

SMART SNACKS

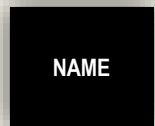
WEBINAR SERIES FOR ADMINISTRATORS/TEACHERS

October 25, 2017
1:30-2:30pm
Training Length: 1 hour
Learning Codes: 3230, 4160

Arizona Department
of Education
Health & Nutrition
Services

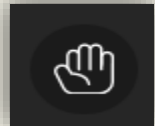


BLACKBOARD INSTRUCTIONS



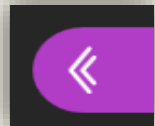
LOGGING IN

Please be sure you have logged in using your first and last name. This is so ADE can take attendance.



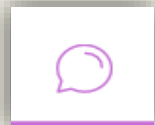
RAISE YOUR HAND

This icon raises your hand. However, the notifications for this have been turned off. If you have questions, you can type them into the chat section.



OPEN SESSION MENU

This opens the session's menu.



CHAT FEATURES

Click on this icon to type questions and share feedback during the session.



SETTINGS

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WELCOME!

My name is Jessica Krug. I am a trainer and School Nutrition Programs Specialist at the Arizona Department of Education.

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ADE WEBINAR SERIES

- This webinar is part of our series for Administrators and Teachers.
- This series is designed to support those in the Local Educational Agency (LEA) environment who delegate to and collaborate with the School Food Authority (SFA).
- Today's webinar features the topic of *Smart Snacks in Schools*.
- This webinar is being recorded for future use.

THIS PRESENTATION WILL

- Describe Health and Nutrition's role of regulating the USDA Child Nutrition Programs.
- Review the history of the Healthy, Hunger-Free Kids Act of 2010.
- Provide an overview of nutrition standards for USDA's Smart Snacks Rule.
- Describe how fundraisers and Culinary Education Programs are affected by the Smart Snacks Rule.
- Explain the connection between the Smart Snacks Rule and the Arizona Nutrition Standards.
- Provide resources for Smart Snacks and fundraisers.



ADMINISTERING SCHOOL NUTRITION PROGRAMS



- The Food and Nutrition Service (FNS), a division within the United States Department of Agriculture (USDA), administers the program at the Federal level.
- FNS communicates regulations with each State agency. In Arizona, the School Nutrition Programs is administered by the Health and Nutrition Services Division at the Arizona Department of Education (ADE).
- ADE then operates the program through agreements with school food authorities (SFAs).

HOW SCHOOL MEAL PROGRAMS WORK

- SFAs are reimbursed for properly operating the NSLP and SBP; including administrative reporting and serving meals that meet the school meal standards.
- Smart Snacks regulation is included within the requirements of operating the NSLP and SBP.



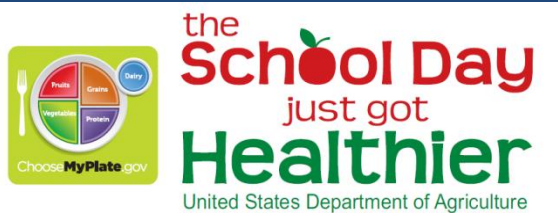
THE HEALTHY, HUNGER- FREE KIDS ACT OF 2010

THE HEALTHY, HUNGER-FREE KIDS ACT

Goals of HHFKA

- Revise the school meal requirements,
- Decrease barriers to receiving free or reduced-price meals,
- Create consistent messaging about health and nutrition, and
- Contribute to students who are healthy and ready to learn.





USDA SMART SNACKS

In response to the rise of obesity concerns, the Healthy Hunger-Free Kids Act (HHFKA) of 2010 required USDA to establish science-based nutrition standards for *all* foods sold in schools during the school day. The standards proposed here are intended to help ensure that *all* foods sold at school—whether provided as part of a school meal or sold in competition with such meals—are aligned with the latest and best dietary recommendations.

