

Nutrition Standards in School Wellness

Joseph Dibble, LD, RDN
School Nutrition Supervisor

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Breakout Session

**Please quickly introduce
yourself and your role /
position 😊**



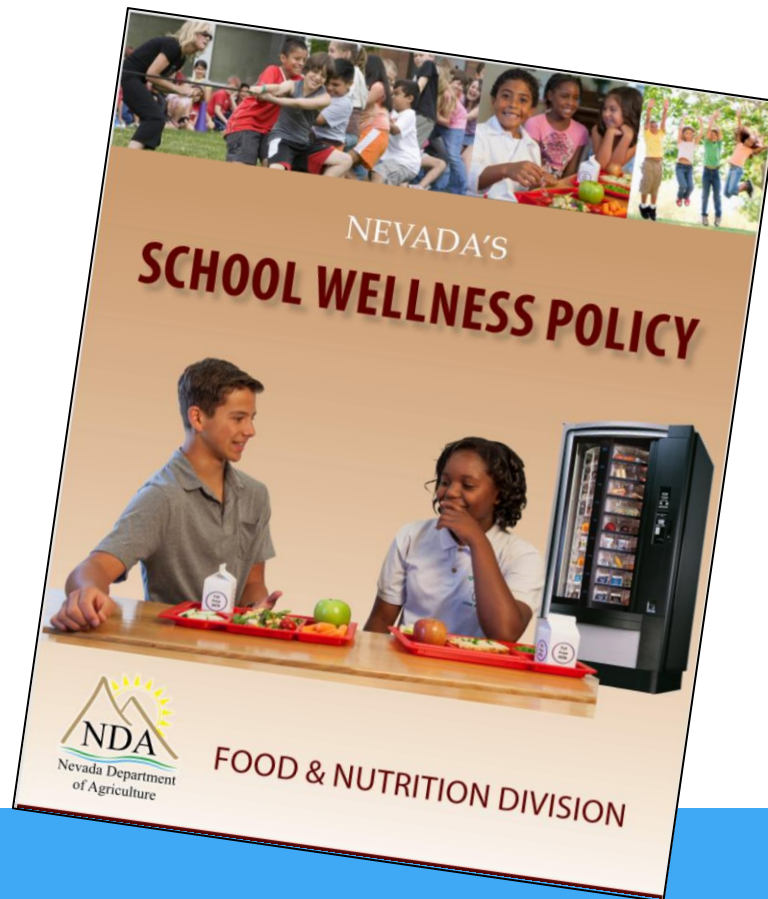
Do You?

- Coordinate school fundraisers,
- Manage a school store or snack bar,
- Sell food during the school day on campus,
- Manage school vending machines, or
- Want healthier foods on your school's campus?

What is the primary goal(s) rationale for Nutrition Standards in School Wellness?



- **Nevada School Wellness Policy**



Background

- **2004**
 - Child Nutrition Reauthorization required each LEA to have a wellness policy via stakeholder group: crafted a State policy
- **2005/2006: Policy in Place**
 - Each District was required to follow the state policy OR create one that was no less restrictive
 - Progressive for that time...
 - No soda in schools
 - Nutrition standards for all foods sold
 - Recess before lunch
 - Physical Activity

Background

...Revising, Updating the policy

- **2010 Healthy Hunger Free Kids Act (HHFKA)**
 - 2014 Local School Wellness Policy Proposed Rule
 - 2014 USDA's Smart Snacks Nutrition Standards
 - Need for determination on fundraising exemption
- **2014 NV School Wellness Policy Committee**
 - Brought together key stakeholders
 - Utilized a professional meeting facilitator
 - Focused the group on consensus
 - Not everyone had to agree on everything
 - 2 day long meetings

Background

Stakeholder Group Members:

- Large School District
- Small School District
- Academics (Nutrition/PA)
- Association of School Administrators
- Association of School Boards
- Association of Health, PE, Recreation & Dance
- Division of Public Health and Behavioral (State)
- Health Districts (Local)
- Food Banks
- Dairy Council
- Industry Representative
- Non-Profits
- Association of School Nurses
- Parent Teacher Association
- State Education Association
- Student
- Inter-Tribal Council
- School Nutrition Association
- Nevada Dept. of Education

Requirements:

- District School Wellness Policy Coordinator
- School District or School Wellness Advisory Group
- Record Keeping, Annual and Triennial Progress Report.
- School Wellness Policy Goals

Incentives and Rewards

- School districts determine in their Wellness Policy whether or not going to use food as a reward
- Must also establish exemption days for special occasions

Marketing limitations

- Only for foods and beverages that may be sold on the school campus during the school day.



