

SMART SNACKS AND COMPETITIVE FOODS STANDARDS IN ARIZONA

ONLINE COURSE

PROFESSIONAL STANDARDS LEARNING CODE: 3230

LENGTH: 30 MINUTES

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“Smart Snacks and Competitive Foods Standards in Arizona” is intended for the School Food Authorities in the state of Arizona. All regulations are specific to operating the National School Lunch Program under the direction of the Arizona Department of Education. This guidance reflects guidance provided by USDA and ADE policy at the time this course was released.



INTENDED AUDIENCE AND CONTENT

This online course is intended for Local Educational Agencies (LEAs) operating the National School Lunch Program (NSLP) who sell or are thinking about selling competitive foods.

OBJECTIVES

- At the end of this web-based course, readers will understand:
 - The background of the Smart Snacks in Schools Rule
 - The connection between Smart Snacks and the Arizona Nutrition Standards
 - The definitions related to smart snacks in schools
 - The how foods meet the guidelines for sale/service in schools
 - Arizona's fundraiser exemption policy.

COMPREHENSION CHECK QUESTIONS

Throughout this web-based course there will be comprehension quiz questions to test your knowledge and help you apply what you're learning.

Be sure to review these quiz questions and the answers, available within the guide.

This icon will indicate a comprehension quiz question, and the background of the slides will be a light blue like you see on this slide.

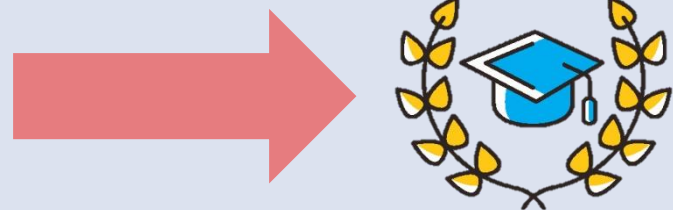


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THE HEALTHY, HUNGER-FREE KIDS ACT OF 2010 (HFFKA)

HEALTHY SCHOOLS, HEALTHY STUDENTS

The Healthy, Hunger-Free Kids Act of 2010 represented the biggest overhaul in school meal programs in decades. This law:

- Revised the meal pattern for school lunches and school breakfasts and provided an additional 6 cents per meal for LEAs whose menus were certified;
- Created the paid lunch equity rule;
- Brought about the Community Eligibility Provision;
- Changed the monitoring process from the CRE to the Administrative Review and changed the cycle from every 5 years to every 3 years;
- Strengthened the requirements for the Local Wellness Policy;
- Set guidelines for competitive foods sold in school (i.e. the Smart Snacks rule)

IMPLEMENTATION OF HHFKA

The various components of the law were phased in over a period of 5 years.

USDA wanted to give School Nutrition Directors an opportunity to implement the various provisions of the law, while also giving industry and students a chance to adjust to the new requirements.

TIMELINE OF IMPLEMENTATION

**December
2010**

HFFKA signed
into law.

2012-2013

New Meal Pattern for
Lunch implemented.

Additional 6 cent
certification available.

Community involvement
in Local Wellness
Policies.

\$5 Million annually
allocated for Farm to
School Programs.

2014-2015

Smart Snacks Interim
Rule effective July 1,
2014.

Community Eligibility
Provision available in all
states.

Proposed Local Wellness
Policy implementation rule
introduced.

2011-2012

Changes in Milk
and water
availability.

Initiation of PLE.

2013-2014

New Meal Pattern
phased in for
Breakfast.

Interim Smart
Snacks Rule
Introduced.

July 29, 2016

USDA releases 4
final rules,
including the
Smart Snacks in
Schools Final
Rule.

OVERVIEW OF THE SMART SNACKS IN SCHOOLS RULE

COMPETITIVE FOODS RULE: SMART SNACKS

The final rule sets guidelines for all competitive foods sold on the school campus, during the school day, outside of the reimbursable meal.

This means all foods and beverages sold to students in grades K-12 are subject to the standards.

This includes:

- a la carte,
- in school stores,
- snack bars,
- vending machines
- as part of fundraisers



IMPORTANT DEFINITIONS

The final rule includes these definitions:

Competitive Food: all food and beverages other than reimbursable meals, available for sale to students on the school campus during the school day.

School Campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day: the period from the midnight before, to 30 minutes after the end of the official school day.

