

WHAT YOU NEED TO KNOW ABOUT THE USDA SMART SNACKS REQUIREMENTS

For administrators, teachers, parents, and other concerned individuals

***USDA School Day Definition:** *Midnight before until 30 minutes after the school day has officially ended*

Fundraisers:

- If selling a food or beverage as a fundraiser NOT during the school day*, it does NOT have to meet any nutrition requirements.
- If a food is not intended to be *consumed* during the school day* (ex. cookie dough sales, butterbraid sales, etc.), it can be sold during the school day* and does not need to meet any nutrition requirements.
- If selling a food or beverage as a fundraiser during the school day*, it must meet the attached requirements (or just use the online product calculator below.) ○ Exception: Indiana has allowed each school building to have 2 food or beverage fundraisers per school year that do not meet these requirements. Each fundraiser may last only 24 hours. **ONLY 2 PER YEAR FOR THE ENTIRE SCHOOL BUILDING.**

The easiest thing to do is to use the Smart Snacks Product Calculator to see if your item can be sold to students during the school day- <http://rdp.healthiergeneration.org/calc/calculator/>

It is super easy to use and will give you instant, USDA approved feedback! Be sure to print out the sheet if your product is compliant. The state may ask to see it!

Class Parties:

- They are no nutrition requirements for class parties as long as the students are not paying for the food with any type of currency (money, tokens, class cash, etc.). So, it is okay to have pizza parties as long as the students aren't being SOLD food. It is also okay for students to bring in cupcakes, cookies, candy, etc. to share with the class for birthdays or holidays.
- If students are being SOLD food, then items must meet the USDA's nutrition requirements.

After School:

- As long as it is at least 30 minutes after the school day has ended, there are no nutrition requirements for food and beverages being sold.

Vending Machines:

- If vending machines are on and accessible during the school day*, available items must meet the attached requirements (or just use the online product calculator referenced above.)
- If vending machines are only accessible at least 30 minutes after the school day is over, available items do not have to meet any nutrition requirements.

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***USDA School Day Definition:** *Midnight before until 30 minutes after school day has officially ended* **Beverages:**

Beverages sold on the school campus during the school day* must meet the following grade-specific requirements:

<i>Allowable Beverages for Grades K-5</i>	
BEVERAGE	SIZE
Plain water (no flavored water)	Any size
Low fat (1%) white milk	≤ 8 fluid oz.
Fat Free (skim) white milk or flavored milk (chocolate, strawberry, etc.)	≤ 8 fluid oz.
100% fruit/vegetable juice (can be carbonated, but no added sweeteners)	≤ 8 fluid oz.

<i>Allowable Beverages for Grades 6-8</i>	
BEVERAGE	SIZE
Plain water (no flavored water)	Any size
Low fat (1%) white milk	≤ 12 fluid oz.
Fat Free (skim) white milk or flavored milk (chocolate, strawberry, etc.)	≤ 12 fluid oz.
100% fruit/vegetable juice (can be carbonated, but no added sweeteners)	≤ 12 fluid oz.

<i>Allowable Beverages for Grades 9-12</i>	
BEVERAGE	SIZE
Plain water	Any size
Low fat (1%) white milk	≤ 12 fluid oz.
Fat Free (skim) white milk or flavored milk (chocolate, strawberry, etc.)	≤ 12 fluid oz.
100% fruit/vegetable juice (can be carbonated, but no added sweeteners)	≤ 12 fluid oz.
Other flavored and/or carbonated beverages labeled to contain ≤5 calories per 8 fluid oz. or ≤ 10 calories per 20 fl. oz.	≤ 20 fluid oz.
Other flavored and/or carbonated beverages labeled to contain ≤40 calories per 8 fluid oz. or ≤60 calories per 12 fluid oz.	≤12 fluid oz.

Confused about whether the beverage you are looking at can be sold to students during the school day*?

Use the Smart Snacks Product Calculator- <http://rdp.healthiergeneration.org/calc/calculator/>