- Starting in school year 2014-15, all foods sold at school during the school day are required to meet nutrition standards.
- The “Smart Snacks in School” regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students.



Which food and beverages sold at school need to meet the “Smart Snacks” Standards?

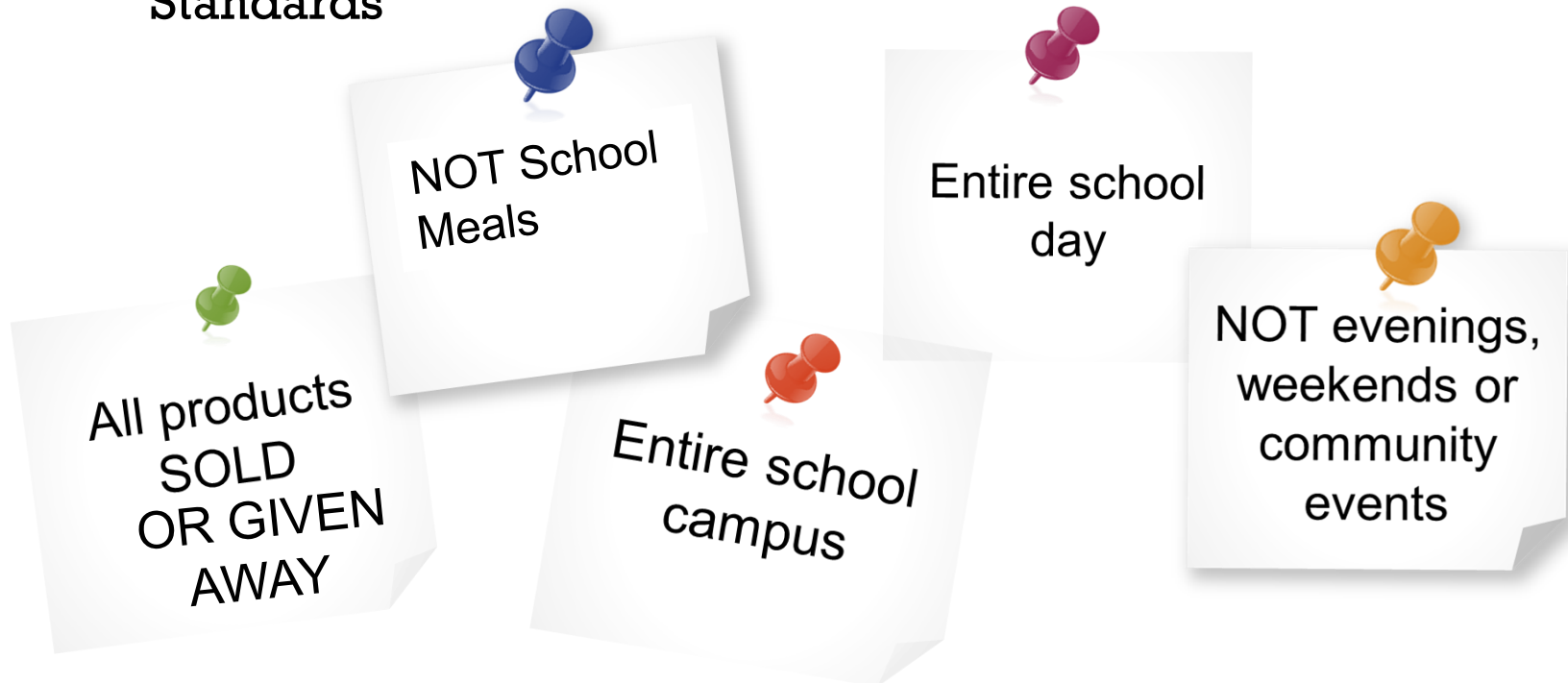
- Any food and beverage sold to students at schools during the school day, other than those foods provided as part of the school meal program.

Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.

- Foods and beverages sold during fundraisers - unless these items are not intended for consumption at school or are otherwise exempt by your State agency.

SMART SNACKS NUTRITION STANDARDS FOR ALL FOODS SOLD OR GIVEN AWAY ON THE SCHOOL CAMPUS DURING THE SCHOOL DAY

- Apply to All Grade Levels
- Include General Standards and Specific Nutrient Standards



IS IT A SMART SNACK?

Questions to ask:	Yes or No
Is it a food or beverage?	
Is it sold or given away to students?	
Is it sold or given away before the school day, during the school day, or up to 30 minutes after the school day?	
Is it sold or given away on the school campus?	

If you answered yes to all these questions– Your product needs to meet the Smart Snacks Nutrition Standards



SMART SNACKS NUTRITION STANDARDS

- Requirements for all foods sold or given away on the school campus, during the school day
 - 1st ingredient must be: Fruit, Vegetable, Whole Grain, dairy product or protein food OR Must contain $\frac{1}{4}$ cup fruit/vegetable
 - Limits calories, fat, sodium, and sugar content of foods



“Smart Snacks”

Must be \leq 200 calories

- \leq 230 mg of sodium,
- \leq 35% of total calories from fat,
- \leq 10% of total calories from saturated fat,
- zero trans fat, and
- \leq 35% total sugar by weight.



Must be either \geq 50% whole grain, have fruit, vegetable, dairy or protein as its first ingredient, OR be a combination food that includes at least $\frac{1}{4}$ cup fruit or vegetable.

Current Label

Nutrition Facts	
Serving Size 2 cups (30g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

INGREDIENTS: Popcorn, sugar, canola oil, salt

First Ingredient

New Label

Nutrition Facts	
1 serving per container	
Serving size	2 cups (30g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

INGREDIENTS: Popcorn, sugar, canola oil, salt

First Ingredient

Serving Size & Servings Per Container

Calories

Total Fat

Saturated Fat

Trans Fat

Sodium

Sugars

Source: USDA FNS Guide to Smart Snacks in School

Spicy Cheese-Flavored Puffs

Nutrition Facts

Serving Size 1oz (28g/about 18 pieces)
Servings Per Package about 3

Amount Per Serving

Calories 180 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2.0g **10%**

Trans Fat 0g

Cholesterol **0%**

Sodium 250mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber less than 1g **2%**

Sugars 0g

Proteins 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 Code of Federal Regulations 101.9.

Ingredients: Enriched Corn Meal, Vegetable Oil, Spicy Seasoning, Partially Hydrogenated Soybean and Cottonseed Oil, Sunflower Oil, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Corn Syrup Solids, and Salt.

1 **Serving Size**

2 **Amount of Calories**

3 **Limit These Nutrients**

4 **Get Enough of These Nutrients**

5 **Percent (%) Daily Value**

6 **Footnote With Daily Values (DVs)**

Is this Snack Compliant?

Why or Why Not...

Snack name	Weight in grams per package	Calories per package	Food group	% Daily Value for Saturated Fat per package	Grams of <i>Trans</i> Fat per package	Milligrams of Sodium per package	Added Sugars in first three ingredients
Sample: Spicy Cheese-Flavored Puffs	84g	540	Grains; not a whole grain	30% (too high)	0g	750mg (too high)	None. (corn syrup solids shown at end of ingredients list)

ALLOWABLE BEVERAGES

- Vary by Grade Level
- All Beverages **MUST BE** Non-Carbonated
- Caffeine is Potentially Permitted at the High School level
 - District/School Level Decision



How do I find out if my granola bar is a “Smart Snack”?

- Granola bars and other snack bars that have as a first ingredient a whole grain (e.g., whole grain rolled oats), protein food (e.g., nuts), dairy, fruit, or vegetable will meet the general standards.
- Then, the product must be measured against the nutrient snack standards for calories, sodium, sugar, and fats.
- You can use the *Smart Snacks Product Calculator* to assist you with evaluating the product against the snack standards.