School Meals

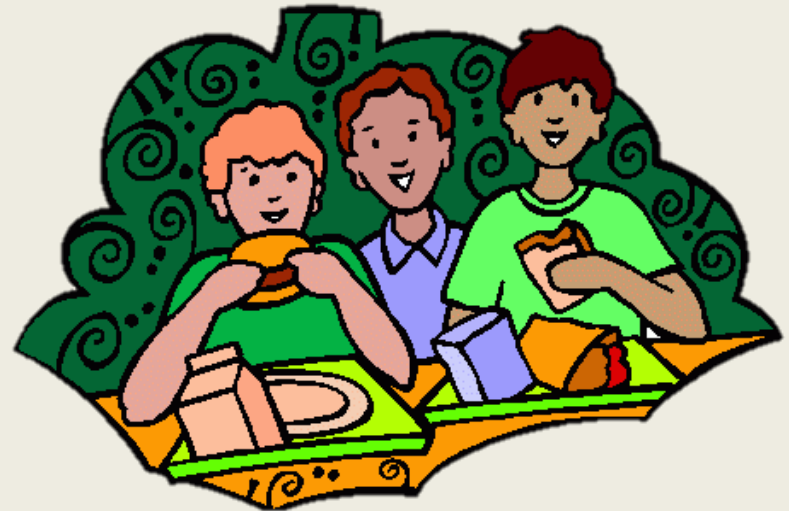
- Effective in school year 2012, the school meals programs implemented a series of enhancements to their meal standards: whole grains, vegetable subgroups, sodium targets, etc.

Other Foods on Campus

- USDA published Smart Snacks in School Standards to ensure all other foods and beverages available for sale to students in school are nutritious.
- These standards were highlighted within their campaign, *The School Day just got Healthier*.

WHY INCLUDE THE SCHOOL ENVIRONMENT IN PROGRAM REGULATIONS?

- Children typically consume between 26 and 35 percent of their total daily calories at school.
 - 50 percent for children who participate in both school lunch and breakfast programs



(Fox 2010; Guthrie, et al., 2009).

USDA'S SMART SNACKS RULE: NUTRITION STANDARDS

COMPETITIVE FOODS RULE: SMART SNACKS

- The 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
 - School stores
 - Snack bars
 - Vending machines
 - Fundraisers



USDA SMART SNACKS: DEFINITIONS

The rule includes these definitions:

- Competitive foods: *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 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*

USDA SMART SNACKS: WHAT DOES THAT LOOK LIKE?

Any food/beverage sold to students on campus, during the school day:

- ✓ School stores,
- ✓ Vending machines,
- ✓ A la carte,
- ✓ Fundraisers

- ✗ Snacks sold after the school day ends (e.g., concessions or other evening events)
- ✗ Classroom parties
- ✗ Locations on the school campus that are not accessible to students
- ✗ Snacks that are not *sold* to students

SMART SNACK STANDARDS: FOODS

GENERAL FOOD STANDARDS

meet one:

and

NUTRIENT STANDARDS

meet all:

- Be whole grain-rich; *or*
- have as the first ingredient be fruit, vegetable, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); *or*
- be a combination food that contains at least $\frac{1}{4}$ cup fruit and/or vegetable.

- Must meet the nutrient standards for calories, total fat, saturated fat, trans fat, sodium and sugar.

GENERAL FOOD STANDARDS: FIRST INGREDIENT

WHOLE GRAIN

- *Acceptable grain products have whole grains as the first ingredient or have 50% whole grains by weight.*
Includes, cereal, bread, pasta, pancakes, cookies, brownies etc.

FRUIT

- *First ingredient must be fruit*
Includes products such as whole fruit, raisins, canned fruit, applesauce.

VEGETABLE

- *First ingredient must be a vegetable*
Includes products like carrots, salsa, chips (If potato is the first ingredient)

DAIRY

- *First ingredient must be a dairy product*
Includes products such as milk, yogurt and cheese.

PROTEIN FOOD

- *First ingredient is a meat/meat alternate*
Includes products such as lean red meat, skinless poultry, lean deli meats, fish, eggs, nuts, seeds, nut butters or seed butters, cooked dry beans or peas, or soy products (such as tempeh and tofu) etc.

INGREDIENT LABELS

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, BLEACHED WHEAT FLOUR, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED BLUEBERRIES, DRIED GRAPES, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, MODIFIED WHEAT STARCH, GELATIN, YELLOW CORN FLOUR, PALM OIL, XANTHAN GUM, SOY LECITHIN, CARAMEL COLOR, CORNSTARCH, TURMERIC EXTRACT COLOR, RED 40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, NATURAL AND ARTIFICIAL FLAVORS, BLUE 2, BLUE 1, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE), COLOR ADDED.

CONTAINS WHEAT AND SOY INGREDIENTS.

Does not meet general food standards

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), BLEACHED WHEAT FLOUR, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, DRIED BLUEBERRIES, DRIED GRAPES, DRIED APPLES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SODIUM STEAROYL LACTYLATE, MODIFIED WHEAT STARCH, CITRIC ACID, DATEM, GELATIN, YELLOW CORN FLOUR, PALM OIL, XANTHAN GUM, CARAMEL COLOR, CORNSTARCH, TURMERIC EXTRACT COLOR, SOY LECITHIN, RED 40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, NATURAL AND ARTIFICIAL FLAVORS, BLUE 2, BLUE 1, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE), COLOR ADDED.

