



Swap your Snacks!

Smart Snack School Year 2014.....

The new Smart Snacks in School rules set limits on calories, fats, sugar and sodium and encourage the consumption of dairy, whole grains, protein, fruits and vegetables. **Schools must comply with these rules by July 1, 2014.**

Calorie limits

- Snacks must contain less than or equal to 200 calories
- A la carte entrees must contain less than or equal to 350 calories

Sugar limits

- Snacks must contain less than or equal to 35% sugar by weight

Sodium limits

- Snacks must contain less than or equal to 230mg of sodium until July 1, 2016; thereafter, snacks must contain less than or equal to 200mg sodium

Fat limits

- Total fat must be less than or equal to 35% of calories
- Saturated fat must be less than or equal to 10% of calories
- There must be no trans fat in the package as served

For high schools

- Calorie-free beverages are allowed in up to 20-oz containers (less than five calories per 8 ounce serving or less than or equal to 10 calories per 20 fluid ounces)
- Lower calorie drinks are accepted with up to 40 calories per 8 ounces or 60 calories per 12 ounces.

Beverage limits differ based on grade level

Allowable beverages for all students are limited to plain water (carbonated or uncarbonated), lowfat milk (unflavored) and nonfat milk (including flavored), nutritionally equivalent milk alternatives (as permitted by the school meal requirements), and full strength fruit or vegetable juices and full strength fruit and vegetable juice diluted with water or carbonated water.

Beverage portion limits are as follows:

- 8 fluid ounces for **elementary schools**
- 12 fluid ounces for **middle schools and high schools.**

With the exception of trace naturally

Please note: *the Smart Snacks In School rules do not apply to foods brought from home as bagged lunches or for birthday parties, off-campus fundraisers, athletic events and school plays or foods sold during non-school hours (30-mins after school).*