*When checking to see if your snack meets the standards, be sure to consider both how it is packaged as well as how it is sold, including all accompaniments.

E.g. if butter is added to popcorn, or ranch dressing is sold along with veggies, be sure to count the nutrition information for these condiments when determining if your snack meets the standards.

SMART FOODS CALCULATOR

Alliance for a Healthier
Generation

<https://foodplanner.healthiergeneration.org/calculator/>

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A
HEALTHIER
GENERATION

Product Information

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 ⓘ

START OVER NEXT STEP



Beverage	Elementary School	Middle School	High School
Plain water	No Size Limit	No Size Limit	No Size Limit
Low fat milk, unflavored	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
Non-fat milk, unflavored or flavored	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
100% Fruit/Vegetable juice	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
Calorie-Free Beverages*	Not Allowed	Not Allowed	≤20 fl. oz.
Lower-Calorie Beverages**	Not Allowed	Not Allowed	≤12 fl. oz.
Caffeinated Beverages	Not Allowed***	Not Allowed***	Allowed, At the Discretion of the SFA

*<5 calories per 8 fl. oz.; ≤10 calories per 20 fl. oz.

**≤ 60 calories per 12 fl. oz.; ≤ 40 calories per 8 fl. oz.

***With the exception of trace amounts of naturally-occurring caffeine substances

APPROVED FOODS & BEVERAGES LIST

- NDA created a Smart Snack Approved Food List

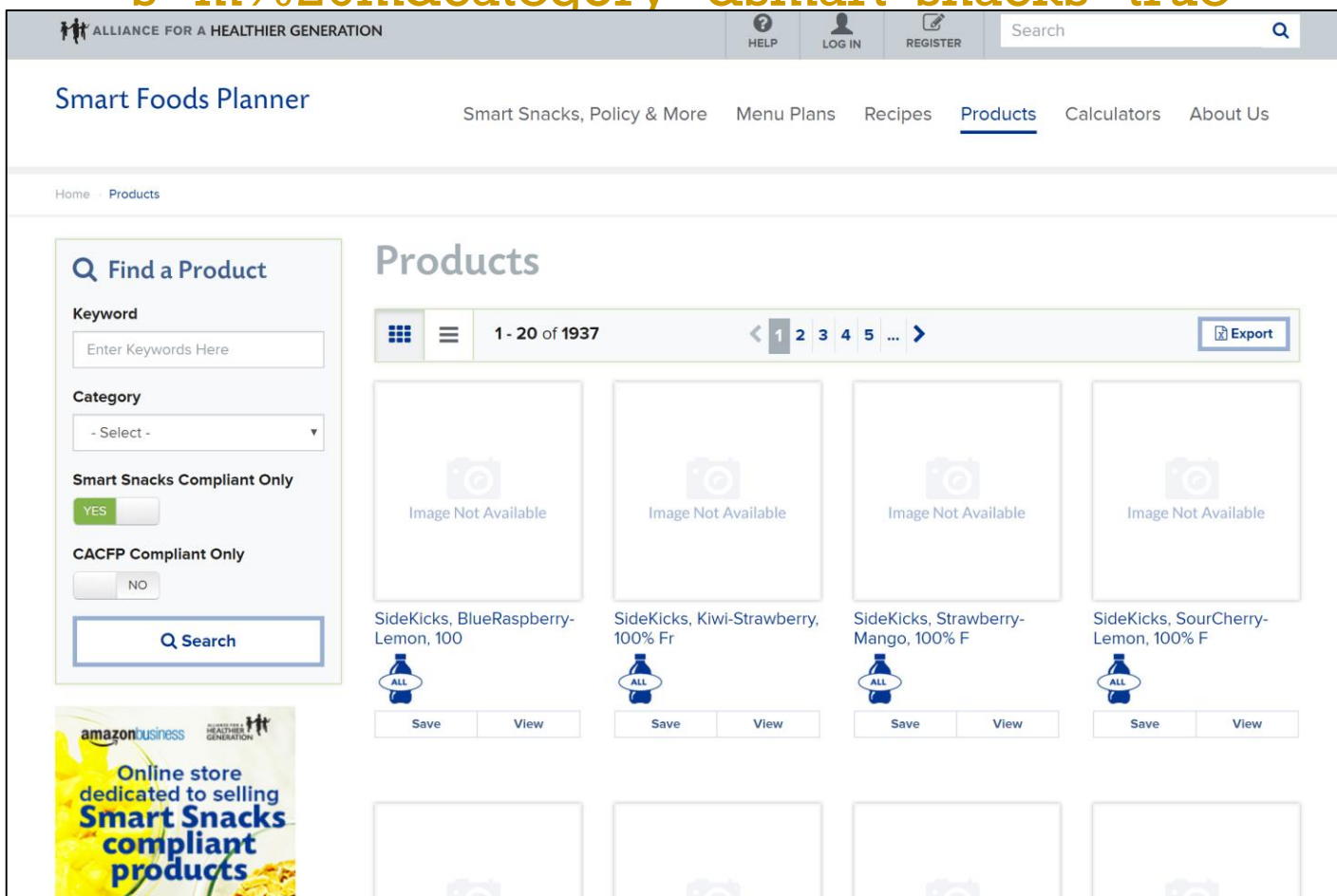
