

SMART SNACKS AND COMPETITIVE FOODS STANDARDS IN ARIZONA

ONLINE COURSE

PROFESSIONAL STANDARDS LEARNING CODE: 3230

LENGTH: 30 MINUTES

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"Smart Snacks and Competitive Foods Standards in Arizona" is intended for the School Food Authorities in the state of Arizona. All regulations are specific to operating the National School Lunch Program under the direction of the Arizona Department of Education. This guidance reflects guidance provided by USDA and ADE policy at the time this course was released.

IMPORTANT DEFINITIONS

The final rule includes these definitions:

Competitive Food: all food and beverages other than reimbursable meals, available for sale to students on the school campus during the school day.

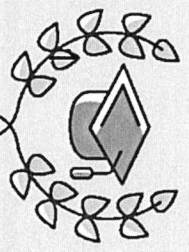
School Campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day: the period from the midnight before, to 30 minutes after the end of the official school day.

COMPREHENSION CHECK

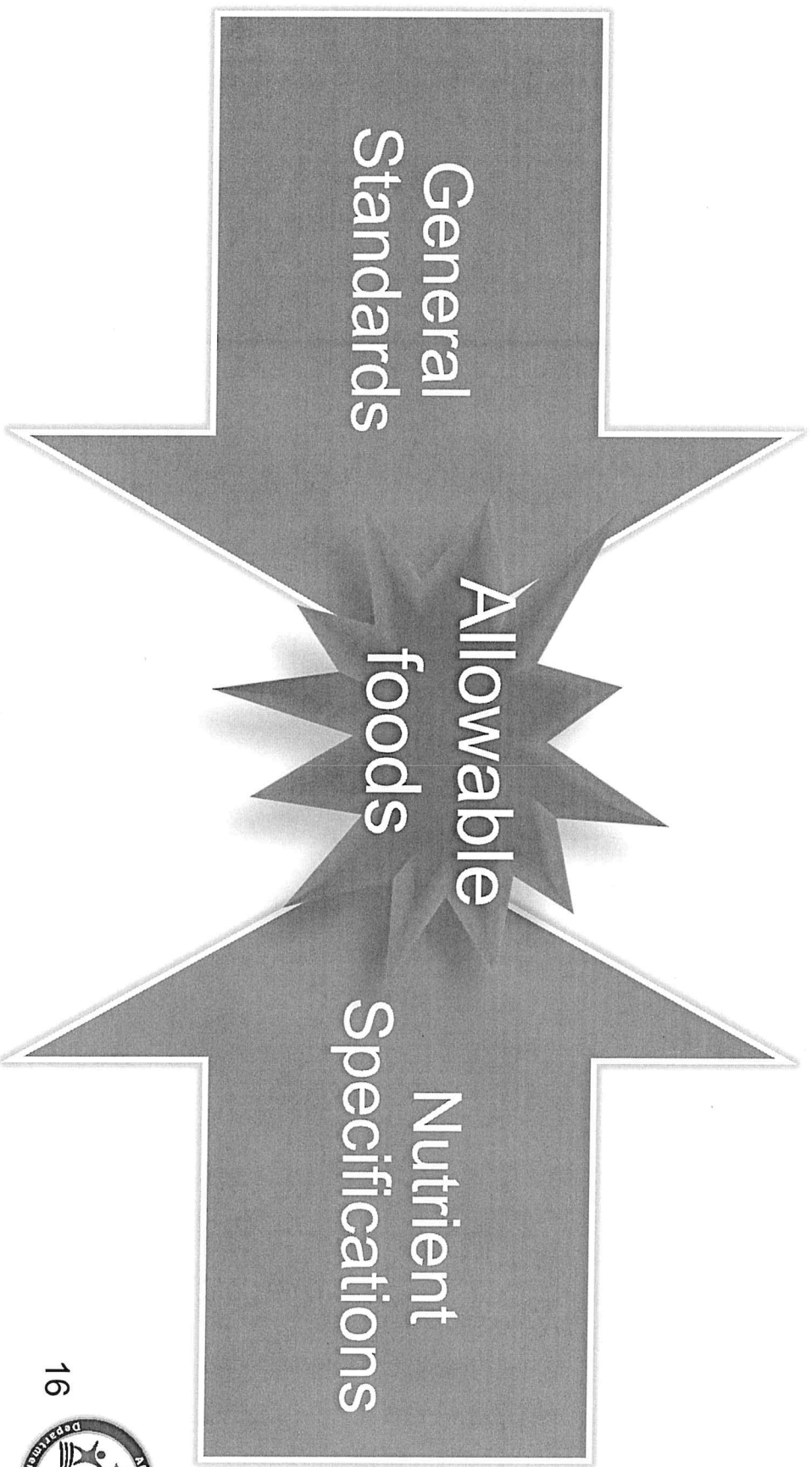
Smart Snacks guidelines apply during the school day. How is school day defined?

- A. From the first bell until the last bell
- B. 30 minutes before the first bell to 30 minutes after the last bell
- C. Midnight the night before to 30 minutes after the last bell
- D. There is no timeframe. It is set by the districts.



WHAT MAKES A FOOD SMART SNACK COMPLIANT?

In order to be considered a Smart Snack and be available for sale during the school day, foods must meet the nutrient specifications and the general standards.



SMART SNACKS: GENERAL STANDARDS

Foods must meet at least one of the following general standards criteria listed below. The food must:

- | |
|---|
| <ul style="list-style-type: none">• Be a whole grain-rich product |
| <ul style="list-style-type: none">• Have the first ingredient as a fruit, vegetable, dairy product, or protein food |
| <ul style="list-style-type: none">• Be a combination food with at least $\frac{1}{4}$ cup fruit and/or vegetable |

SMART SNACKS: NUTRIENT GUIDELINES

The foods are categorized as a snack or an entrée and must also meet all 4 nutrient requirements.

	Snack	Entree
Calories	≤ 200	≤ 350
Sodium	≤ 200 mg per portion as packaged	≤ 480 mg per portion as packaged
Fat: Total Fat Saturated Fat	≤ 35% calories < 10% calories	≤ 35% calories < 10% calories
Sugar	≤ 35% weight from total sugars in food	≤ 35% weight from total sugars in food

BEVERAGE GUIDELINES

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	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
Calorie-free 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.
Lower-Calorie Beverages	Not allowed	Not allowed	Maximum 12 fl. oz. • Up to 40 cals/8 fl. oz. • Up to 60 cals/12 fl. oz.
Isotonic Sport Drinks	Not allowed	Not allowed	Must meet the Calorie Free or Lower-Calorie beverage requirements