN is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs.

Smart Snacks Calculator	Alliance for Healthier generation	USDA allows for use of the Smart Snacks Calculator to be sued to ensure Smart Snack compliance.
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Why does this Matter?

Me

- How will this class help me?

My Organization

- Which specific areas within this course topic does their organization needs help or guidance with?

My Food Program Participants

- How will this class help the recipients of my food program?

Notes

Smart Snacks in Schools

(All Foods Sold in Schools)

Smart snacks in schools is a collaborative effort between the USDA and the US Dept of Education. This cooperative strategy extends to the school level where school food service professionals, school administrators, teachers, sports teams, clubs and parent organization work to create healthier communities. Smart Snacks supports healthy living and learning with standards for foods and beverages sold in schools during regular campus hours.



Smart Snack Objectives

- Establish guidelines that limit calories and specific nutrients in food and beverages
- Ensure food and beverages offer nutritional benefits
- Set appropriate standards for individual age/grade group
- Create flexibility for local and state oversight



When do competitive foods regulations apply?

Food and/or beverages sold during the school day on the school campus.

- School Day: the period from the midnight before the beginning of the official instructional day to 30 minutes after the end of the official instructional day
- School Campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day



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Smart Snacks in Schools

(All Foods Sold in Schools)

FOOD AND BEVERAGE NUTRITION STANDARDS

- Calories, sugar, fat and salt limit in all schools
- Water, low-fat or fat-free milk and 100% fruit or vegetable juice allowed in all schools
- Low calorie beverages allowances for high schools
- Caffeine allowances for high schools

FUNDRAISER STANDARDS

Smart snacks nutrition standards apply to all fundraiser foods and beverages except:

- Food and beverages sold outside of the school day
- Foods not intended for consumption at school

[Click here for Alliance for a Healthier Generation Smart Snacks Product Calculator](#)

EXCEPTIONS INCLUDE

- Accommodating students with special needs
- Competition locations and other events are exempt if a SNP meal is not provided as part of the event
- Food and/or beverages brought from home or food given to students
- Food and/or beverages ordered and paid for off campus such as a delivery services
- Supporting students' nutritional needs outside of the school day such as a weekend backpack program

OTHER EXEMPTIONS INCLUDE

- Entrees offered as part of a reimbursable meal are exempted from standards the same day or the next operating day after being served as part of a reimbursable meal
- Fruits and vegetables

FUNDRAISERS

Schools may have up to six fundraiser (6) days per school year per campus that do not meet the competitive food nutrition standards. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during school meal service. Concession stands must meet smart snack standards if the sale occurs during the school day.



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DOCUMENTATION FOR COMPETITIVE FOODS

- CN Labels
- Forms or records indicating portion sizes and number of serving
- Invoices
- Manufacturer Product Formulation Statement
- Menus Nutrition Value Calculations
- Nutrition Fact Labels
- USDA Food Fact Sheets



Contact your ESC Child Nutrition Team:

<https://squaremeals.org/About/EducationServiceCenters.aspx>

Section 22. Competitive Foods of the Administrator's Reference Manual:

<https://squaremeals.org/Programs/NationalSchoolLunchProgram/PolicyARM.aspx>

USDA's A Guide to Smart Snacks in Schools:

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Alliance for a Healthier Generation Smart Snacks Product Calculator:

<https://foodplanner.healthiergeneration.org/calculator/>



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Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i> (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i> (4) be a combination food that contains at least ¼ cup fruit and/or vegetable. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Low sodium/No salt added canned vegetables with no added fats are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. • Whole eggs with no added fat are exempt from the total fat standard.
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Combination products are not exempt and must meet all the nutrient standards. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Whole eggs with no added fat are exempt from the saturated fat standard.
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	

Sugar	Acceptable food items must have ≤ 35% of weight from total sugar as served.	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) with no added fats are exempt from the sugar standard. • Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
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Food/Nutrient	Standard	Exemptions to the Standard
Sodium	<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> Plain water or plain carbonated water (no size limit); Low fat milk, flavored or unflavored (≤8 fl oz); Non fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, flavored or unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, flavored or unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz); • Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz; and • Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz. 	



USDA Child Nutrition Programs: TIPS for Evaluating a Manufacturer's Product Formulation Statement

A manufacturer's product formulation statement (PFS) is a signed certified document that provides a way for a manufacturer to demonstrate how a product may contribute to the meal pattern requirements of the United States Department of Agriculture's (USDA), Child Nutrition (CN) programs. A PFS is typically provided for processed products that do not have a CN Label. A CN Labeled product provides an assurance that the food provides the stated contributions toward CN meal pattern requirements. Program operators may request a signed manufacturer's PFS when purchasing a processed product without a CN Label.

USDA does not approve a manufacturer's PFS. Program operators are ultimately responsible for ensuring menu items meet meal pattern requirements; therefore, program operators should review and verify the crediting statement on a manufacturer's PFS before purchasing the product.

Checklist for Evaluating a Manufacturer's PFS

(If "N" is checked for any question below, contact the manufacturer to request the information)

 Y N

Is the PFS on signed company letterhead? The signature on the PFS can be handwritten, stamped, or electronic.

 Y N

Does the PFS include product name, product code number, and serving/portion size?

 Y N

Do the creditable ingredients* listed on the PFS match or have a similar description as the ingredients listed on the product label? For example, if the PFS lists "ground beef (not more than 20% fat)," the product label should also list "ground beef (not more than 20% fat)."

 Y N

Do the creditable ingredients* listed on the PFS match or have a similar description to a food item listed in the *Food Buying Guide (FBG) for Child Nutrition Programs* (<http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>)?