CONTAINS WHEAT AND SOY INGREDIENTS.

Does meet general food standards

FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

	Ingredients	Yes/No
	INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...	

FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

Ingredients

Yes/No



INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...

Yes, first ingredient is WHOLE GRAIN OATS which is a whole grain.

FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

Ingredients

Yes/No



INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...

Yes, first ingredient is WHOLE GRAIN OATS which is a whole grain.





INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WATER...

No, first ingredient is ENRICHED BLEACHED WHEAT FLOUR which is not a whole grain.




FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

	Ingredients	Yes/No
	INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...	Yes , first ingredient is WHOLE GRAIN OATS which is a whole grain.
	INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WATER...	No , even though the product contains whole grain flour, enriched wheat flour is listed as the first ingredient.




FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

	Ingredients	Yes/No
	INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...	Yes , first ingredient is WHOLE GRAIN OATS which is a whole grain.
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	INGREDIENTS: DRIED POTATOES, CORN STARCH, CORN, OIL, SUGAR, SKIM MILK...	





FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

	Ingredients	Yes/No
	INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...	Yes , first ingredient is WHOLE GRAIN OATS which is a whole grain.
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	INGREDIENTS: DRIED POTATOES, CORN STARCH, CORN, OIL, SUGAR, SKIM MILK...	Yes , first ingredient is a POTATO, which is a vegetable.





FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

	Ingredients	Yes/No
	INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...	Yes , first ingredient is WHOLE GRAIN OATS which is a whole grain.
	INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WATER...	No , even though the product contains whole grain flour, enriched wheat flour is listed as the first ingredient.
	INGREDIENTS: DRIED POTATOES, CORN STARCH, CORN, OIL, SUGAR, SKIM MILK...	Yes , first ingredient is a POTATO, which is a vegetable.
	INGREDIENTS: MILK, CREAM, SUGAR, SKIM MILK, HIGH FRUCTOSE CORN SYRUP...	

FOOD GROUPS: LET'S PRACTICE!

Determine if these foods would meet the general food standard:

	Ingredients	Yes/No
	INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, DEGERMED CORN MEAL, MODIFIED CORN STARCH, HONEY, SALT, GOLDEN SYRUP...	Yes , first ingredient is WHOLE GRAIN OATS which is a whole grain.
	INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WATER...	No , even though the product contains whole grain flour, enriched wheat flour is listed as the first ingredient.
	INGREDIENTS: DRIED POTATOES, CORN STARCH, CORN, OIL, SUGAR, SKIM MILK...	Yes , first ingredient is a POTATO, which is a vegetable.
	INGREDIENTS: MILK, CREAM, SUGAR, SKIM MILK, HIGH FRUCTOSE CORN SYRUP...	Yes , first ingredient is MILK, which is a dairy.

NUTRIENT STANDARDS: ENTRÉE VS. SNACK

ENTRÉE

The main course of a meal that contains:

- (1) A combination food of **meat or meat alternate** and whole grain-rich food; or
- (2) A combination food of vegetable or fruit and **meat or meat alternate**; or
- (3) **A meat or meat alternate alone** with the exception of meat snacks (e.g., beef jerky), yogurt, low-fat or reduced fat cheese, nuts, seeds and nut butters or seed butters; or
- (4) **A grain only**, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.

SNACK/SIDE

Snacks include products such as chips, popcorn, nuts or granola bars.

Sides include products that are sold in addition to an entrée at a meal, such as rice, steamed vegetables, mashed potatoes or French fries.

ENTRÉE OR A SNACK:

Determine if these foods are a snack or an entrée:

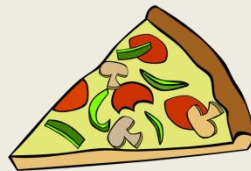
Snack or Entrée

Whole grain cookie



Snack. This food item does not have any protein ingredients.

Whole grain pizza crust with cheese and veggies



Entree. This food item is a protein (cheese) and whole grain (crust).

Yogurt with fruit



Entree. This food item is a protein (yogurt) and fruit.

