





Smart Snacks Fuel Students for Success

Katie Bark, RD, LN, SNS  
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## + Thanks to Rural Health Initiative

This webinar is being recorded and the link to it will be available at this website:

[http://montanaruralhealthinitiative.info/?page\\_id=16](http://montanaruralhealthinitiative.info/?page_id=16)

For registered attendees:  
**1 hour of OPI Renewal Unit** is available for this webinar.  
Please email [kbark@mt.gov](mailto:kbark@mt.gov) to request it.



Office of Rural Health  
Area Health Education Center

## + Objectives

*Participants will understand...*

- Reasons for the Smart Snack Policy
- What is the USDA's Smart Snack Policy
- How to implement it
- Helpful resources
- Successful strategies from Montana School Wellness Champions



## + Montana School Wellness Champions in Attendance

Dr. Kimberly DeBruycker, Superintendent  
Gallatin Gateway School (Grades K-8), Gallatin Gateway

Superintendent Tammy Lacey  
Great Falls School District, Great Falls


Denise Zimmer, Registered Dietitian/ Former School  
Wellness Coordinator – Hellgate Elementary School, Missoula

Christine Emerson, Registered Dietitian, State Director  
Montana Office of Public Instruction, School Nutrition Programs, Helena

## + First Poll Question

## Children's Diet Quality Needs Improvement

- Key nutrients, like calcium, iron, zinc, and fiber and often lacking in children's diets
- 40% of a child's daily calories are from added fat and added sugar



+ But it's just a mint..!



One mint per day adds up to over 3 cups of sugar and 3,600 extra calories over the course of the school year.

### Are Your Beverage Choices Weighing you Down?

Beverage	Calories
8 oz OJ	110 calories
12 ounces Medium Mocha	400 Calories
20 ounces Regular Cola	280 calories
16 ounce Fruit Drink*	230 calories
16 ounces Sweet Tea	200 calories
12 ounces Beer	150 calories
<b>TOTAL for a Day of Beverages</b>	<b>1,370 calories</b>


\* Energy, Sports Drinks, or Flavored Waters – Similar Calorie Levels

+ **S**chool  
**M**eals & **S**nacks  
**I**mprove  
**L**earning  
**E**nvironments



### The Learning Connection

- A recent study of 5,000 children found a significant association between **diet quality and academic performance.**
- A 2012 study also found a strong association between **healthier weights in adolescents (6,300)** in states that had policies requiring healthier snacks and drinks.



Action for Healthy Kids

Florence MD, Ashbridge M, Veugelers PJ. Diet quality and academic performance. Journal of School Health. 2008; 78: 209-215



### How To Support Students In Making Healthy Choices?


+ **GET REAL :**

- **R**eally Good Taste & Eye Appeal
- **E**asy to Access
- **A**LLOW Only Healthy Options
- **L**earn Why Need Healthy Foods ---EDUCATION




### + Healthy, Hunger Free Kids Act 2010

- Congress passes the law every four years
- **School Nutrition Programs**, Child and Adult Care Food Program and Women Infant Children
- Focused on strengthening support for child health and wellness , improving access to healthy foods and nutrition education



### + As part of your School District's Wellness Policy...Nutrition Guidelines for All Foods Available on Each School Campus:

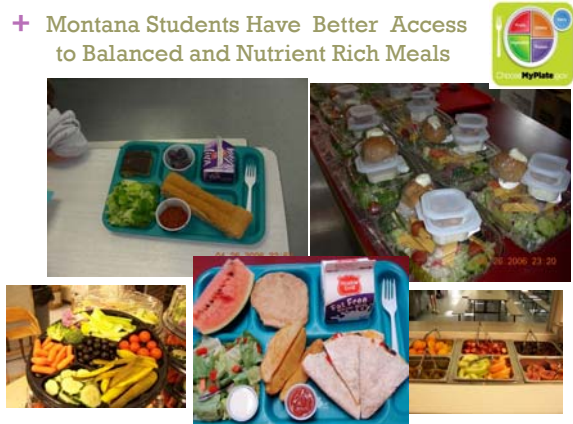

- 100% **Montana** schools are meeting the new breakfast and lunch meal patterns
- **Smart Snack Policy (including Fundraising methods)**