BRAND / MANUFACTURER	PRODUCT ITEM	Product Code or UPC Code
COOKIES/TREATS		
Bake Crafters	Mini Treats, Animal Crackers, WG, Packs, 1 oz. Mini Treats, Alphabet, WG, Packs 1.1 oz. Mini Treats, Chocolate Chip, WG, Packs, 1.1 oz.	526 525 527
Barrel O'Fun	Maple Crunch Stix, 0.875 oz.	10076721267708
Bonzers	Vanilla Sugar Cookie, Reduced Fat, Frozen , 1 oz. Oatmeal Raisin Cookie, Reduced Fat, Frozen , 1 oz. White Chocolate Chip Cookie, Reduced Fat, Frozen , 1 oz. Chocolate Chip Cookie, Reduced Fat, Frozen , 1 oz. Carnival Cookie, Reduced Fat, Frozen , 1 oz. Double Chocolate Chip Cookie, Reduced Fat, Frozen , 1 oz.	91021 51075 51077 51071 71035 71026
Buzz Strong's Bakery	Whole Grain, Chocolate Chip Cookie, 1.5 oz.	54119
Darlington	Appleways Waffle Snaps, WG, Apple Cinnamon Appleways Waffle Snaps, WG, Strawberry	675825-721005 675825-722002
Dessert Innovations Bakery	Cool Brownie, Gold Edition, 1.4 oz	751595307455
JJ's	Oatmeal Raisin BeneFIT Reduced Fat Cookie, 1.85 oz. Chocolate Chip BeneFIT Reduced Fat Cookie, 1.85 oz. Candy BeneFIT Reduced Fat Cookie, 1.85 oz. Sugar BeneFIT Reduced Fat Cookie, 1.85 oz.	024497149271 024497149219 024497149226 024497149257
Keebler	Scooby Doo Graham Cracker Sticks, Cinnamon 1 oz.	10594
MJM	Lemon Dinosaur Grahams, 1 oz. Strawberry Dinosaur Grahams, 1 oz. All-Sports Bites, Apple Grahams, 1 oz.	409001 407001 513150



APPROVED FOODS & BEVERAGES LIST

Alliance for a Healthier Generation Smart Snack Approved Tool

https://foodplanner.healthiergeneration.org/products/?keywords=m%26m&category=&smart_snacks=true