NUTRIENT STANDARDS

Nutrition Facts ENTRÉE

Serving Size oz (about g) 

Amount Per Serving

Calories

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Sodium (mg)

Carbohydrates

Sugars (g)

Nutrition Facts SNACK

Serving Size oz (about g) 

Amount Per Serving

Calories

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Sodium (mg)

Carbohydrates

Sugars (g)

REVIEW

To determine if a food is Smart Snack Compliant, ask these questions:

1. Does the food meet the general food standards?

Is the first ingredient a whole grain, fruit, vegetable, dairy or protein food?

2. Is the food an entrée or a snack/side?

3. Does it meet all of the nutrient standards?

SMART SNACKS STANDARDS: EXEMPTIONS

An entrée that is served in the NSLP on that day or the day after is *exempt* from the Smart Snacks regulations.

A few foods or combination foods are *exempt* from certain nutrient standards.

Examples:

- Fruits and vegetables with no added ingredients → exempt from all nutrient standards
- Reduced-fat cheese, nuts, seeds or nut/seed butters, alone or paired with a fruit or vegetable → exempt from total fat and saturated fat standards

[USDA Flexibility for Entrees Served as Part of NSLP and SBP](#)

[USDA Smart Snacks Summary Chart](#)

Guidance Memo: [Smart Snacks Standards for Exempt Foods when Paired Together](#)

BEVERAGE STANDARDS

Beverage Type	Grades K-5	Grades 6-8	Grades 9-12
Plain water (with or without carbonation)	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
Low or no-calorie 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
Other beverages (i.e. isotonic sports drinks, teas)	Not allowed	Not allowed	Maximum 12 fl oz - up to 40 cals/8 fl oz - up to 60 cals/12 fl oz

FUNDRAISERS

What is considered a fundraiser?

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



FUNDRAISERS

- USDA recognizes that fundraisers play a vital role in providing additional sources of income to school districts. The Smart Snacks regulations do not apply to:
 - Fundraisers that do not sell food
 - Fundraisers that take place outside of school hours
 - Fundraisers in which food is not intended to be consumed on campus (i.e. frozen pizza or cookie dough)
 - Fundraisers that sell food meeting the Smart Snacks standards
- States have the authority to set their own policy relating to fundraising that do not meet the criteria, “exempt fundraisers.”

Guidance memo: [SP36-2014: Smart Snacks Nutrition Standards and Exempt Fundraisers](#)

REQUESTING AN EXEMPT FUNDRAISER

- In Arizona, all exemption requests for fundraisers by LEAs will be approved by the Arizona Department of Education (ADE). ADE will track the number of exemptions granted and only take action to alter this policy if one or more LEAs abuse the policy.
- Who is allowed to submit a request?
 - A school principal or designated representative of the school is permitted to submit the online request via Survey Monkey at <https://www.surveymonkey.com/s/FundraiserExemption> or by contacting Health and Nutrition Services Division at 602-542-8700.

Guidance Memo: [HNS 04-2015: Revision to Arizona Department of Education Policy on Specially Exempted Fundraisers](#)

EXEMPT FUNDRAISERS GUIDELINES

- ***Not during school meals:*** Regulations state that no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.
- ***Allowable Length:*** Fundraisers should be single events of duration not exceeding one week. For instance, installation of a year round vending machine competing with healthy meals with unapproved food choices does NOT represent a fundraiser regardless of who receives the profits and will not be approved
- ***Infrequent:*** the intent of the law states, “A special exemption is allowed for the sale of food and/or beverages that do not meet the competitive food standards as required in this section for the purpose of conducting infrequent school sponsored fundraiser.”

Guidance Memo: [HNS 04-2015: Revision to Arizona Department of Education Policy on Specially Exempted Fundraisers](#)

PRACTICE SCENARIOS



The football team is selling hot dogs at the Varsity football games at a concession stand on the football field. All home games start at 6pm. Is an exemption request required?

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The football team is selling hot dogs at the Varsity football games at a concession stand on the football field. All home games start at 6pm. Is an exemption request required?

A: No exemption required; football team is selling after school hours.



Your school is hosting a regional choir competition all day during school hours. Your club wants to set up a cart to sell pretzels (that meet Smart Snacks) from 10am-2pm. Is an exemption request required?



Your school is hosting a regional choir competition all day during school hours. Your club wants to set up a cart to sell pretzels (that meet Smart Snacks) from 10am-2pm. Is an exemption request required?

A: No exemption required; the pretzels meet Smart Snacks.



Spanish club is selling double chocolate fudge brownies (not meeting Smart Snacks) during lunch hours in the school cafeteria. Is an exemption request required?



Spanish club is selling double chocolate fudge brownies (not meeting Smart Snacks) during lunch hours in the school cafeteria. Is an exemption request required?

