



BREAK for a PLATE
ALABAMA

Smart Snacks in Schools

Entrees, Snacks, Fundraising and Competitive Foods



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BREAK *for a* PLATE

SCHOOLS

Learning Code

Event Name: Smart Snacks & Competitive Foods

Event Date: June 25-26, 2025

Hours: 1 (One)

Professional Learning Code: 3200

USDA's Definition of Smart Snacks

USDA's Smart Snacks Standards

Smart Snacks Calculator

Fundraising Guidelines

Fundraising Exemptions

Competitive Foods Guidance

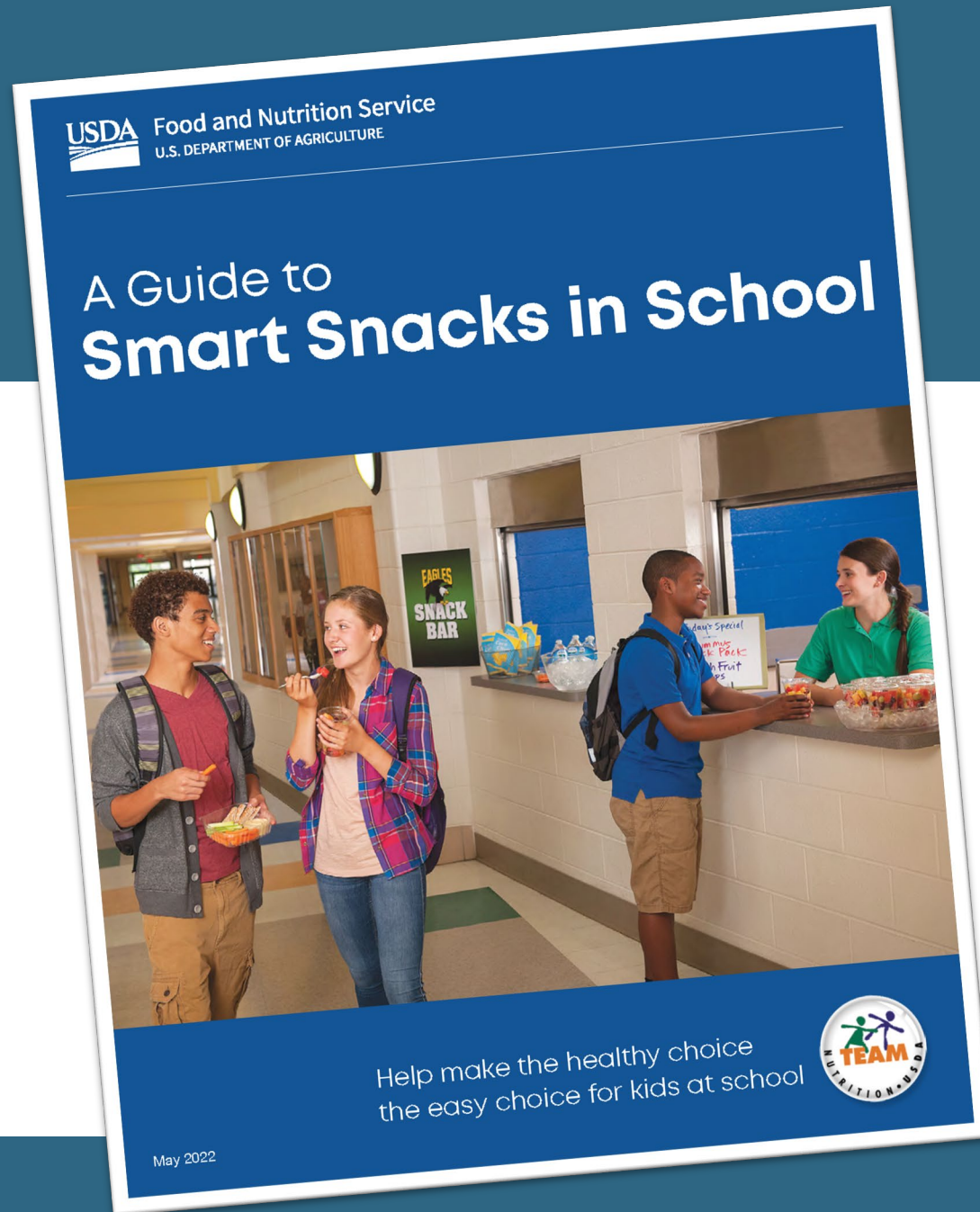
The Kitchen Manager's Responsibility

Questions?