IMPORTANT DEFINITIONS

Entree is defined as the main course of a meal that has a combination of:

- Meat/meat alternate + whole grain-rich food,
- Vegetable + meat/meat alternate,
- Fruit + meat/meat alternate,
- A meat or meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters and meat snacks (such as dried beef jerky),
- A grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.

Snack is defined as all foods/beverages outside the reimbursable meal that are not considered entrees.

COMPREHENSION CHECK

Smart Snacks guidelines apply during the school day. How is school day defined?

- A. From the first bell until the last bell
- B. 30 minutes before the first bell to 30 minutes after the last bell
- C. Midnight the night before to 30 minutes after the last bell
- D. There is no timeframe. It is set by the districts.



COMPREHENSION CHECK

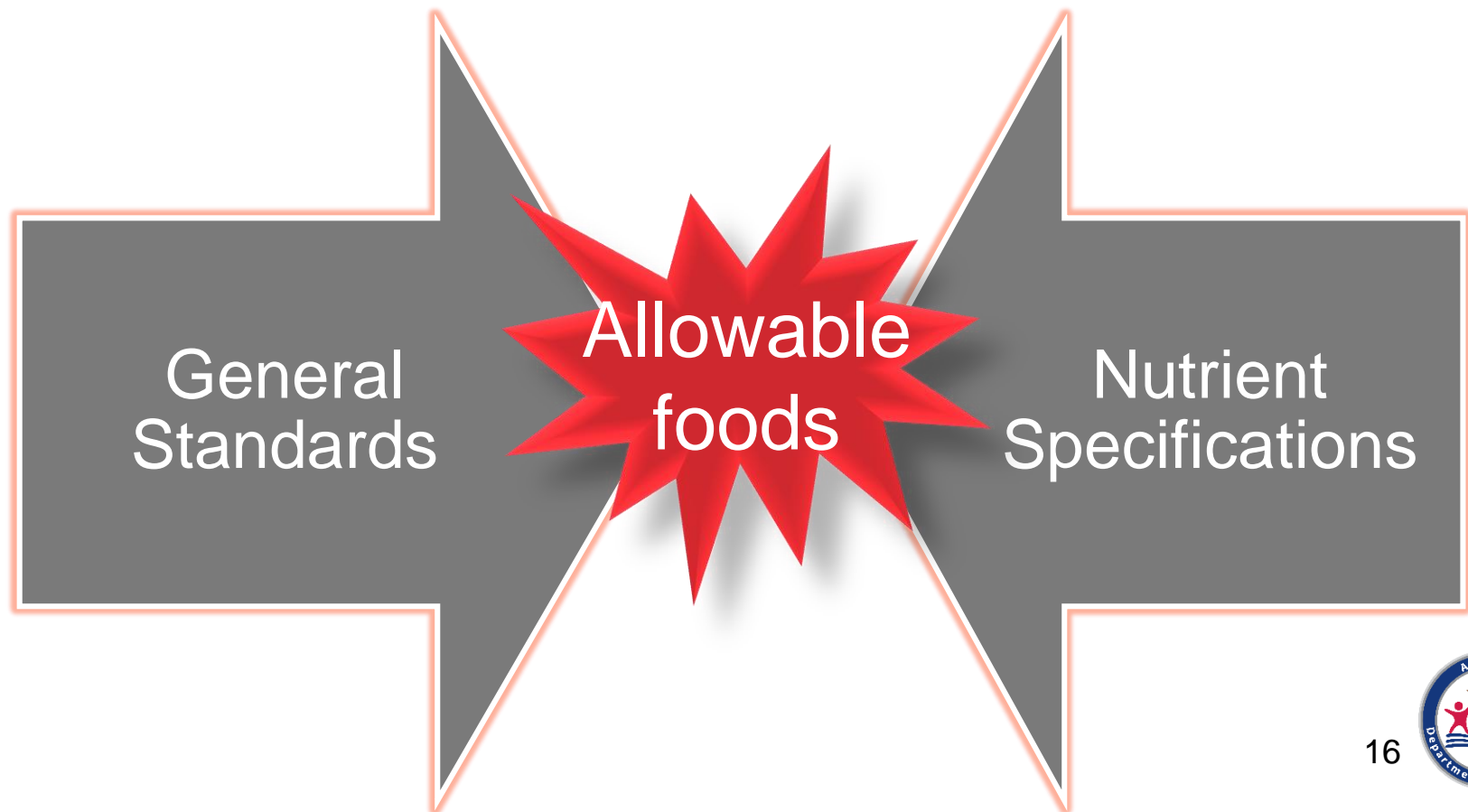
Smart Snacks guidelines apply during the school day. How is school day defined?

