

# **SMART SNACKS FAQ – Revised per HNS# 04-2015**

- 1. What are SMART SNACKS NUTRITION REGULATIONS?** Smart Snacks Nutrition Regulations are standards set forth by USDA and ADE. These regulations require that calories, sugar, fat, saturated fat, and sodium be below specified levels. Entrees and snack items that contain any of these nutrients in greater quantities than designated levels may not be SOLD in high schools and SERVED or SOLD in elementary schools.
- 2. Do SMART SNACKS NUTRITION REGULATIONS apply to food sales outside of the school day?** No. USDA defines the school day as *midnight until 30 minutes after the school day ends*. Foods served after this time frame do not need to meet any nutrition regulations. You may serve any foods you want during evening events like plays, parent nights, family nights, and sporting events.
- 3. Are the regulations different for high schools than they are for elementary schools?** Yes. In high schools, the regulations only apply to foods that are **SOLD** during school hours. In elementary schools, all foods **SERVED** or **SOLD** must meet the regulations whether or not students pay for food items.
- 4. Do SMART SNACKS NUTRITION REGULATIONS apply to classroom parties?** No. Smart Snacks regulations only apply to foods that are available to ALL students on campus. They do not apply to individual classroom parties. Any type of snack or treat may be served to students as long as snacks are only available for that specific group of students and so long as students are not charged for the food items.
- 5. Do SMART SNACKS NUTRITION REGULATIONS apply to “Pizza with the Principal”?** Yes. Because all students are eligible and competing for the best grades, it is considered “open” to all students and the regulations apply. This is also served during a meal time and therefore must meet Smart Snack regulations.
- 6. What about “Donuts for Dads” and “Muffins for Moms”? Can regular donuts and muffins still be served for these events?** No. If these events occur during breakfast or lunch, the items must meet Smart Snack regulations. If it is held before breakfast, Smart Snack regulations do not need to be followed. However, regulations do not apply to parents so you are able to serve different foods to parents so long as they are not available to students.
- 7. Can we give out candy or treats for honor roll?** Yes. As long as these items are not passed out during meal times, items do not have to meet Smart Snack regulations.
- 8. Can we sell foods as a part of fund raising?** Any food items that are sold during the breakfast and lunch must meet Smart Snacks regulations. This means items like candy, cookies, cake pops and ice cream may only be sold (or served in the elementary schools) outside of breakfast and lunch times. However, items like frozen cookie dough can be sold at any time since they are intended to be eaten outside of school. **Exemptions requests must be made through ADE using <http://www.surveymonkey.com/s/FundraiserExemption>.**
- 9. Do high school DECA stores and vending machines need to serve items that meet SMART SNACKS NUTRITION REGULATIONS?** All food items served out of DECA stores and vending machines must meet the Smart Snacks regulations during breakfast and lunch. Vending machines with items not meeting Smart Snack regulations must be on timers. If you are offering a combo like “bagel & cream cheese,” nutrition information for the bagel and cream cheese must be combined and together must meet the Smart Snack regulations. Otherwise, they must be sold separately to be in compliance. You may not sell an item that meets the regulations and add an item that does not meet as a “free” bonus. Example: Selling water for \$2.50 and giving away “free” pizza with it. In this situation the nutrition information for the pizza would need to be considered and if the pizza did not meet the regulations, the combo would not be compliant.

*\*\*\*For more information about approved Smart Snacks foods check out the “Food and Nutrition” page on the portal: <https://employee.peoriaud.k12.az.us/supsvsites/supsvr/FoodandNutrition/default.aspx>. To determine whether a food item meets the Smart Snacks requirements you can put the information in the Smart Snacks calculator: [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)*

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## **Fund Raiser Exemption Guidelines per ADE**

1. A fundraiser may not exceed a period of one week.
  - a. Must have a beginning and an end.
  - b. Cannot be continuous, or occur regularly or repeatedly.
2. A fundraiser must be able to be defined as infrequent:
  - a. Any event that occurs regularly or repeatedly would NOT be considered infrequent.
  - b. Vending machines or school stores do NOT qualify as infrequent, certainly without very tight scheduling and supervision.
3. Fundraisers that sell foods that do not comply with Smart Snack standards may not be sold OR served during meal times.
  - a. The products may not compete with the foods served during breakfast and lunch service, whether or not there is money exchanged.
4. Fundraisers that meet the above parameters and have been submitted for exemption are NOT restricted to sale only 30 minutes after school dismissal and midnight, as is the standard requirement.
  - a. With the exception of meal service times, they can be available to the students.

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[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)*