AGENDA

Smart Snacks in Schools:
Entrees, Snacks, Fundraising & Competitive Foods





USDA's Guide to Smart Snacks



Why are Smart Snacks important?

1

Almost a quarter of kids' daily calories may come from snacks.

2

Kids who have healthy eating patterns are more likely to perform better academically.

3

Kids consume more healthy foods and beverages during the school day. When Smart Snacks are available, the healthy choice is the easy choice.

4

Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.

Who needs to know about Smart Snacks & Competitive Foods?



School Superintendent
Child Nutrition Director
School Level Administration
School Level Cafeteria Manager

AND



Anyone who coordinates school fundraisers.
Anyone who sells food or beverages during the school day on campus.
Anyone who manages the school vending machines.
Anyone who hosts, facilitates, or participates in food-based celebrations during the school day.



Which foods and beverages sold at school need to meet the Smart Snacks Standards?

1

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

2

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

3

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

* The school day is defined as the midnight before to 30 minutes after the end of the school day.

Smart Snack Standards

Smart Snack standards do not apply to:

- ☐ Items sold during non-school hours, weekends or off-campus fundraising events
- ☐ Foods brought from home
- ☐ Locations on the school campus that are NOT accessible to students. Example: Teachers' Break Room

Smart Snack Standards for Foods

To qualify as a smart snack a snack or entrée must first meet the general nutrition standards:

- ☐ Be a grain product that contains 50 percent or more whole grains by weight (have whole grain as the first ingredient); or
- ☐ Have as the first ingredient a fruit, vegetable, dairy product, or protein food
- ☐ Be a combination food that contains at least $\frac{1}{4}$ cup fruit or vegetable; and
- ☐ The food must meet the nutrient standards for calories, sodium, sugar, and fats

Smart Snack Standards for Foods

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

What is an entrée?

For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meats/meat alternates + whole grain-rich food;
 - vegetables + meats/meat alternates;
 - fruits + meats/meat alternates;
 - meats/meat alternates alone, except for meat snacks (e.g., beef jerky), yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters; and
 - a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.
-

Leftover Meals as à la Carte



Sometimes, schools serve extra entrées from school meals as à la carte items (as individual items sold outside of the school meal). These entrées **do not** have to meet Smart Snacks Standards when they are sold as an à la carte item up to **one day** after being served at school lunch or breakfast.

Snack Items as à la Carte

How do I know if a
Snack Item is
Allowable?

ALLIANCE FOR A
**HEALTHIER
GENERATION**



Smart Snack Calculator



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

Snack Items as à la Carte



Nutrition Facts	
1 Serving per container	
Servings Size	1 package
Amount per serving	
Calories	140
Total Fat 6g	%Daily Value* 8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 2 g Added Sugars	3%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 100mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.	

INGREDIENTS: Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Maltodextrin (Made from Corn), Salt, Whey, Natural Flavors, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Buttermilk, Potassium Chloride, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Yeast Extract, Lactose, Paprika Extracts, Sodium Caseinate, Citric Acid, Skim Milk, Garlic Powder, Lactic Acid, and Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes).

CONTAINS MILK AND WHEAT INGREDIENTS.

Snack Items as à la Carte



Nutrition Facts

1 Servings Per Container

Serving Size 1 cookie (48 g)

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	10%
Total Sugars 15g	
Includes 14g Added Sugars	29%
Protein 3g	5%
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 2.1mg	10%
Potassium 160mg	4%
Thiamin	10%
Riboflavin	4%
Folate	2%

* The % Daily Value (dv) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT INGREDIENTS

WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, HERSHEY'S® SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, MILKFAT, SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVOR, MILK), LIQUID BROWN SUGAR (CANE SYRUP, INVERT SUGAR), SKIM MILK, SOYBEAN OIL, DEXTROSE, SORBITOL, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, COCOA ALKALI PROCESSED, SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVOR), MALTODEXTRIN, MOLASSES, COCOA ALKALI PROCESSED, CONTAINS LESS THAN 2% OF THE FOLLOWING: WHOLE GRAIN YELLOW CORN FLOUR, CORN SYRUP, SWEETENED CONDENSED MILK (MILK, SKIM MILK, SUGAR), EGGS, NATURAL FLAVOR, SALT, MODIFIED CORNSTARCH, CELLULOSE GUM, LEAVENING (BAKING SODA), CELLULOSE GEL, POTASSIUM CITRATE, TARTARIC ACID.