- A. From the first bell until the last bell
- B. 30 minutes before the first bell to 30 minutes after the last bell
- C. Midnight the night before to 30 minutes after the last bell**
- D. There is no timeframe. It is set by the districts.

Refer to slide 18 for the definition of school day.

WHAT MAKES A FOOD SMART SNACK COMPLIANT?

In order to be considered a Smart Snack and be available for sale during the school day, foods must meet the nutrient specifications and the general standards.



SMART SNACKS: GENERAL STANDARDS

Foods must meet **at least one** of the following general standards criteria listed below. The food must:

- Be a whole grain-rich product
- Have the first ingredient as a fruit, vegetable, dairy product, or protein food
- Be a combination food with at least $\frac{1}{4}$ cup fruit and/or vegetable

SMART SNACKS: NUTRIENT GUIDELINES

The foods are categorized as a snack or an entrée and must also meet **all 4** nutrient requirements.

	Snack	Entree
Calories	≤ 200	≤ 350
Sodium	≤ 200 mg per portion as packaged	≤ 480 mg per portion as packaged
Fat: Total Fat Saturated Fat	$\leq 35\%$ calories < 10% calories	$\leq 35\%$ calories < 10% calories
Sugar	$\leq 35\%$ weight from total sugars in food	$\leq 35\%$ weight from total sugars in food

SMART SNACKS: GUIDELINES FOR BEVERAGES

There are also guidelines for beverages that are sold during the school day on school campuses.

All beverages sold on campus must meet the guidelines, which differ based on school grades (elementary, middle, and high school).

The beverage guidelines are shown on the next slide.

BEVERAGE GUIDELINES

<i>Beverage</i>	<i>Elementary School</i>	<i>Middle School</i>	<i>High School</i>
Plain water, carbonated or not	No size limit	No size limit	No size limit
Low fat milk, unflavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non fat milk, unflavored or flavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice	≤ 8 oz	≤ 12 oz	≤ 12 oz
Calorie-free flavored water, with or without carbonation	Not allowed	Not allowed	Maximum 20 fl. oz. • Up to 5 cals/8 fl. oz • Up to 10 cals/20 fl. oz.
Lower-Calorie Beverages	Not allowed	Not allowed	Maximum 12 fl. oz. • Up to 40 cals/8 fl. oz. • Up to 60 cals/12 fl. oz.
Isotonic Sport Drinks	Not allowed	Not allowed	Must meet the Calorie Free or Lower-Calorie beverage requirements

COMPREHENSION CHECK

True or False: Flavored, carbonated water can be sold to elementary students.

- A. True
- B. False



COMPREHENSION CHECK

True or False: Flavored, carbonated water can be sold to elementary students.

A. True

B. False

The smart snacks beverage standards allow **plain** carbonated water, but **not flavored** carbonated water for elementary students. Refer to the beverage chart on slide 20 for details.



FUNDRAISERS UNDER THE SMART SNACKS RULE

FUNDRAISERS

Section 208 of the Healthy, Hunger-Free Kids Act (HHFKA) authorizes the state agencies (ADE) to determine the number of fundraisers exempt from the smart snack standards.

WHAT IS CONSIDERED A FUNDRAISER?

USDA considers a fundraiser to be an event that includes any activity during which currency/tokens/tickets etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. This also includes:

- Giving away food but suggesting a donation;
- Vending machines where profits are used to support a school-sponsored club or activity (school band, football team)



FUNDRAISERS

In March 2015, Arizona released an updated fundraiser policy in [HNS 04-2015](#).

This memo explains that food-related fundraisers must:

