

SMART SNACKS Q&A

BEST PRACTICES WEBINAR ON 10/20/2015

Q1: Can tickets or tokens earned in class be used to purchase treats?

A1: Yes. If students are given tickets/coupons/tokens at no charge to redeem for food/beverages, this does not fall under the Smart Snacks rule. On the other hand, if students pay for tickets/coupons/tokens that are then exchanged for food/beverages, these foods/beverages do need to meet Smart Snacks guidelines. For more information, please see the most updated USDA Smart Snacks Q&A:

<http://www.fns.usda.gov/sites/default/files/cn/SP23-2014v3os.pdf>.

Q2: Do Smart Snacks rules apply to a childcare center that serves kids from infancy to 4 years old?

A2: The Smart Snacks regulation applies only to programs that participate in the National School Lunch Program (NSLP). If that facility is not participating in NSLP, Smart Snacks would not apply. If that facility is participating in NSLP and claiming meals for those 0 to 4 year olds in the NSLP, Smart Snacks would apply. However, Smart Snacks applies only to foods sold to students outside of the reimbursable meals, which would be uncommon with this age group.

Q3: Can ice cream be given to students as a prize?

A3: Smart Snacks does not affect food given to students free of charge. Check with your local school wellness policy to see if your school allows the use of food or beverages as a reward/prize.

Q4: Can we sell a peanut butter and jelly sandwich as a Smart Snack?

A4: There are two ways that a peanut butter and jelly sandwich can be sold as a Smart Snack:

1. If the product meets the Smart Snack requirements. You may use the Alliance for a Healthier Generation's Smart Snacks Calculator to determine this:
<https://foodplanner.healthiergeneration.org/calculator/>.
2. If the sandwich is part of the reimbursable meal. Entrée items are exempt from the Smart Snacks standards on the day of and day after they are offered as part of the National School Lunch Program.

Note: Though there is an exemption for nut/seed butters, when nut/seed butter is combined with other non-exempt foods (such as bread), this exemption disappears. Therefore, some peanut butter and jelly sandwiches may not meet the Smart Snacks standards. On the fourth step of the calculator (shown below) that asks “What type of protein is your product?” be sure to choose “Other.” If you read the descriptions that appear when hovering your mouse over the blue circle next to some of the options, you’ll see that next to “Nut butter or seed butter” it reads “If the first ingredient of your product is a nut or seed butter, but your product consists of more than just nut or seed butter, such as a bar, please choose other.” If you mistakenly choose “Nut butter or seed butter” and continue through the process, the calculator will tell you that the product is compliant, when it really is not.

What type of protein is your product?

- a) Seafood with no added fat
- b) Nuts or seeds ⓘ
- c) Nut butter or seed butter ⓘ
- d) Only nuts and/or seeds with dried fruit with no added nutritive sweetener (or only those required for processing/palatability) or fats ⓘ
- e) Other

START OVER

NEXT STEP

Q5: Is there a limit on the number of entrees sold a la carte on the day of service?

A5: No, there is no limit on the number of entrees that can be sold or that a student can purchase.

Q6: We would like to sell bundled meals to students, such as an afterschool snack pack, or afterschool “grab and go” meal. This might contain several food items, like an entrée, snacks(s) and beverage, or multiple snacks. It would be sold to students right after school for them to consume before athletic practices and other afterschool activities. How do Smart Snacks regulations apply?

A5: If the sale of food to students occurs within the school day as defined under Smart Snacks (from midnight until 30 minutes after the end of the instructional day), and the items sold are intended to be consumed within this time frame, then all food/beverage items sold are subject to Smart Snacks regulations. Smart Snacks has three categories for food and beverages: entrées, snacks/sides, and beverages. Bundled meals cannot be sold as a unit at a single price because they will exceed the maximum calorie limit of 350 calories for entrées and therefore will not be in

compliance with the Smart Snacks guidelines. Each individual item in the bundled meal would have to be evaluated for compliance with Smart Snacks standards depending on whether it is an entrée, snack/side, or beverage. Each individual food or beverage item in the grab and go meal or snack pack would have to be priced individually and sold a la carte.

Some schools might wish to allow students to order their “grab and go” meals or snack packs in advance. Below is an example of an order form that could be used.

Power Up Pack!

Please put a check mark next to your selections below to assemble your Power Up Pack!
The items you select will be packed in a paper bag that you can pick up in the commons after school.

- Turkey and cheddar sandwich \$1.50
- Whole grain crackers and peanut butter \$1.25
- Fresh apple \$0.65
- Fresh banana \$0.65
- Baked chips \$0.75
- Oatmeal raisin granola bar \$0.75
- Bottled water \$1.00

Student Name: _____