Snack Items as à la Carte

SMART SNACKS IN SCHOOLS
PRODUCT CALCULATOR

Smart Snacks Product Calculator Results

Brand:
Rich's

Product Name:
Triple Chocolate Filled Cookie

Serving Size:
48.00 g

First Ingredient:
Whole Wheat Flour

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

✓ Your product is compliant!

Nutrition Facts
Serving Size 48.00 g
Servings Per Container 1

Amount Per Serving	
Calories	200
Total Fat (g)	7
Saturated Fat (g)	2
Sodium (mg)	135
Carbohydrates	
Total Sugars (g)	15
Potassium (%)	NA
Vitamin D (%)	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.

LEADING THE WAY FOR CHILDREN'S HEALTH

It is a manager's responsibility to maintain local level documentation.

Delegate the responsibility for periodic check-ups and review of new items.



Are there healthy exemptions to certain nutrient requirements?

(Calories, Sodium, Total Sugar, Total Fat, Saturated Fat, Trans Fat)

A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table for examples of these exemptions.

Food	Smart Snacks Standards Exemptions
Fresh and frozen fruits and vegetables, with no added ingredients except water	Exempt from all nutrient standards
Canned fruits packed in 100% juice or light syrup, with no added ingredients except water	
Canned vegetables (no salt added/low sodium), with no added fats	
Reduced-fat cheese (including part-skim mozzarella)	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Nuts, seeds, or nut/seed butters	
Apples with reduced-fat cheese*	
Celery with peanut butter (and unsweetened raisins)*	
Whole eggs with no added fat	
Seafood with no added fat (e.g., canned tuna packed in water)	Exempt from the total fat standard, but must meet all other nutrient standards
Dried fruits with no added sugars	Exempt from the sugar standards, but must meet all other nutrient standards
Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats	
Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

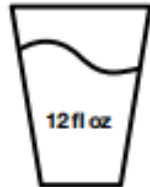
Smart Snack Standards for Beverages

Milk

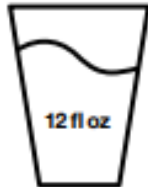
Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.*



Elementary School



Middle School



High School

Juice

100% fruit or vegetable juice, with or without carbonation.



Elementary School

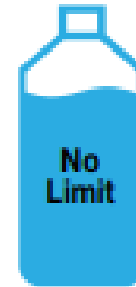


Middle School



High School

Water



Plain water, with or without carbonation.

All Grades



Smart Snack Standards for Beverages

Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.

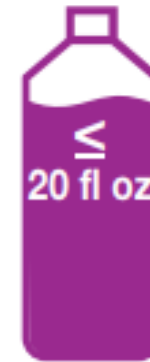


Low Calorie Maximums:*

40 calories/8 fl oz

60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*

10 calories/20 fl oz

*Less than 5 calories per 8 fluid ounces.

Stricter Standards

- ❑ School districts can create stricter standards for Smart Snacks.
 - Federal Standards are the minimum requirements.
 - State Agency or local school districts can establish stricter standards.
 - Refer to your local district's Local School Wellness Policy for more information.

Fundraising and Competitive Food Sales



What types of fundraisers are held at your school?

Perception vs. Reality



Exempt Fundraiser Guidelines



- ☐ Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) **are not limited under the Federal policy.**
- ☐ Fundraising activities that occur during non-school hours, on weekends, or at off-campus events **are not limited under the Federal policy.**
- ☐ Fundraisers selling foods that are intended to be consumed outside the school day **are not limited under the Federal policy.**

Exempt Fundraiser Guidelines



- ☐ Schools may sponsor a maximum of thirty **(30) exempt fundraisers per school year.**
- ☐ Each fundraiser may be no more than one (1) day in length.
- ☐ If five (5) different exempt fundraisers are occurring on 1 day, this would count as 5 exempt fundraisers from the total 30 fundraisers.