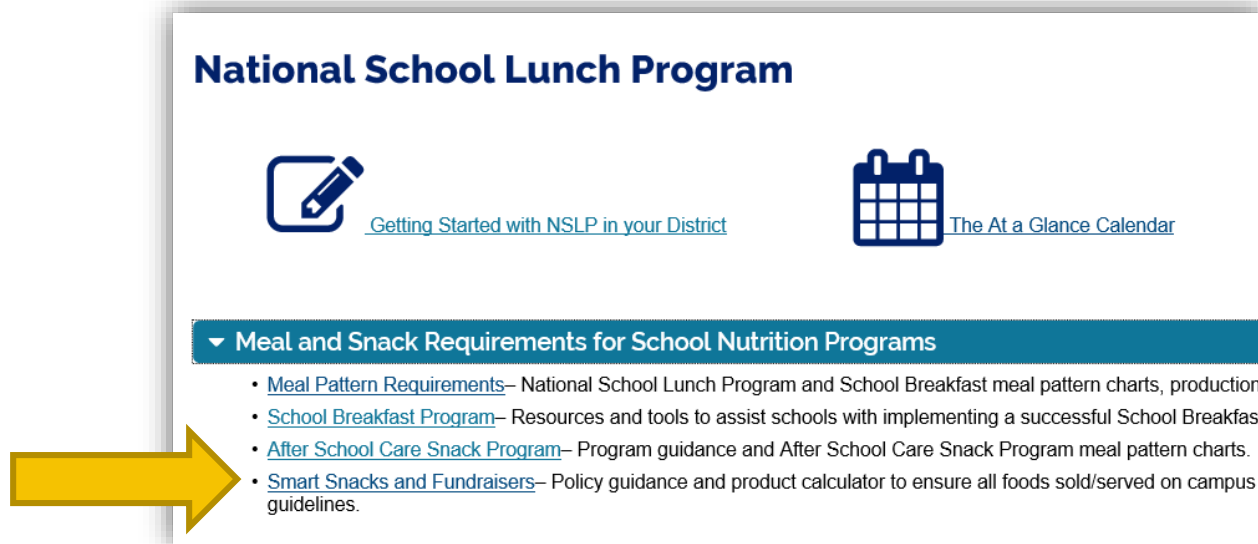
- Be infrequent, single events of duration not exceeding one week and;
- Not be in competition with school meals in the food service area during meal service.

It also states that LEAs may request an exemption for all fundraisers involving foods/beverages that do not meet the Smart Snacks guidelines. All exemption requests will be approved.


FUNDRAISERS


Fundraiser exemptions can be requested by completing the survey found on the ADE Smart Snacks and Fundraisers webpage.

LEAs are strongly encouraged to print a copy of all submitted requests as documentation of compliance with this process.



National School Lunch Program

 [Getting Started with NSLP in your District](#)

 [The At a Glance Calendar](#)

▼ **Meal and Snack Requirements for School Nutrition Programs**

- [Meal Pattern Requirements](#)– National School Lunch Program and School Breakfast meal pattern charts, production
- [School Breakfast Program](#)– Resources and tools to assist schools with implementing a successful School Breakfast
- [After School Care Snack Program](#)– Program guidance and After School Care Snack Program meal pattern charts.
- [Smart Snacks and Fundraisers](#)– Policy guidance and product calculator to ensure all foods sold/served on campus c guidelines.

The survey can also be found directly at:

<https://www.surveymonkey.com/s/FundraiserExemption>

COMPREHENSION CHECK

How many fundraisers are exempt from meeting the Smart Snacks standards?

- A. None. All foods sold as fundraisers must meet Smart Snacks guidelines.
- B. 5 per school per year
- C. All fundraisers can be exempt from the Smart Snacks guidelines as long as the exemption request is submitted to ADE.



COMPREHENSION CHECK

How many fundraisers are exempt from meeting the Smart Snacks standards?

- A. None. All foods sold as fundraisers must meet Smart Snacks guidelines.
- B. 5 per school per year
- C. **All fundraisers can be exempt from the Smart Snacks guidelines as long as the exemption request is submitted to ADE.**

All fundraisers can be exempted from the standards by submitting an online request. You can submit a request by clicking on the link in the fundraiser memo, HNS 04-2015, or find it on the Arizona Nutrition Standards webpage.



ARIZONA NUTRITION STANDARDS



ARIZONA NUTRITION STANDARDS: BACKGROUND

In 2006, the Arizona Legislature passed ARS 15-242. This state law directed the Arizona Department of Education, Health and Nutrition Services division to establish the Arizona Nutrition Standards, which are nutrition guidelines for all foods served and sold to students in grades K-8.

In 2014, the Arizona Nutrition Standards were updated to reflect the Smart Snacks guidelines.

EVOLUTION OF ARIZONA NUTRITION STANDARDS (ARS 15-242)

2006

Arizona
Revised
Statute 15-
242 enacted.

July 1, 2006

Arizona
Nutrition
Standards
went into
effect.

July 29, 2016

Smarts Snacks
Final Rule is
released. No
changes to ANS.