A: This event would not be eligible for an exemption; fundraiser is selling foods that do not meet Smart Snacks in the food service area during meal service.



The school store wants to sell candy bars and chips (none of the selected items meet Smart Snacks) in between breakfast and lunch meal service in the cafeteria for the school year. Is an exemption request required?



The school store wants to sell candy bars and chips (none of the selected items meet Smart Snacks) in between breakfast and lunch meal service in the cafeteria for the school year. Is an exemption request required?

A: This event would not be eligible for an exemption, fundraiser is more than 1 week.



Student Council is selling Candy-Cane-Grams to fundraise for their Leadership Conference. The Candy-Cane-Grams will be delivered during home room. Is an exemption request required?



Student Council is selling Candy-Cane-Grams to fundraise for their Leadership Conference. The Candy-Cane-Grams will be delivered during home room. Is an exemption request required?

A: Yes; Student Council must request a fundraiser exemption.



The Athletic Director wants to install a year-round vending machine competing with school meals with approved food choices that meet Smart Snacks to raise funds for new basketball uniforms. Is an exemption request required?



The Athletic Director wants to install a year-round vending machine competing with school meals with approved food choices that meet Smart Snacks to raise funds for new basketball uniforms. Is an exemption request required?

A: No exemption required, foods being sold meet Smart Snacks.

LOCAL LEVEL POLICIES ON COMPETITIVE FOOD STANDARDS

- Each LEA has local control to determine who and what food is allowed on their campus and facilities. LEAs have the authority to implement more restrictive competitive food standards, such as the frequency of Smart Snacks-compliant fundraisers or restrictions on the areas and times when fundraising may occur.
- If an LEA does not wish to allow exempt fundraisers, that is the decision of the LEA.
- ADE recommends LEAs update their **Local Wellness Policies** to identify specific district or school-level requirements on competitive foods and fundraising.

Guidance Memo: [HNS 04-2015: Revision to Arizona Department of Education Policy on Specially Exempted Fundraisers](#)

CULINARY EDUCATION PROGRAMS

CULINARY EDUCATION PROGRAMS

- **USDA recognizes Culinary Education Programs:**

- Programs providing students with technical career training.
- Some operate food service outlets that *sell foods to students*, faculty, or others in the community, with a minority of programs doing so during the school day.

Guidance Memo: [SP 40-2014: Smart Snacks Nutrition Standards and Culinary Education Programs](#)



HOW DOES SMART SNACKS AFFECT CULINARY EDUCATION PROGRAMS?



No impact on:

- the culinary education programs' curriculum in schools,
- foods sold to **adults at any time**, or
- to **students outside of the school day**.



Does impact:

- Selling to students on campus during the school day if what is sold does not meet the Smart Snacks nutrition standards.
- Fundraising: must request an exempt fundraiser for each fundraising event that does not meet Smart Snack standards.



OPPORTUNITY TO SELL FOODS

- ***Meet the standards:*** Foods that meet the Smart Snacks standards, which may require recipe adaptations or even simple adjustments to portion sizes offered, can be sold to students and adults at any time, anywhere.
- ***Request an Exempt Fundraiser***
- ***Sell only to adults:*** Catering services for athletic banquets, teacher lunches, etc.
- ***Sell off campus:*** Find opportunities to expand catering services off campus.
- ***Sell after school hours:*** Provide items to sell at evening events in the concession stands for athletic events.
- ***Sell items not intended to be consumed on campus:*** Items such as frozen cookie dough, frozen pizza etc. are allowable fundraisers since the food items are not consumed on campus during the school day.

ARIZONA NUTRITION STANDARDS

BACKGROUND

USDA allows states to develop their own nutrition standards that can be more restrictive than the federal nutrition standards.

In 2006, the Arizona Legislature passed ARS 15-242. This state law directed the Arizona Department of Education, Health & Nutrition Services division to establish the Arizona Nutrition Standards (ANS), 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.

SMART SNACKS & ARIZONA NUTRITION STANDARDS

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.

ARIZONA NUTRITION STANDARDS

Foods **served** to students applies to all foods and beverages served to elementary schools, middle schools and junior high schools during the normal school day. This includes:

- School-sponsored events that occur outside of a single classroom and involves several members of the student body, such as:
 - Pizza parties
 - Ice cream socials
 - Donuts with Dad

This does **not** apply to:

- Classroom parties that are limited to only those students enrolled in that classroom.