The screenshot displays the 'Smart Foods Planner' website interface. At the top, there is a navigation bar with 'ALLIANCE FOR A HEALTHIER GENERATION' on the left and 'HELP', 'LOG IN', 'REGISTER', and a search box on the right. Below this is a secondary navigation bar with 'Smart Foods Planner' and links for 'Smart Snacks, Policy & More', 'Menu Plans', 'Recipes', 'Products' (which is underlined), 'Calculators', and 'About Us'. The main content area is titled 'Products' and shows a search filter sidebar on the left. The sidebar includes a 'Find a Product' section with a 'Keyword' input field (containing 'Enter Keywords Here'), a 'Category' dropdown menu (set to '- Select -'), and two toggle buttons for 'Smart Snacks Compliant Only' (set to 'YES') and 'CACFP Compliant Only' (set to 'NO'). A 'Search' button is at the bottom of the sidebar. The main product list shows '1 - 20 of 1937' items. The first row contains four product cards, each with a placeholder image and the text 'Image Not Available'. Below each card is the product name: 'SideKicks, BlueRaspberry-Lemon, 100', 'SideKicks, Kiwi-Strawberry, 100% Fr', 'SideKicks, Strawberry-Mango, 100% F', and 'SideKicks, SourCherry-Lemon, 100% F'. Each card also features a 'Save' and 'View' button, along with a small 'ALL' icon. An 'Export' button is located in the top right of the product list area. In the bottom left corner, there is an advertisement for 'amazonbusiness' with the text 'Online store dedicated to selling Smart Snacks compliant products'. A red circular logo is visible in the bottom right corner of the page.

FUNDRAISING

- All items sold or given away to students on campus during the school day must meet the Smart Snacks nutrition standards, there are no exemptions

This does not apply to foods that are sold with the intention of being consumed outside of the regular school day

Fundraising with Cookbooks!



Keep 50% of the funds you raise with your group and in your community!



Giftwrap
FOR ALL
Occasions

From birthdays to holidays, we'll dress your gifts to impress



True or False

- It is allowable for schools to sell napkins and give away donuts, during the school day, and be within the School Wellness Policy guidelines.

False

- It is not allowable for schools to sell napkins and give away donuts, during the school day, and be within the School Wellness Policy guidelines.

True or False?

The Smart Snacks Standards include places like the teachers' lounge.

False

- The Smart Snacks Standards apply only to locations on the school campus that are accessible to students. So, this does not include places like the teachers' lounge, although you may choose to vend healthy snacks there too.

True or False?

Chewing gum is allowed to be sold on campus.

True

Sugar-free chewing gum is exempt from Smart Snacks Nutrition Standards and may be sold at the discretion of the school district or school

SPECIAL OCCASIONS

- Must establish a policy that addresses special occasions or holidays and may allow foods that exceed the established nutrition parameters.
 - These may include:
 - Holidays
 - Birthdays
 - Learning Experiences



Not Considered a Special Occasion:

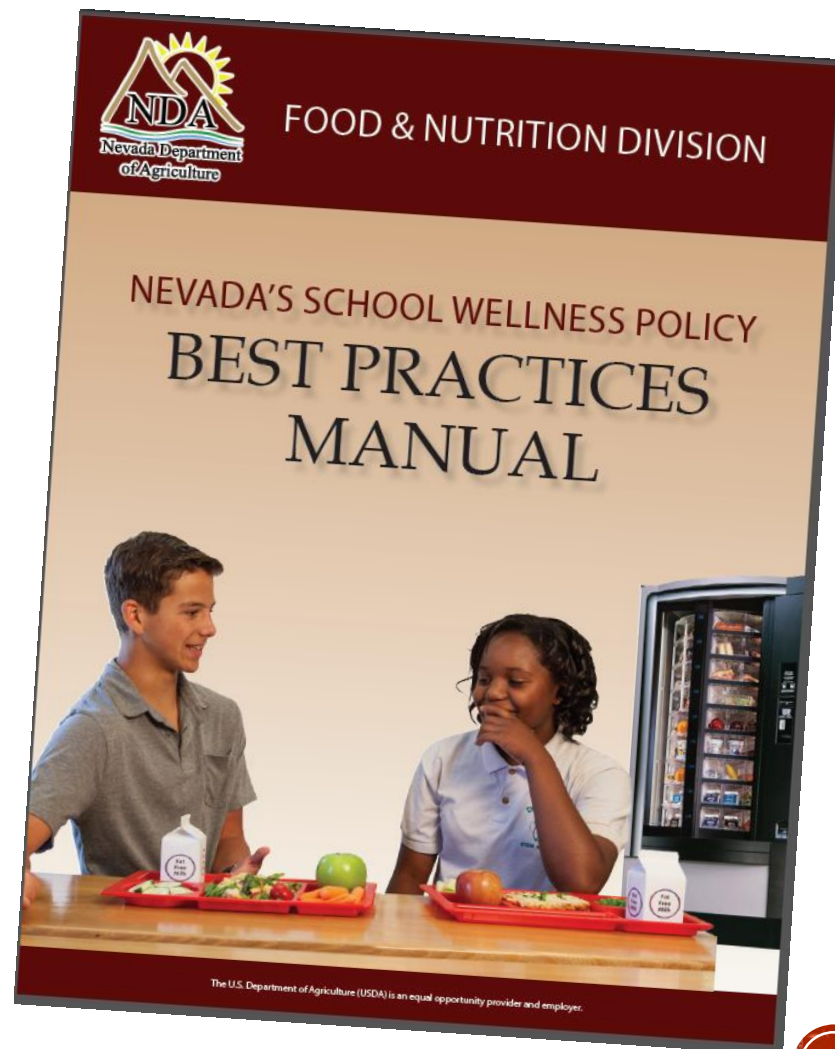
- Pep Rallies
- Student Organization Meetings