**2014-15 SY Priority**





### + Montana Students Have Better Access to Balanced and Nutrient Rich Meals

### + Serve up Smart Snacks with My Plate




[www.opi.mt.gov/smartsnackinschools](http://www.opi.mt.gov/smartsnackinschools)

### + Smart Snack Policy... Nutrition Standards for Foods

- Start gradual implementation in School Year – 2014-15
- Affects all Foods and Beverages **sold** in Student Stores, Vending Machines, A la Carte Programs and Fundraising
- **During the School Day** - which is midnight to 30 minutes after the bell
- **What is not affected:** Lunches brought from home, classroom parties, sports concessions, fundraisers not held during the school day

**Handout: Smart Snacks With My Plate**



### + An Opportunity to Step up to the Plate for SNACKS and BEVERAGES



One serving = 200 calories

**+ What Areas Will the Rule Affect?**

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- School Stores
- Foods sold a la carte with in food service
- Vending Machines
- Snack Bars
- Food-based fundraisers that take place during the school day

**+ What Areas Will the Rule Not Affect?**

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- Concessions after school, off campus, or on weekends
- Food & snacks students bring from home
- Classroom events (holiday parties)
- Teachers' lounges

**+ Second Poll Question**

**+ General Nutrition Standards for Foods**

Any food sold in schools satisfy one of the following:

- Be a "whole grain-rich" product; or
- First ingredient listed must be a fruit, vegetable, dairy product, or protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value of one of the nutrients of public health concern (calcium, potassium, vitamin D or dietary fiber)
  - Effective July 1, 2016, this criterion will be removed
  - Allowable competitive foods must be food group based after that date



**+ Use the Smart Snack Calculator to Check the Nutrient Standards for Items**

- Calorie Limits**
  - Snack items ≤200 calories
  - Entrée items ≤350 calories
- Sodium Limits**
  - Snack items ≤230 mg\*\*
  - Entrée items ≤480 mg
- Fat Limits**
  - Total fat: ≤35% of calories
  - Saturated fat: <10% of calories
  - Trans fat: zero grams
- Sugar Limit**
  - ≤35% of weight from total sugars in food

Smart Snack Calculator is available from Alliance for a Healthier Generation

**+ Specific Nutrient Standards for Foods:**

- Food accompaniments (salad dressing, cream cheese, etc)**
  - Must be included in nutrient profile and considered as part of the food sold.
  - Pre-portioning not required; an average portion may be determined.
- Fundraisers**
  - Food items sold meeting nutrition requirements are not limited.
  - Don't apply to fundraisers during non-school hours, weekends, off-campus events.

**+ Entrée (a la Carte) Foods – Choice 1** 25

- If entrée is served in the regular meal (breakfast and/or lunch) and as a la carte offering, it doesn't have to meet the Smart Snack nutrition standards on that day and the day after it is served.




**+ Smart Snack/Side Nutrition Facts** 26

- Calories < 200  
*% Daily Value*
- Total Fat < 35%
  - Sat Fat < 10 %
  - Trans Fat 0 (< 0.5 g per serving)
- Sodium ≤ 230 mg (including accompaniments)
- Sugar ≤ 35% [grams of sugar divided by total weight of serving in grams] times 100 = %

**+ Nutrition Standards for Beverages**

- Vary by grade level
- Identify specific types of beverages allowed
- Address container size



**+ Brain-Boosting Beverages 5 cal/oz** 28

	Elementary	Middle	High
<b>Flavored and/or Carbonated Beverages</b>			
≤ 40 Calories per 8 fl oz	NO	NO	≤ 8 fl oz
< 60 Calories per 12 fl oz	NO	NO	< 12 fl oz
< 10 Calories per 20 fl oz	NO	NO	≤ 20 fl oz
<b>Beverages with Caffeine</b>	No <small>Unless naturally occurring trace amounts</small>	No <small>Unless naturally occurring trace amounts</small>	YES <small>High school beverages may contain caffeine</small>
Plain water or plain Carbonated Water	No size limit	No size limit	No size limit