MONITORING & RECORDKEEPING

ARIZONA DEPARTMENT OF EDUCATION ADMINISTRATIVE REVIEWS


- ADE will complete an administrative review for each district every three years.
- ADE will look at the Smart Snacks compliance at the school
 - Observe students purchasing foods during meal service that are outside of the meal requirements.
 - Observe the school campus and be aware of other venues that food is available.
 - Confirm all food and beverages meet Smart Snack standards by collecting product labels and recipes as well as their Product Calculator results for each food item and beverage sold.

SMART SNACK DOCUMENTATION

- All foods and beverages sold must have documentation to support their nutritional content per serving size.
- Already prepared items
 - Nutrition Facts Label that includes an ingredient list
- Prepared items
 - Create a **nutrient facts label** based on the measure of each ingredient in the recipe.
 - Must provide to calories, fat, saturated fat, trans fat, sodium, sugar by weight to ensure the product meets the nutrient standards
 - Create a **standardized recipe** is provided to support general food standards



SMART SNACKS PRODUCT CALCULATOR



RESOURCESSEARCHLOG IN/REGISTERDONATE

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Alliance Product Calculator

Is Your Snack a Smart Snack?

Take the guesswork out of nutrition guidelines with the new Alliance Product Calculator for Smart Snacks! Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines. You can also [add a link to the Alliance Product Calculator to your website](#). Click the button below to launch the Alliance Product Calculator.

Launch the Product Calculator

Use the Alliance Product Calculator with Healthy Out-of-School Time to assess and change your food offerings.
HEALTHY OUT-OF-SCHOOL TIME ▶

Use the Alliance Product Calculator with the Healthy Schools Program to assess and change your food offerings.
HEALTHY SCHOOLS PROGRAM ▶

Help us make more tools like our Product Calculator available at no cost to schools and communities around the nation.
DONATE ▶

<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>

Launch the Product Calculator.



SMART SNACKS PRODUCT CALCULATOR

The screenshot shows the 'SMART SNACKS PRODUCT CALCULATOR' page. At the top, there's a navigation bar with 'RESOURCES', 'SEARCH', 'LOG IN/REGISTER', and a 'DONATE' button. Below this, the page title 'SMART SNACKS PRODUCT CALCULATOR' is displayed. The main content area is titled 'Product Information' and contains the following text:

Take the guess work out of your day! Answer a series of questions to see if your product meets the [USDA's Smart Snacks in School nutrition standards](#)*. Then save and print for your records!

*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 provided the information is not misrepresented when entered into the Calculator.

CHECK OUT THE BLUE INFORMATION BUBBLES FOR ASSISTANCE! If unable to view, please update your browser or try a different browser. Please refer to [USDA's Q&A document](#) for additional guidance on specific products.

Enter product information as SOLD (as portioned and eaten, such as a beef patty on a bun with accompaniments).

NOTE: As of July 1, 2016, %DV is no longer a qualifying standard for compliance.

My Product is a ...

- ☐ a) Snack ⓘ
- ☐ b) Side ⓘ
- ☐ c) Entree ⓘ
- ☐ d) Beverage ⓘ

At the bottom of the form, there are two buttons: 'START OVER' and 'NEXT STEP'. Below the form, there are three links: 'HEALTHY OUT-OF-SCHOOL TIME', 'HEALTHY SCHOOLS PROGRAM', and 'DONATE'.

<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>

Launch the Product Calculator.

Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines.



SMART SNACKS PRODUCT CALCULATOR

The screenshot shows the 'SMART SNACKS PRODUCT CALCULATOR' interface. At the top, there's a navigation bar with 'RESOURCES', 'SEARCH', 'LOG IN/REGISTER', and a 'DONATE' button. Below this, the main heading is 'SMART SNACKS PRODUCT CALCULATOR'. The central form is titled 'Enter your product's nutrition information per amount SOLD (including all components and accompaniments)*'. To the right of this form is a 'Nutrition Facts' label template with fields for: Serving Size oz (about g), Servings Per Container, Amount Per Serving, Calories, Calories from Fat, Total Fat (g), Saturated Fat (g), Trans Fat (g), Sodium (mg), Carbohydrates, and Sugars (g). Below the form, a note states: '*For BULK products only, enter servings per container as "1". Do not enter the servings per container for the entire bulk box or case.' At the bottom of the form are two buttons: 'START OVER' and 'NEXT STEP'. The footer of the page includes links for 'HEALTHY OUT-OF-SCHOOL TIME', 'HEALTHY SCHOOLS PROGRAM', and 'DONATE'.

