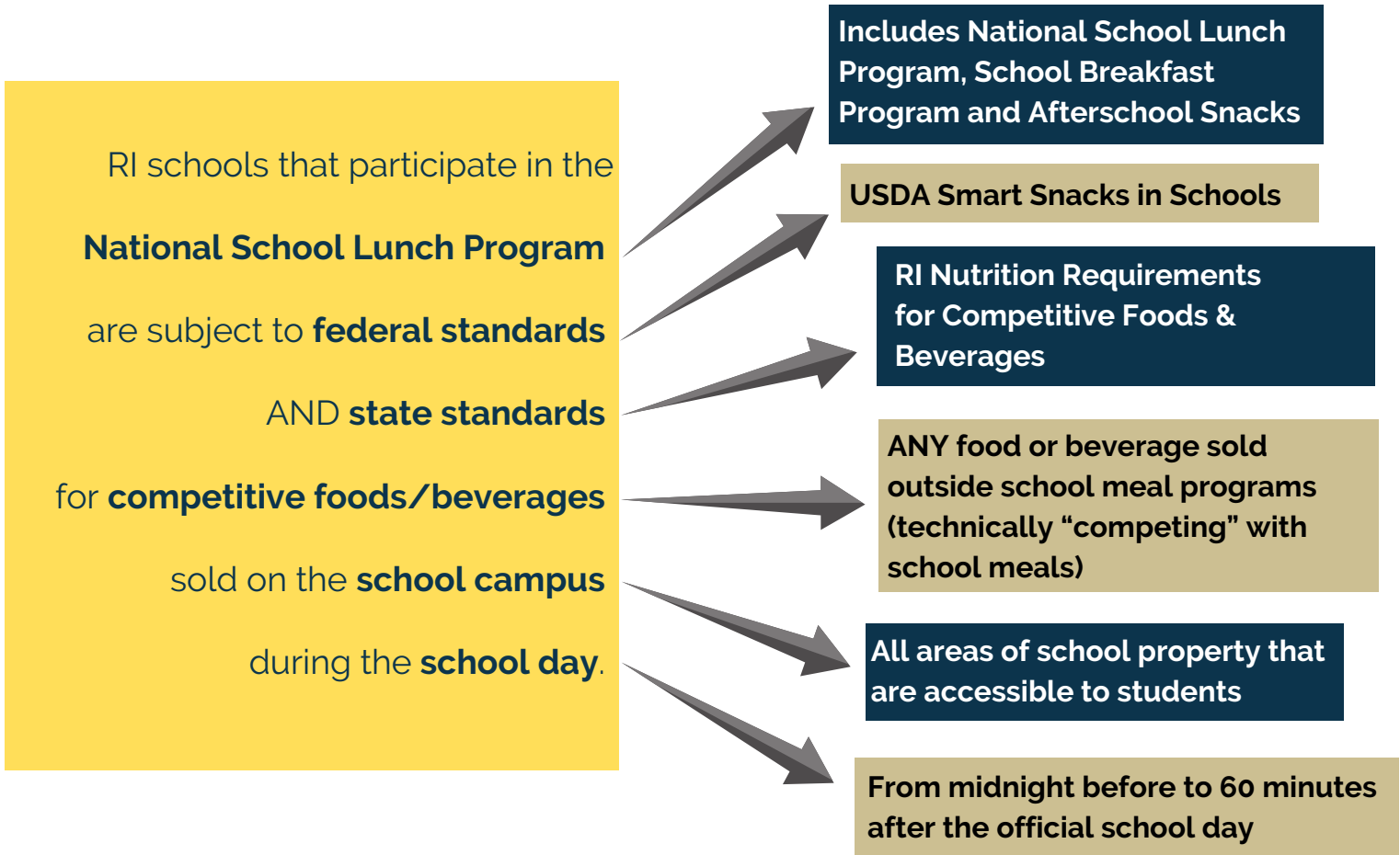


Guidance for Healthy & Compliant School Snacks

TO MEET BOTH FEDERAL AND RHODE ISLAND STANDARDS



Fruits, vegetables and water with no added ingredients always meet BOTH federal and state standards!

