

## WASHINGTON COUNTY SCHOOL DISTRICT SMART SNACKS PLAN 2014-15

**DISTRICT COUNCIL:** Brent Bills, Director Business Dept.; Richard Holmes, Secondary Assistant Superintendent; Rex Wilkey, Elementary Assistant Superintendent; Craig Hammer, Executive Director; Sharon Stucki, Food Services Coordinator; Karen Bess, Director Student Services; Brian Stevenson, Principal Desert Hills Middle School; Sharla Campbell, Principal Dixie High School; Faith DeViney, Lead Registered Nurse.

**PURPOSE:**

**To create an Environment that Reinforces Healthy Eating Habits, Promotes Student Health & Lifelong Wellness**

As a part of the Healthy, Hunger Free Kids Act, “Nutrition Standards for All Foods Sold in Schools,” (also referred to as the “Smart Snacks Rule”), is an *interim* final rule. This rule creates practical, science-based nutritional standards and guidelines which must be met by **ALL** foods (snacks and beverages) **sold** outside of the school meals program on the school campus, during the entire school day (30 minutes after school to midnight). The rule applies to a la carte foods (N/A in WCSD), vending machines, school stores, snack bars/sports field concession stands and fundraisers.

Fundraisers are defined as an event that includes any activity during which currency/tokens/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. A vending machine *may* be considered a fundraiser when the profits are used to support a school-sponsored club or activity (school band, football team, etc.). A limited number of fundraisers (no more than 3 times per year per site, with each fundraiser lasting no longer than 5 consecutive school days) may be allowed which do not meet the standards. The rule does not affect food sold after school, on weekends, off campus concessions; or foods and snacks that students bring from home, classroom events (birthdays, holiday parties, etc.), or in the teacher lounges.

Any entity wishing to have a fundraiser, whether it meets standards or not, must complete the “School Site Fundraiser Application and submit it to the school for approval. (Templates located on this site). Note: fundraisers also affect CTE programs.

Utah Rule R277-719 went into effect July 1, 2014; however, schools may gradually phase in the changes over the first year. Additional restrictions may go into effect by July 2016.

2014-15 Beverages:	2014-15 Foods:	Implementation & Action Steps:	
<p><b>Elementary &amp; Middle Schools may sell:</b></p> <ul style="list-style-type: none"> <li>-Plain water</li> <li>-Plain low fat milk 8 oz. or less</li> <li>-Plain or flavored fat-free milk &amp; milk alternatives (NSLP/SBP) 8 oz. or less</li> <li>-100% fruit or vegetable juice 8 oz. or less</li> </ul>	<p><b>Foods sold must:</b></p> <ul style="list-style-type: none"> <li>-Be either fruit, vegetable, dairy product, protein food, whole-grain rich:</li> <li>-Food that is more than 50% whole grain by weight, or food that has grains, fruits, vegetables, dairy or protein as the 1<sup>st</sup> ingredient or 2nd after water</li> </ul>	<p><b>-District shall create a healthy vending machine &amp; snack program; including appropriately utilized revenues:</b></p> <p><b>-Administrator Awareness &amp; Professional Development:</b></p> <ul style="list-style-type: none"> <li>-Principals Meeting Aug. 2014</li> <li>-Information provided electronically:               <ul style="list-style-type: none"> <li>● WCSD Smart Snacks Plan/Policy</li> </ul> </li> </ul>	

<p>-No caffeinated beverages</p> <p><b>High Schools may sell:</b></p> <ul style="list-style-type: none"> <li>-Plain water</li> <li>-Plain low fat milk 12 oz. or less</li> <li>-Plain or flavored fat-free milk and milk alternatives 12 oz. or less</li> <li>-100% fruit or vegetable juice 12 oz. or less</li> </ul> <p><b>-Not during meal service, High Schools may also sell:</b></p> <ul style="list-style-type: none"> <li>-Calorie-free, flavored &amp;/or unflavored carbonated water 20 oz. or less</li> <li>-Other “calorie-free” beverages that comply with the FDA standard of less than 5 calories per serving 20 oz. or less</li> <li>-Lower calorie beverages &lt; 40 or &lt; 50 calories per 8 oz. serving; 12 oz. or less</li> </ul>	<p>-OR a combination food that contains at least ¼ cup of fruit/vegetable (canned, fresh &amp; frozen fruits &amp; vegetables are exempt as long as there are no added ingredients except water)</p> <p>OR</p> <ul style="list-style-type: none"> <li>-Naturally contain 10% of the Daily Value (DV) of a nutrient cited as a public health concern in the 2012 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)</li> </ul> <p>-Calorie limits:</p> <ul style="list-style-type: none"> <li>● Snack &lt; 200</li> <li>● Entrée &lt;350</li> </ul> <p>-Sodium limits:</p> <ul style="list-style-type: none"> <li>● Snack &lt;200 mg</li> <li>● Entrée &lt;480 mg</li> </ul> <p>-Fat limits:</p> <ul style="list-style-type: none"> <li>● Total fat &lt; 35% of cal</li> <li>● Sat. fat &lt;10% of cal</li> <li>● Trans fat 0 grams</li> </ul> <p>Sugar limits:</p> <ul style="list-style-type: none"> <li>● &lt;35% of cal from total sugars OR</li> <li>● &lt;35% of weight from total sugars</li> </ul>	<ul style="list-style-type: none"> <li>● School Site Fundraiser Applications</li> <li>● US Dept of Agriculture: Smart Snacks in School brochure</li> <li>● Allowable Products (collection of lists and/or websites)</li> </ul> <p><b>-Student Awareness of Healthy Choices:</b></p> <ul style="list-style-type: none"> <li>● School Website &amp;/or Handbook</li> </ul> <p><b>-Record Keeping &amp; Accountability:</b></p> <p>-School Autonomy for Vending Machines:</p> <p>-For schools that contract services, they may rely on the vendors to take responsibility for allowable items in the vending machines and provision of accompanying documentation</p> <p>-For schools independently operating vending machines, the Principal or an appointee must take responsibility</p> <p>-Schools must ensure that:</p> <ul style="list-style-type: none"> <li>● Vending machines are stocked only with items from approved lists</li> <li>● Any item sold in <b>any of the required settings</b> is verified as approved as per list</li> <li>● A copy of the Nutritional Facts for each item sold within the school will be kept on file</li> <li>● School Site Fundraiser Application documentation must be maintained at the school for 3 yrs plus the current year</li> <li>● Revenues are appropriately used toward: student body programs or school sites</li> </ul>
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**Monitoring & Timeline**

- School Food Authority (SFA)/Governing Body includes: school food service, school and district representatives; ie: Smart Snack District Council
- USOE Child Nutrition Program Staff through Child Nutrition Administrative Review - ARA Review will take place in February
- Documentation will be required that demonstrates that the standards and requirements have been met; ie: product specifications, manufacturer statements, standardized recipes, Smart Snack calculator prints, or other documentation to support classification of non-exempted and exempted food and beverage sales
- Fundraiser applications must be kept for 4 years and will be reviewed by the District Nutrition Services Director & USOE Child Nutrition Program Director annually
- Upon 2015 ARA Review 100% of the elementary and intermediate schools (k-7th) will meet the smart snack standards by having 80% of the beverages and foods sold in all required settings in compliance with the rule.
- Upon 2015 ARA Review 100% of the secondary schools (8th-12th) will meet the smart snack standards by having 60% of the beverages and foods sold in all required settings in compliance with the rule.