

### USDA Smart Snacks

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<b>Snacks</b>	Applies to all foods sold outside the school meal programs, on the school campus, at any time during the school day.	Standard to be followed effective July 1, 2014
<b>General Standard</b>	<p><b>Any food sold in schools must:</b></p> <p>Be a whole grain-rich grain product <b>OR</b></p> <p>-Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain <b>OR</b></p> <p>-Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; <b>OR</b></p> <p>--Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).</p>	USDA
<b>Calories</b>	<150 calories Snack item R.S. 197.1 does not provide for an exemption for entrees	State of Louisiana
<b>Accompaniments</b>	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile	USDA
<b>Sodium</b>	<230 mg of sodium snack item 197.1 does not provide for an exemption for entrees	R.S. State of Louisiana
<b>Total Fat</b>	<35% calories from fat. 197.1 does not provide for an exemption for reduced fat cheese, seafood with no added fat, or part-skim mozzarella. Exemptions are allowed for unsweetened or uncoated nuts and seeds.	R.S. USDA and State
<b>Saturated Fat</b>	<10% of calories from saturated fat	USDA
<b>Trans Fat</b>	0% trans fat	USDA
<b>Sugars</b>	<30% of weight from total sugars in foods and <30 g of sugar per serving. Dried fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seeds are exempt as long as they do not exceed 30 g of sugar per serving.	USDA and State
<b>Fresh Pastries</b>	Fresh Pastries may not be sold to students at or on the grounds of public elementary and secondary schools,	State of Louisiana
<b>BEVERAGES</b>		
<b>Water</b>	Bottled water, plain-may be sold during the school day	USDA and State
<b>Milk, Elementary School</b>	Elementary Schools-Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives	State of Louisiana
<b>Milk, High School</b>	Low-fat milk, skim milk, and non-dairy milk.	State of Louisiana
<b>Juice and Juice with additives</b>	100% fruit or vegetable juices. Must have no added sugar. See Beverage portion restrictions.	USDA and State
<b>Beverages, Elementary School</b>	Schools may sell <b>ONLY</b> plain water-with or without carbonation, unflavored low-fat milk, unflavored or flavored fat free milk and milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water-with or without carbonation, and no added sweeteners.	USDA
<b>Beverages, High School</b>	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain ≤5 calories per 8 ounces.	State of Louisiana
<b>PORTION SIZES</b>		
<b>Diet Beverage Portion Restriction High School</b>	No more than 20 ounce portions of calorie-free, flavored water; and other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces	USDA
<b>Beverage Portion Restriction High School</b>	No more than 12 ounce portions of beverages with ≤40 calories per 8 fluid ounces, or ≤60 calories per 12 fluid ounces	USDA
<b>Milk and Juice Portion Sizes</b>	Elementary schools may sell up to 8 ounce portions, while middle schools and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for plain water.	USDA
<b>Caffeine</b>	No Caffeine is allowed for Elementary and Middle Schools. No Caffeine restriction for High School.	USDA
<b>FUNDRAISERS</b>		
<b>Fundraisers</b>	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.	State of Louisiana
<b>DEFINITIONS</b>		
<b>Definition of a school day</b>	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.	USDA
<b>Definition of school campus</b>	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.	USDA
<b>Definition of high school</b>	Any school whose grade structure falls within the six through twelve range and includes grades in the ten to twelve range, or any school that contains only grade nine.	State of Louisiana