**+ Brain-Boosting Beverages:** 29


	Elementary	Middle	High
<b>Milk</b>			
Low fat (1%) Unflavored	< 8 fl oz	< 12 fl oz	< 12 fl oz
Skim Flavored or Unflavored	≤ 8 fl oz	< 12 fl oz	< 12 fl oz
Nutritionally Equivalent	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>Fruit and/or Vegetable Juice</b>			
100% Juice	≤ 8 fl oz	≤ 12 fl oz	< 12 fl oz
100% juice diluted with water and no added sweeteners (with or without carbonation)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz

**8ounce serving size limits – Elementary**

**12 ounce serving size limits - Middle and High Schools**

**+ Other Beverage Options for High Schools**

- **Calorie Free Beverages: up to 20 oz. serving size**
  - Calorie-free, flavored water (carbonated or noncarbonated)
  - Other flavored and/or carbonated beverages containing <5 calories per 8 oz., or ≤ 20 calories per 20 oz.
- **Low Calorie Beverages: up to 12 oz. serving size**
  - Beverages with ≤ 40 calories per 8 oz., or ≤ 60 calories per 12 fluid oz.



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## Smart Snack Calculator and Approved Product Lists

Use the **Alliance for a Healthier Generation** Smart Snack Calculator found at this link:

<http://tools.healthiergeneration.org/calc/calculator/>

**Connecticut State Department of Education – Lists of Approved Foods and Beverages**

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

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### List of Acceptable Foods and Beverages

**Timesaver Tip:** To search the list for specific foods, beverages or manufacturers, open the appropriate list. On the toolbar, click on "edit" then "find" and enter the information you are looking for.

<p><b>List of Acceptable Foods and Beverages</b></p> <ul style="list-style-type: none"> <li>List 1 Chips, Popcorn, Rice Cakes and Puffed Snacks</li> <li>List 2 Crackers, Pita Chips, Hard Pretzels and Snack Mix</li> <li>List 3 Cookies and Bars (e.g., granola, breakfast, cereal), including animal and graham crackers</li> <li>List 4 Bakery Products (e.g., soft pretzels, muffins, bagels)</li> <li>List 5 Cereals</li> <li>List 6 Nuts, Seeds, Soy Nuts, Trail Mix and Jerky</li> <li>List 7 Yogurt and Pudding</li> <li>List 8 Cheese</li> <li>List 9 Smoothies</li> <li>List 10 Frozen Desserts and Ice Cream</li> <li>List 11 Fruits and Vegetables</li> <li>List 12 Soups</li> <li>List 13 Non-entree Combination Foods</li> <li>List 14 Entrees</li> <li>List 15 Cooked Grains</li> <li>List 16 Beverages – Milk</li> <li>List 17 Beverages – Dairy Alternatives</li> <li>List 18 Beverages – 100% Juice</li> <li>List 19 Beverages – 100% Juice Frozen Slush</li> <li>List 20 Beverages – Water with Juice (Carbonated and Noncarbonated)</li> <li>List 21 Beverages – Water</li> </ul>	<p><b>Summary of Recent Updates</b> Changes since the previous online update of the list [PDF]</p> <p><b>Vendor Contact Information</b> Manufacturers, brokers and distributors that sell foods and beverages on the list [PDF]</p> <p><b>Submitting New Products for Approval</b> Information required to submit products to the CSDE for review [PDF]</p>
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## Fundraisers

- Fundraisers held during the school day do need to meet the nutrition standards
- Start working on making changes in this school year so can be in compliance by the 2015-16 School Year
- Resources and Ideas:**

Making Money the Healthy Way – Montana Made Successful Fundraisers  
<http://www.opi.mt.gov/pdf/SchoolFood/SmartSnacks/SuccessfulFundraisingIdeas.pdf>

- Fuel up to Play Cups Fundraiser - <http://fuelupcups.com/>

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## Ideas for Brain-Boosting Snacks:

- Dried Fruit**  
Raisins, mango, bananas
- Fruit Cups (fresh or canned)**  
berries, applesauce, peach
- Fresh Fruit**  
apple, pear, banana, kiwi
- Fresh Vegetables with Dip**  
hummus, low fat dressing, peanut butter
- Raw Vegetables**  
celery, carrots, broccoli, cherry tomatoes, snap peas, cucumber, peppers
- Grab and Go Salad**
- Whole Grain**
- Baked Chips and Tortilla Chips**
- Baked Crackers**
- Granola Bars and Cereal Bars**
- Sandwiches**
- Wraps**
- Bagels**
- Beef Jerky**
- Peanut Butter**
- Hard Boiled Eggs**
- Nuts and Seeds**
- Trail Mix**
- Yogurt**
- String cheese**
- Milk**

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## Recordkeeping

Records must be maintained by those designated as responsible for any competitive food service in the school.

**+ State Agency Monitoring** 37

- State agencies will monitor compliance with the standards through a review of local educational agency records as part of the State agency administrative review.
- If violations have occurred, corrective action plans would be required to be submitted to the State agency.

**+ Six Steps for Success**

1. **Know your Venues:** Take an inventory of the locations of where snacks and beverages are sold. Use the *Venue Survey Tool* to complete this step.
2. **Involve, Educate and Communicate with Others:** Build consensus through education and involvement. Communicate with all stakeholders. Use the *Smart Snacks...Just Enough Video* to complete this step. **Be sure to include Students!**
3. **Know Your Products:** Make an inventory list of the snacks and beverages sold at each venue and use the *Smart Snack Calculator* to determine which of the snacks and beverages meet the guidelines.

**+ Six Steps for Success**

4. **Work with Vendors:** Determine your Vendors and Vendor Contracts that are affected. Work with them on product selection. Host a "Voice Your Choice Tasting Party" with Students. Use the *Vendor Contact Tool* to complete this step.
5. **Determine the Fundraisers that are Affected:** Explore successful and realistic new fundraisers or modify products in current food fundraisers to meet the guidelines.
6. **Set a Realistic Timeline:** Schools have all year to meet this rule so take time to gradually take steps to implement it. Use up current products, talk with others for successful strategies, or products,

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/)

**+ LEARN MORE**

- Montana Office of Public Instruction, School Nutrition Programs Smart Snack Rule website: <http://opi.mt.gov/smartsnackinschools>
- USDA Smart Snack website: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>
- Alliance for a Healthier Generation Smart Snack website: [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/)



**+ Third Poll Question**

**+ Assistance Available from Montana Team Nutrition and Partners**

- School Wellness in Action Mini Grant Program coming in October 2014
- Fuel Up to Play 60 Grants – [www.fueluptoplay60.com](http://www.fueluptoplay60.com)
- Ask for help from Partners like Eat Smart Coalition or Action for Healthy Kids or FoodCorps members
- Plan to attend...**Thursday, October 30<sup>th</sup> at 3:30-4:30 School Wellness in Action Webinar. Registration information coming soon.**

+ Questions?

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+ Thank you!

**Katie Bark**  
Project Director  
Montana Team Nutrition Program

(406) 994-5641  
[kbark@mt.gov](mailto:kbark@mt.gov)  
[www.opi.mt.gov/MTeamNutrition](http://www.opi.mt.gov/MTeamNutrition)

Healthy Kids  
Healthy Communities

**Together  
Everyone  
Achieves  
More**

Gallatin Gateway Snack Cart

SNACK CART MENU

Apple Sauce Cup	100% Apple Juice Box	Fruit Snacks	Granola Bars	Hot Cocoa Bars	String Cheese
Yogurt - Orange	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Fruit Cup	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Child Freshen Fruit Cup	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Mixed Fruit	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Flavored Juice Box	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Flavored Juice Box	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Flavored Juice Box	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Flavored Juice Box	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese
Flavored Juice Box	100% Apple Juice Box	Trail Mix	Goldfish	White Cheddar Crackers	String Cheese

50 CENTS EACH

+ Making the Healthy Choice  
the Easy Choice

the School Day just got Healthier  
United States Department of Agriculture