ANNUAL REPORTING REQUIREMENTS



Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form



Annual Attestation Statement

Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form

School Food Authority (SFA) _____

School Name _____

Please check one: ☐ July 1 ☐ January 1

Form should be completed and signed by the principal before the fundraisers commence.

	Sponsoring Organization	Item Sold	Date of Sale
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
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17			
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23			
24			
25			
26			
27			
28			
29			
30			

Principal Signature _____ Date _____

Original: Principal File At School Copy: SFA CNP Wellness File

Developed: May 2015

Annual Attestation Statement

DATE: _____

FROM: [School Food Authority Superintendent]

TO: [State Agency Official and Title]

SUBJECT: Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities

Instruction: The following statement must be signed by the school food authority (SFA) superintendent operating exempt food fundraisers in schools with National School Lunch and/or School Breakfast Programs, and filed as outlined in the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.

I, _____, as the superintendent of _____ [SFA Name], do hereby attest that the aforementioned SFA and all schools under its jurisdiction operating the National School Lunch Program authorized under the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq), and/or the School Breakfast Program authorized under the Child Nutrition Act of 1966 (42 U.S.C. 1773) are in compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities for School Year _____.

I certify that this attestation is true and correct, and therefore, I believe _____ [SFA Name] is in compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.

In addition, I understand that Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities Form must be completed semi-annually and filed by the following dates: July 1 and January 1 of each School Year.

Superintendent Signature _____ Date _____

Original: CNP Director

Developed: May 2015

Exempt Fundraiser Procedures: Role of the Child Nutrition Director



Receive

- A signed copy of the Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form from Principal



Provide

- Provide the Exempt Fundraiser Form to the Superintendent to complete and sign the attestation document.



Retain

- Provide the Exempt Fundraiser Form to the Superintendent to complete and sign the attestation document.

"Competitive Foods" Guidance from ALSDE

Every school shall ensure that all foods sold in vending machines, school stores, and cafeterias are in compliance with the **USDA Smart Snacks in Schools standards**.

Food items in competition with the CNP scheduled meal time may not be **sold or provided free** of charge to students.

This includes, but is not limited to, food items purchased through school organizations and those donated from outside sources.

"Competitive Foods" Guidance from ALSDE

To encourage students to eat healthy meals, schools are required to restrict student access to concessions, extra sales, vending, and fundraisers **one hour before or after** meal periods.

If sales should occur that are in competition with the meal, then **all income generated** from such sales will be required to be given to Child Nutrition for depositing in the school cafeteria account. The policy is not intended to restrict access to healthy snacks during recess, or at times other than the meal service.

What is a Manager's Responsibility?

1. Talk with your CNP Director and be sure you understand his/her expectations with Smart Snacks and Competitive Foods at your school location
2. Start a conversation about these topics with your school administrative team:
 - Vending Machine Sales
 - School Fundraising Efforts
 - History of Community Food Donations
 - Meal Service Times
 - Opportunities to share information with school staff



Elizabeth Dulemba

A Sample Scenario

A group of English language learners completed a required annual test. To celebrate, a member of the community bought pizza for the students to have after the test, during their lunch period. Good intentions, right?!?

Unintended Consequences:

100 students, 75% average daily lunch participation

75 students x \$4.54 lunch reimbursement = \$340.50

Other considerations include loss of a la carte sales, food waste from prepared but unpurchased food, and unnecessary labor costs.





At what times will the Beta Club be able to sell competitive food and beverage items at the school site?

Breakfast Meal Service: **7:00am – 7:30am**

Lunch Meal Service: **10:15am – 1:30pm**

When can her school sell competitive foods?

☐ Breakfast Meal Service:

☐ 1 hour before – 6:00am

☐ 1 hour after – 8:30am

☐ Lunch Meal Service:

☐ 1 hour before – 9:15am

☐ 1 hour after – 2:30pm

☐ **Between 8:30am - 9:15am**

☐ **After 2:30pm - 3:35pm**



What food and
beverage items would
the Beta Club be able
to sell?

Meat Sticks?

Snow Cones?

Doughnuts?

Soda Drinks?

Candy Bars?

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