AVAILABLE RESOURCES

- Wellness Webpage
- Policy Document
- School Wellness Policy Best Practices Manual
 - “One Stop Shop”
- Approved Smart Snacks list

<http://nutrition.nv.gov/Programs/Wellness/>



AVAILABLE RESOURCES CONT.

- Webinar Series
 - Posted on YouTube
 - Slides available on SlideShare

- FAQ Document

- A PTA's Guide to Smart Snacks in Schools

[http://www.pta.org/files/Advocacy/FINAL SMARTSNACKS
ImpGuide Web.pdf](http://www.pta.org/files/Advocacy/FINAL_SMARTSNACKS_ImpGuide_Web.pdf)



PUBLIC COMMENTS

- NDA website for public comments for the school wellness policy
 - Entered by specific school

<http://nutrition.nv.gov/Programs/Wellness/Comments/>



The screenshot shows the NDA Child Nutrition Program website. The header includes the NDA logo, the text "Department of Agriculture", and "Child Nutrition Program". There are navigation links for "Agencies", "Jobs", and "About Nevada". A search bar is present. Below the header is a navigation menu with "HOME", "ABOUT US", "PROGRAMS", "DATA/REPORTS", "RESOURCES", and "CONTACT". The main content area is titled "WELLNESS COMMENTS" and includes a "Making Comments" section with a paragraph of text. To the right, there are links for "Wellness Policy" (PDF) and "County Wellness Policies". Below that is a "Contact Us" section with address, phone, and email information. At the bottom, there are dropdown menus for "School District", "School Type", and "School", along with "View comments" and "Submit a comment" buttons.

Department of Agriculture
Child Nutrition Program

Agencies Jobs About Nevada

HOME ABOUT US PROGRAMS DATA/REPORTS RESOURCES CONTACT

WELLNESS COMMENTS

Making Comments

The Wellness Policy is an important topic and we want to hear from you. Your comments are vital to the successful implementation of the policy and we value your input on this topic. Comments that are unrelated to the Wellness Policy or that contain inappropriate comments may be removed. Comment posting may take up to 48 hours to appear.

Wellness Policy

[Wellness Policy \(PDF\)](#)

[County Wellness Policies](#)

Contact Us

405 S. 21st Street
Sparks, NV 89431
Phone: (775) 353-3758
Email: fnd@agri.nv.gov

School District School Type School [View comments](#) [Submit a comment](#)

Choose a District



Question:

- Have you established a policy designating which special occasions or holidays to allow foods and beverages exceeding the Smart Snacks Nutrition Standards?

Q&A Session



Thank you for your attention!

Contact Information:

Joe Dibble, LD, RDN
School Nutrition Supervisor
775-353-3751
j.dibble@agri.nv.gov