 Y N

If the product is a meat/meat alternate, does it contain an Alternate Protein Product (APP), such as soy concentrate? If yes, does the manufacturer provide supporting documentation that meets USDA's APP requirements? Specific requirements for APP products and examples of supporting documentation are available at <http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>.

 Y N

Does the PFS demonstrate how creditable ingredients* contribute toward the meal pattern requirement(s) (i.e., provides information to calculate crediting)?

 Y N

Are the manufacturer's calculations correct and verified?

Points To Remember

- The total creditable amount should **never** be rounded up. The total creditable amount must **round down** to the nearest 0.25 oz. (e.g., total creditable amount of 0.99 oz. must **round down** to 0.75 oz.).
- The meat/meat alternate credit cannot exceed the total serving size of the product (e.g., a 2.15 oz. beef patty may not credit more than 2.00 oz. meat/meat alternate).
- Fruits and vegetables (including purées) credit on the volume served (cup servings). For example, if ½ cup red/orange vegetables is served, then the contribution towards the red/orange vegetables subgroup is ½ cup credit.

The only exceptions are:

- Tomato paste and tomato purée are credited based on their whole food equivalency using the percent natural tomato soluble solids in the paste or purée. See FBG for additional information on calculated volume.
 - Dried fruits credit as double the volume served in NSLP/SBP and CACFP (e.g., ¼ cup raisins credit as ½ cup fruit). Dried fruit credits as volume served in SFSP.
 - Raw leafy vegetables credit as half the volume served in NSLP/SBP and CACFP (e.g., 1 cup raw spinach credits as ½ cup dark-green vegetable). Raw leafy vegetables credit as volume served in SFSP.
- A PFS may include crediting information for more than one meal component. For instance, a cheese pizza may credit towards the meat/meat alternate, grains, and the red/orange vegetable subgroup. The crediting information for each meal component may be documented on the same PFS.

Notes

PFS templates for each meal component are available on the CN Labeling Web site at <http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>. Manufacturers may use PFS templates as a guide to help develop a PFS; however, they are not required to use the same format as the USDA's template, but they must present the same information on their company letterhead..

The Checklist for Evaluating a Manufacturer's PFS may also be viewed as a [flow chart](#).

* A **creditable ingredient** is a food/ingredient that contributes to one of the food components of USDA's meal pattern requirements.

Smart Snacks Product Calculator Tips

The amounts entered must be correct and in the correct field. You will need the product's nutrition facts label in order to record the product specifications in the calculator.



Use the Alliance for a Healthier Generation's tool for Smart Snacks and take away the guesswork!



Documentation needed

- Product Nutrition Facts Label or nutrition information
- Ingredient information

Nutrition information needed

- Serving size in ounce or gram weight
- Servings per container
- Calories
- Total Fat (Calories from Fat is not a required field.)
 - Saturated Fat
 - Trans Fat
- Sodium
- Carbohydrates—Total Sugars

Entering information in the calculator

- Know how to categorize item
- Review blue bubbles for more information
- Refer to the label's ingredient statement
- Enter product's nutrition information as SOLD (include all components and accompaniments)
- Print "produce is compliant" statement
- Retain all documentation



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Updated 02/16/2023
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TIPS

SNACK

Includes products such as chips, popcorn, nuts, snack-type bars (i.e., cereal, granola and fruit and nut bars), ice cream and sometimes frozen fruit, including frozen juice (See USDA's Q&A document for guidance). Does NOT include dairy drinks or dairy beverages such as drinkable yogurt or milk shakes, which do not meet the criteria for being measured against the food nutrient standards.

SIDE

A product that is sold in addition to an entrée at a meal, such as rice, steamed vegetables, mashed potatoes or French fries.

BEVERAGE

This includes dairy beverages or dairy drinks (such as drinkable yogurt, milk shakes and protein shakes) or coffee drinks (such as cappuccinos, mochas, or lattes).



ENTREE

The main course of a meal that contains (1) A combination food of meat or meat alternative and whole grain-rich food; or (2) A combination food of vegetable or fruit and meat or meat alternate; or (3) A meat or meat alternate alone except for yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks.

NOTE: Please be sure to enter information as product is SOLD, including amount sold and all components and accompaniments. For example, for a beef patty, enter information as product will be sold, such as on a bun with lettuce, tomato, pickles and ketchup.



Resources

- Alliance for a Healthier Generation Smart Snacks Product Calculator <https://foodplanner.healthiergeneration.org/calculator/>
- USDA - Questions and Answers Related to the "Smart Snacks" Interim Final Rule <https://www.fns.usda.gov/cn/qas-smart-snacks-interim-final-rule>



USDA Foods in Schools

100355 - Potatoes, Wedges, Low-sodium, Frozen

Category: **Vegetables**

Subgroup: **Starchy**



Product Description

- This item is U. S. Grade A individually quick frozen (IQF) potato wedges prepared from Russet type potatoes. The potato wedges are low-sodium and they are blanched with oil and water to be an oven ready item. This product is delivered frozen in cases containing six 5-pound bags.

Crediting/Yield

- One case yields about 179 ½-cup servings of baked potato wedges.
- CN Crediting: ½ cup baked potato wedges credits as ½ cup starchy vegetable.

Culinary Tips and Recipes

- Potato wedges can be baked and served as a side, be the base for a loaded potato dish, or be cut up and added to casseroles or soups.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving size: 1/2 cup (85 g) potato wedges, low-sodium

Amount Per Serving

Calories 110

Total Fat 4g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 45mg

Total Carbohydrate 17g

Dietary Fiber 2g

Sugars 0g

Protein 2g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

Next Steps

1. Identify Key Take-Aways

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2. Create a Plan

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3. Contact for TA

- My ESC Number:
- My ESC Contact Name:
- My ESC Contact Email:
- My ESC Contact Phone Number
- Other Info:

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1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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