

SMART SNACKS HIGHLIGHTS



Smart Snacks nutrition standards were implemented this summer. As valued members of our parent community, here are a few things you need to know:

Smart Snacks nutrition standards are in effect and must be implemented in all schools.

Smart Snacks nutrition standards will apply to all foods and beverages sold to students outside of the school meals programs - including vending machines, a la carte, school stores, snack carts and fundraising. **The Smart Snacks nutrition standards do not apply to items sold during non-school hours, on weekends, off campus fundraising events or foods to be consumed outside of the school campus.**

Smart Snacks nutrition standards will be in effect for the entire school day (midnight before to 30 minutes after the end of the school day) across the entire school campus.

Smart Snacks nutrition standards will not apply to foods served at classroom celebrations and during evening, weekend or community events.

Students who are well nourished are better prepared to learn. Implementing consistent nutrition standards throughout the school building will enhance the learning environment and contribute to the overall health and well-being of students. In addition, consistently providing healthier foods and beverages outside of the cafeteria will build on the great strides being made in the cafeteria to offer healthier foods and beverages. We look forward to working together to find alternative fundraising ideas or developing a list of healthier foods and beverages to be sold for fundraising. We know as we all work together to find solutions during this change process that we can all be successful.

Foods and beverages sold to students as fundraisers during the school day will have to meet Smart Snacks nutrition standards. No exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. The Idaho State Department of Education has set a limit of 10 exempted fundraisers per year per school site. Each fundraiser must be 4 consecutive days or less. Schools will have permission to request approval for additional

exempted fundraisers. School administrators should submit additional exempted fundraiser requests to SmartSnacks@sde.idaho.gov.

Non-food fundraisers or fundraisers that include only foods and beverages that meet the standards are not limited in any way. Visit www.healthiergeneration.org/smartsnacks to find additional resources on alternative fundraising ideas and healthier foods and beverages that can be used for fundraising. To determine if the food or beverage meets the nutrition standards visit the Smart Snack Calculator: http://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator

For more information on the Idaho Smart Snacks policy and the Idaho Fundraiser Exemption Request Form, please visit the Idaho State Department of Education, Child Nutrition program website: <http://www.sde.idaho.gov/site/cnp/nsfp/smartSnacks.htm> or contact Child Nutrition programs at (208) 332-6820.

SUPPORTING A HEALTHY SCHOOL ENVIRONMENT

As part of the Healthy, Hungry Free Kids Act of 2010, fundraisers must now meet USDA Nutritional Guidelines for **Smart Snacks**. In order to support these standards, here is a starting list of *Healthy Fundraising* options as you assist your school in fostering a healthy environment.

- Gift Baskets
- Student Artwork/Project Sale
- Garage Sale
- Flowers, Plants, or Seeds
- Car Wash
- Penny or Marble Count
- Spelling Bee/Hornet
- Auction (Live or Silent)
- School Apparel / Merchandise

- Car Space Rental
- Recycling Cell Phones
- Student Art Work Calendar
- Healthy Recipe Book
- Discount Cards/Coupon Books
- Flip Flop/Hat/Dress Down Day
- Teachers vs. Students Sporting Events
- Sweep the Local Streets



- Scavenger Hunt
- Rubby Ducky Pond
- Cardboard/Duct Tape Boat Races
- Book Fair
- Student Jewelry Sale
- Fun-runs/Walk-a-thons
- Water Bottles/Apparel with School Logos
- Egg/Balloon Toss
- Talent/Magic Shows

- Raffles (donated items, gift cards, front-row/couch seating for sporting events, etc.)
- Penny War
- Bumper Stickers
- Sell Space in School Newspaper
- Tournaments (basketball, horseshoe, tennis, etc.)
- Holiday Items (wreaths, ornaments) or Gift Wrapping

Guidelines for Food Fundraisers

Calories

All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.

Fat

Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0.

Sugar

Only 35% (or less) of the weight in any snack food may come from sugar.

Nutrient Requirements

In order to meet the USDA's guidelines, snacks must be either rich in whole grains contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

Healthy Food Items to Consider*

- Fruit parfaits
- Fruit leather
- School garden vegetables
- 100% fruit or vegetable juice
- Smoothies
- Baked tortilla chips with guacamole/salsa
- Dried fruits
- Frozen bananas or grapes
- Nuts
- Snack bags—whole grain crackers, pretzels, dried fruit, nuts, air-popped popcorn, etc.

*The item must be measured to ensure USDA nutritional standards are met.