<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>

Launch the Product Calculator.

Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines.



SMART SNACKS PRODUCT CALCULATOR

The screenshot displays the 'SMART SNACKS PRODUCT CALCULATOR' interface. At the top, there is a navigation bar with links for 'RESOURCES', 'SEARCH', 'LOG IN/REGISTER', and 'DONATE'. Below this, a header section includes the Alliance for a Healthier Generation logo and the title 'SMART SNACKS PRODUCT CALCULATOR'. The main content area features a green checkmark icon and the text 'Your product is compliant!'. Below this, a message states: 'Your whole grain product meets all nutrient standards for entrees or snack foods.' There are four input fields: 'Brand', 'Serving Size' (with the value '56.70 g' entered), 'Product', and 'First Ingredient'. At the bottom of the form, there are two buttons: 'START OVER' and 'NEXT STEP'. A disclaimer at the bottom of the form reads: 'The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.'

<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>

Launch the Product Calculator.

Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines.



SMART SNACKS PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

SMART SNACKS
PRODUCT CALCULATOR

Smart Snacks
Product Calculator Results

Brand:
Snacking Smart

Product Name:
Popcorn

Serving Size:
56.70 g

First Ingredient:
Whole Grain Corn

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts
Serving Size 2 oz (about 56.70 g)
Servings Per Container

Amount Per Serving

Calories 180 Calories from Fat 20

Total Fat (g) 2

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 150

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA Potassium (%) NA

Calcium (%) NA Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

START OVER PRINT FOR YOUR RECORDS

<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>

Launch the Product Calculator.

Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines.

Print the Product Summary for your records.

SMART SNACK RESOURCES

PARTNER TOGETHER

- Your district's foodservice department is one of your most valuable resources for Smart Snack success!
 - Know the regulations
 - Access to a wide variety of compliant entrees, snacks and beverages from the food vendor
 - Manufacturers are constantly releasing new, reformulated products that meet the guidelines and appeal to students
 - More variety and better pricing than a “big-box” or “warehouse” store
 - Any profits the foodservice department generates from selling snack items to DECA, PTO, athletic teams, etc. goes right back to the school!



APPROVED SMART SNACK LIST

“Can I have a list of all Smart Snack approved foods and beverages?”

- USDA and ADE do not maintain lists of Smart Snack approved products.
- Alliance for a Healthier Generation Smart Food Planner:
<https://foodplanner.healthiergeneration.org/products/>
 - Can filter to show only Smart Snack compliant products
- Your foodservice department may have a list of approved products available from the food vendor.



SMART SNACKS AND FUNDRAISERS WEBPAGE

<http://www.azed.gov/hns/nslp/smartsnacks/>

HOME HNS A-Z QUICK SEARCH CIVIL RIGHTS MEMOS CONTACT US

Health and Nutrition Services

Smart Snacks and Fundraisers

The Arizona Nutrition Standards and Competitive Foods

The Arizona Department of Education (ADE) developed the Arizona Nutrition Standards to assist schools, parents, and communities in providing a model of healthy living that de obesity and allows our children to excel in school. ARS 15-242 mandates that all K-8 schools who participate in the National School Lunch Program (NSLP) implement the [Arizona Competitive Food Standards](#), referred to as "Smart Snacks", for any food or beverage sold on the school campus during the

Resources for Arizona Nutrition Standards and Competitive Foods (Smart Snacks)

- [USDA's Guide to Smart Snacks in Schools](#)
- [USDA's Tools for Schools: Focusing on Smart Snacks webpage](#)
- [Smart Snacks Summary Chart](#)
- [Smart Snacks Product Calculator from Alliance for a Healthier Generation](#)
- [Smart Snacks Toolkit: Alliance for a Healthier Generation and the School Nutrition Association](#)
 - You will be prompted to log-in or register to view resources
- [Web-Based Course: Smart Snacks and Competitive Foods Standards in Arizona](#)
- [USDA Fundraiser Fact Sheet](#)
- [USDA Best Practices for Health School Fundraisers Resource](#)
- [SP36-2014: Smart Snacks Nutrition Standards and Exempt Fundraisers](#)
 - [HNS 04-2015: Revision to Arizona Department of Education Policy on Specially Exempted Fundraisers](#)
- [Request a specially exempt fundraiser](#)

Policy Guidance

- [USDA Final Rule](#)
- [HNS 06-2014: Revised Arizona Nutrition Standards in Response to Healthy Hunger Free Kids Act 2010, Competitive Food Standards](#)
- [CN 12-07: Arizona Nutrition Standards – Frequently Asked Questions](#)
- [SP 23-2014v3: Questions and Answers Related to the "Smart Snacks" Interim Final Rule](#)

This webpage will provide resources for Smart Snacks as well as post the most up to date policy memos from USDA.



