

Healthy Snacking in Schools

Whitsons School Nutrition is committed to providing the best combination of nutrients available to your child while they are in our care. Our highest priority is to serve your children healthy meals that offer them the best in choice, quality and taste.

The USDA has recently changed the regulations regarding snacks in schools

These mandated changes are part of the Healthy Hunger Free Kids Act of 2010 (HHFKA) and require snack foods and beverages sold to children at school during the school day to meet certain nutritional guidelines.

What does this new ruling mean for my child?

This ruling ensures that children are only offered nutritious foods during their school day and minimizes their exposure to “junk” foods.

The standard requires all foods sold in school to:

- Be whole grain or whole grain rich; or
- Have a fruit, a vegetable, a dairy product or a protein as first ingredient; or
- Be a combination food of at least 1/4 cup of fruit and/or vegetable.

These foods must also meet the following nutrient requirements:

Calories		Sodium		Fats	Sugar
Snack/Sides	Entrees	Snack/Sides	Entrees	Snack/Sides/Entrees	Snack/Sides/Entrees
200 or less	350 or less	230mg* or less	480mg or less	Total fat: less than 35% of total calories Saturated fat: less than 10% of total calories	Contain less than 35% of total weight from sugar

- Exemptions for these rules are: reduced fat cheese, dried fruits or vegetables (whole or pieces), dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners (required for processing or palatability), nuts, seeds and nut/seed butters, seafood with no added fat, etc. This list is not exhaustive. Check with your Food Service Director for more information.
- Yogurt is allowed as long as it is low-fat or non-fat yogurt with less than 30g of sugar per 8oz.

*On July 1st, 2016, snack items must contain less than 200mg of sodium.



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What about beverages?

This rule also applies to beverages. The ruling requires that beverages sold at all school levels be:

- Regular or carbonated water
- Unflavored 1% or fat free milk
- Fat free flavored milk and allowed milk alternates
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water and no added sweeteners



	Elementary	Middle School	High School
Plain/Carbonated Water	Any size	Any size	Any size
Low-fat/fat free milk (unflavored)/ fat free milk (flavored)	8oz or less	12oz or less	12oz or less
100% Fruit/Vegetable Juice	8oz or less	12oz or less	12oz or less
Other flavored/ carbonated drinks 20oz or larger	Not allowed	Not allowed	Must be 5 calories or less per 8oz; or 10 calories or less per 20 oz.
Other flavored/ carbonated drinks 12oz or larger	Not allowed	Not allowed	Must be 40 calories or less per 8oz; or 60 calories or less per 12oz.



What about a la carte items?

Lunch or breakfast items served a la carte are exempt from this standard ONLY IF they're served the same day or the next day and were included in the regular lunch or breakfast menu. All side dishes sold a la carte are never exempt from this rule.



Do these changes affect fundraising activities?

It depends on the state you live in. Different states have different restrictions on a la carte and fundraising sales. Contact your Food Service Director for more information.