ARS 15-242
directed ADE to
write Arizona
Nutrition
Standards for
foods **sold and
served** to
students in
grades K-8 by
July 1, 2006.

July 1, 2014

Smart Snacks in
Schools Interim Final
Rule released as part
of HHFKA.
ANS revised to reflect
Smart Snack
guidelines.

SMART SNACKS AND ARIZONA NUTRITION STANDARDS

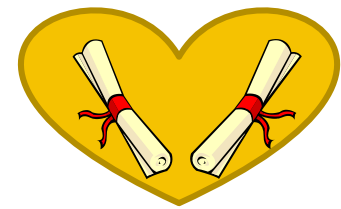
When the Arizona Nutrition Standards (ANS) were revised to match the Smart Snacks guidelines, the nutrient requirements and general standards from Smart Snacks became the nutrient requirement and general standards for ANS. The previous nutrient standards and terms were removed.

The other notable change to ANS is where and how the guidelines apply.

- In grades K-8, the guidelines apply to all foods **served** in school-wide events, or **sold** to students during the school day.
- In grades 9-12, the guidelines only apply to foods **sold** during the school day.

The next slide details the various provisions of both Smart Snacks and ANS, as well as how they were combined to streamline the guidelines to meet both laws.

TWO BECOME ONE!



HHFKA

Mandated as part of a federal law.

Applies to grades K-12.

Applies to all foods sold on school campus.

School day defined as midnight to 30 minutes after the last bell.

Uses the nutrient standards and general guidelines to determine if a snack is smart.

Directs States to determine the number of exempt fundraisers.

ARS 15-242

Mandated as part of a state law.

Applies to grades K-8.

Applies to foods served and sold on campus.

School day defined as first breakfast period until the last bell rings.

Set guidelines that restricted sale of foods of minimal nutritional value for grades K-12.

Smart Snacks in Arizona Nutrition Standards

Applies to foods served and sold in grades K-8.

Applies to foods sold in grades 9-12.

Allows LEAs to request exempt fundraisers.

Eliminates foods of minimal nutritional value.

School day is midnight the night before until 30 minutes after the last bell.

All competitive foods must meet Smart Snacks guidelines.

COMPREHENSION CHECK

How do the Smart Snacks guidelines impact competitive foods for grades K-8?

- A. The guidelines don't apply to these grades.
- B. The guidelines only apply to food sold to these students.
- C. The guidelines apply to food served and sold to these students.
- D. Districts can decide where the guidelines apply.

COMPREHENSION CHECK

How do the Smart Snacks guidelines impact competitive foods for grades K-8?

- A. The guidelines don't apply to these grades.
- B. The guidelines only apply to food sold to these students
- C. The guidelines apply to food served and sold to these students.**
- D. Districts can decide where the guidelines apply.

Arizona Nutrition Standards sets guidelines for all food served at school-wide events and to foods sold to students during the school day. Refer to slides 33 and 34 for clarification.

COMPREHENSION CHECK

How do the Smart Snacks guidelines impact competitive foods for grades 9-12?

- A. The guidelines don't apply to these grades.
- B. The guidelines only apply to food sold to these students.
- C. The guidelines apply to food served and sold to these students.
- D. Districts can decide where the guidelines apply.

COMPREHENSION CHECK

How do the Smart Snacks guidelines impact competitive foods for grades 9-12?

- A. The guidelines don't apply to these grades.
- B. The guidelines only apply to food sold to these students.**
- C. The guidelines apply to food served and sold to these students.
- D. Districts can decide where the guidelines apply.

Smart Snacks guidelines do not apply to food served to students at the high school level, but they do apply to foods sold to these students.

RESOURCES FOR SMART SNACKS AND FUNDRAISERS

SMART SNACKS CALCULATOR

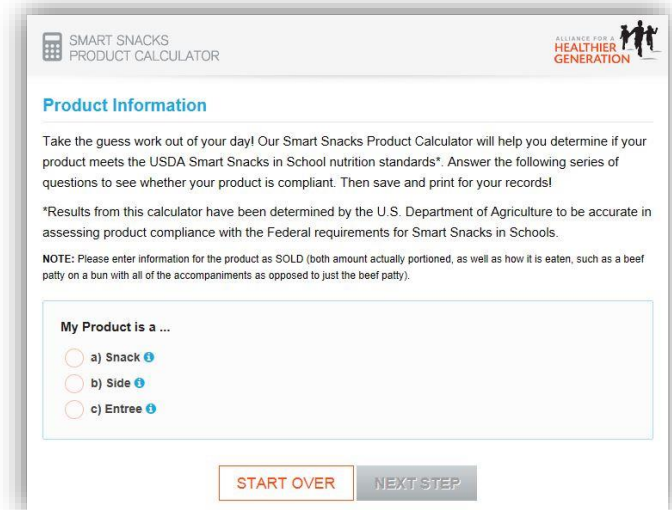
The Alliance for a Healthier Generation has a Smart Snacks Calculator.