TRAINING & PROFESSIONAL STANDARDS WEBPAGE

<http://www.azed.gov/hns/nslp/trainingsps/>

The recorded webinar and webinar slides will be available here.

► Training for School Nutrition Professionals

► Regional Trainings (In-person)

▼ Live & Recorded Webinars

Staying on Track Webinars – For Directors

This webinar series will review the activities that should be happening each month to help directors and program staff stay on track with program requirements. Please note: the webinar will follow the outline provided in ADE's Monthly Checklist. It is recommended to review it prior to the webinar. There will be designated time where the facilitator will be available to answer questions about all program operation topics.

- **November 7, 2017 (1:30pm-2:30pm):** [Register Here](#)
- October 3, 2017: [Recorded Webinar](#) & [Webinar Slides](#)
- September 5, 2017: [Recorded Webinar](#) & [Webinar Slides](#)
- August 2, 2017: [Recorded Webinar](#) & [Webinar Slides](#)
- May 2, 2017: [Recorded Webinar](#) & [Webinar Slides](#)
- April 4, 2017: [Recorded Webinar](#) & [Webinar Slides](#)

Webinars For Managers/Staff

- **Recognizing a Reimbursable Meal at the Point of Service (August 9, 2017 from 1:30pm-2:00pm):** [Recorded Webinar](#) & [Webinar Slides](#)
This webinar will review the definitions and pros and cons of Serve Only and Offer Versus Serve meal service options. It will also review the requirements for what must be on a tray in order for it to be considered a reimbursable meal and will include examples for attendees to practice applying their knowledge.
- **Production Record Overview (October 18, 2017 from 1:30pm-2:00pm):** [Recorded Webinar](#) & [Webinar Slides](#)
This webinar will review the parts of a production record and provide information about what each column means. It will also provide an overview of which sections should be filled out each day.
- **Using Appropriate Serving Utensils (February 8, 2018 from 1:30pm-2:00pm):** [Register Here!](#)
Is that scoop of fruit you just served a half cup? Did you serve enough beans with that lunch? How do you know? Choosing the appropriate scoops and serving utensils plays an important role in ensuring all students receive a meal that will nourish their bodies and meet the meal pattern requirements. Join us for a webinar that will review the various types of serving utensils, which ones are most appropriate for the various types of food, and how to use them to ensure your meal service is as accurate as possible!

Webinars For Administrators/Teachers

- **Overview of the National School Lunch Program Requirements (August 30, 2017 from 1:30pm-2:30pm):** [Recorded Webinar](#) & [Webinar Slides](#)
Operating the National School Lunch Program is multifaceted and requires attention to details and deadlines. This webinar will provide a high level overview of the NSLP reporting requirements and important deadlines for school administrators in an effort to increase awareness and create additional support for staff tasked with implementing the various aspects of the program.
- **Smart Snacks (October 25, 2017 from 1:30pm-2:30pm):** [Register Here!](#)
USDA's standards for competitive foods and beverages, commonly referred to as the Smart Snacks Rule, establishes the guidelines for all foods and beverages sold outside of the school meals. This webinar will review the intent behind the guidelines, and provide an overview of the nutrition requirements for these foods and beverages.






ALLIANCE FOR A HEALTHIER GENERATION WEBPAGE

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/

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

AHG has many resources for healthy fundraising. You will need to register/log in to access some of the material.

Thank you for your time!

You will receive a link to complete your evaluation of this training. The link will be emailed to the account used to register for this training.

After completing the survey, you can print a certificate of completion to file for purposes of Professional Standards.

Questions?

You can type them into the chat bar now.



Congratulations!

You have completed the ***Recorded Webinar: Smart Snacks***.

To request a certificate, please go to the next slide.

In order to count this training toward 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: ***Recorded Webinar: Smart Snacks***
- Learning Codes: 3230, 4160
- Key Area: 3000-Administration, 4000-Communications and Marketing
- Length: 45 minutes

Please Note:

- *Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.*
- *This recorded webinar is a non-interactive activity, which may count toward no more than two hours of annual training.*



**Request a
Certificate**

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. **This will not appear in your Event Management System (EMS) Account.*

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

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

- Training Title: ***Recorded Webinar: Smart Snacks***
- Professional Standards Learning Codes: **3230, 4160**