***Note that USDA exempts a few healthy foods/food combos from some nutrient requirements. These exemptions include certain canned fruits/veggies, reduced fat cheese, eggs, dried fruit, and more. See all exemptions in the full [Guide to Smart Snacks in School](#) (page 10), linked here.

Competitive foods & beverages include all foods & beverages sold outside the National School Lunch Program during the school day...

- ...as a la carte sales in middle/high school cafeterias (a la carte sales limited in elementary schools to water, milk, 100% juice, fresh fruits & vegetables, and yogurt)
- ...in school vending machines
- ...as part of school fundraising with foods/beverages consumed on school campus
- ...in school stores or snack bars

All competitive foods & beverages sold in RI schools that participate in the National School Lunch Program must meet BOTH federal AND state standards:

STANDARDS FOR FOODS

Federal Smart Snacks General Standards

The food must:

Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient)

OR

Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) as the first ingredient*

OR

Be a combination food that contains at least ¼ cup of fruit and/or vegetable

*If water is the first ingredient, the second ingredient must be one of the above

&

Federal Smart Snacks Nutrient Standards

The food must meet the nutrient standards for calories, sodium, sugar, and fats (including any added accompaniments such as butter, cream cheese, and salad dressing):

Calories: 200 calories or less (350 or less for an entree sold a la carte)

Total Fat: 35% of calories or less

Saturated Fat: Less than 10% of calories

Trans Fat: 0 g

Sugar: total grams=35% or less of product weight

Sodium: 200 mg or less (480 mg or less for an entree sold a la carte)

AND

State of RI Nutrition Standards

NO artificial sweeteners or sugar alcohols*

NO caffeine (except in naturally occurring trace amounts)

*Sugar alcohols can be identified on ingredients labels. They include sorbitol, xylitol, glycerin, erythritol, hydrogenated starch hydrolysates, among others

STANDARDS FOR BEVERAGES

Federal Smart Snacks Standards

LEVEL	ELEMENTARY	MIDDLE	HIGH
Water Plain, with or without carbonation	No limits	No limits	No limits
Milk Flavored or unflavored Low-fat or fat-free	8 ounces	12 ounces	12 ounces
Juice 100% fruit or vegetable	8 ounces	12 ounces	12 ounces

AND

State of RI Nutrition Standards

NO artificial sweeteners or sugar alcohols*

NO caffeine (except in naturally occurring trace amounts)

NO added sweeteners (except for flavored non-fat milk)*

*Added sweeteners include high fructose corn syrup, white sugar, brown sugar, corn syrup, dextrose, malt syrup, honey, molasses, fruit juice concentrate, among others

REFERENCES & HELPFUL LINKS

FEDERAL STANDARDS: USDA SMART SNACKS IN SCHOOL

A Guide to Smart Snacks in Schools (USDA, updated for 2019-2020 school year)
https://fns-prod.azureedge.net/sites/default/files/resource-files/USDSmartSnacks_508_62019.pdf
******Healthy exemptions to nutrient requirements: see Page 10**

Smart Snacks Calculator (Alliance for a Healthier Generation)
<https://foodplanner.healthiergeneration.org/calculator/>

Smart Foods Planner Product Finder (Alliance for a Healthier Generation)
<https://foodplanner.healthiergeneration.org/products/>

STATE STANDARDS: RI NUTRITION REQUIREMENTS FOR COMPETITIVE FOODS & BEVERAGES

RI Regulation and Law Governing Nutritional Requirements

http://www.ride.ri.gov/Portals/0/Uploads/Documents/Board-of-Education/Regulations/200-RICR-20-25-4_Final_121818.pdf
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>

REMEMBER: when using national Smart Snacks tools such as this Smart Snacks Calculator or listing of Smart Snacks compliant foods/beverages to assess your snack, you must also make sure it has **NO artificial sweeteners, NO added sweeteners (if it's a beverage other than flavored non-fat milk) and NO caffeine per RI Nutritional Requirements**