Simply answer the questions and fill in the nutrient facts in the calculator to find out if your snack is a Smart Snack.

If it meets the Smart Snack requirements, print out the calculator results and save that in your records. The printout will serve as documentation that the foods being sold/served on your campus meet the requirement.

A link to the calculator is below.

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/



The screenshot shows the 'SMART SNACKS PRODUCT CALCULATOR' interface. At the top right is the 'ALLIANCE FOR A HEALTHIER GENERATION' logo. The main heading is 'Product Information'. Below this, a paragraph explains the calculator's purpose: 'Take the guess work out of your day! Our Smart Snacks Product Calculator will help you determine if your product meets the USDA Smart Snacks in School nutrition standards*. Answer the following series of questions to see whether your product is compliant. Then save and print for your records!'. A note states: '*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools.' Another note says: 'NOTE: Please enter information for the product as SOLD (both amount actually portioned, as well as how it is eaten, such as a beef patty on a bun with all of the accompaniments as opposed to just the beef patty).' Below this is a section titled 'My Product is a ...' with three radio button options: 'a) Snack', 'b) Side', and 'c) Entree'. At the bottom right are two buttons: 'START OVER' and 'NEXT STEP'.

ALTERNATIVE FUNDRAISING RESOURCES

Alliance for a Healthier Generation also has resources for creative fundraising ideas that do not involve food or involve healthy options.

You can get more information about fundraisers on their website.

HEALTHY FUNDRAISING SOLUTIONS CONTINUED

CREATIVE FUNDRAISING IDEAS

There are many examples of creative fundraisers that support your school or afterschool program while also supporting a healthy environment for kids. Here are a few of our favorites:



GET KIDS MOVING

Host a walk-, run-, bike-, dance-, skate-a-thon or a 5K color run

Organize a Zumba, dance or yoga night

Visit an ice skating rink

Hold a jump rope or hula hoop competition

Create a team sports tournament for youth and their families

Hold a field day at school and encourage youth and families to form teams and compete



SPARK CREATIVITY

Host a talent show

Hold a yard sale or auction where youth, staff and parents donate items

Ask local businesses to donate:

- a portion of sales of healthy menu items
- products or services to an auction
- event tickets to a raffle

Sell school-branded promotional items such as t-shirts or water bottles

Organize a student art or craft fair

Hold a coin drive competition between classrooms



SUPPORT HEALTHY EATING

Hold a "Taste of Your Town" event and invite local chefs to donate healthy dishes

Sell cookbooks with healthy recipes donated from parents, students and staff

Host a healthy cooking class and ask a local chef to donate his/her time

Sell healthy snacks made by youth after school*

Create a healthy family night and invite parents to attend and enjoy a healthy meal with their children and school or program staff

Hold a youth healthy cooking competition and ask local grocery stores to donate food to keep costs down

LEAS HAVE AUTHORITY TO SET STRICTER GUIDELINES

LEAs can set snack and fundraising policies that are more strict than the state-level policies.

If an LEA does not want to allow fundraisers using food that doesn't meet the Smart Snacks guidelines, or they would like to set a limit on the number of exempt fundraisers, they are encouraged to do so in their Local Wellness Policies.

CONGRATULATIONS!

You have completed the Online Course: **Smart Snacks and Competitive Foods Standards in Arizona.**

In order to count this training towards your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: ***Online Course: Smart Snacks and Competitive Foods Standards in Arizona***
- Learning Code: 3230
- Key Area: 3000- Administration
- Length: 30 minutes

Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.

REQUESTING A TRAINING CERTIFICATE

Please click on the link below to complete a brief survey about this training. Once the survey is complete, ADE will create a certificate of completion and email it to you within 10 business days.

<https://www.surveymonkey.com/r/OnlineHowToGuides>

The information below is for your reference when completing the survey.

Training Title: ***Online Course: Smart Snacks***

Professional Standards Learning Code: **3230**

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