Calculator link below along with USDA “SMART SNACKS” regulations

<https://foodplanner.healthiergeneration.org/calculator/>

Beginning July 1, 2014, USDA “SMART SNACKS” regulations must be implemented for ALL foods and beverages sold in schools, as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). Students will be able to buy snacks that meet common-sense standards for fat, saturated fat, sugar and sodium, while promoting products that are whole grain-rich, low fat dairy, fruits, vegetables or protein foods as their main ingredients.

 Overview

 Smart Snacks guidelines closely resemble existing State Board of Education Policies (4003 & 4004) regarding beverages and vending. Smart Snacks and SBE Policies apply to all foods and beverages available to students through:

  Vending machines

 Student stores

  Snack bars

 Fundraisers

  Any other sales

In addition, SBE Policy 2002 states: no food items will be sold on the school campus for one (1) hour before the start of any meal services period, including breakfast if offered.

 Smart Snacks guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day or 4:00 p.m., whichever is later.

Rule 17.2 Competitive Food. To ensure that children are not in the position of having to decide between non-nutritious foods immediately before or during the meal service period:

1. No food items will be sold on the school campus for one (1) hour before the start of any meal services period.
2. The school food service staff shall serve only those foods which are components of the approved federal meal patterns being served (or milk products) and such additional foods as necessary to meet the caloric requirement of the age group being served.
3. With the exception of water and milk products, a student may purchase individual components of the meal only if the full meal unit also is being purchased.
4. Students who bring their lunch from home may purchase water and milk products.

This policy should be viewed as a minimum standard. Local boards of education are encouraged to develop more comprehensive restrictions.

Source: Miss. Code Ann. § 37-1-3 (Revised 10/2007)

The USDA Food Patterns were developed to help individuals carry out [*Dietary Guidelines*](https://www.fns.usda.gov/dietary-guidelines) recommendations. They identify daily amounts of foods, in nutrient-dense forms, to eat from five major food groups and their subgroups. The patterns also include an allowance for oils and a limit on the maximum number of calories available for other uses, such as added sugars, solid fats, added refined starches, or alcohol. Three USDA Food Patterns have been developed to allow for flexibility in how Dietary Guidelines recommendations can be met: the Healthy U.S.-Style Pattern, the Healthy Vegetarian Pattern, and the Healthy Mediterranean-Style Pattern.

Recommended amounts and limits in the three USDA Food Patterns at 12 calorie levels, ranging from 1,000 calories to 3,200 calories, are shown in documents below. Patterns at 1,000, 1,200, and 1,400 calorie levels meet the nutritional needs of children ages 2 to 8 years. Patterns at 1,600 calories and above meet needs for adults and children ages 9 years and older. Individuals should follow a pattern that meets their estimated calorie needs, which can be found in the "Energy Levels Used for Assignment of Individuals to USDA Food Patterns" table, in the technical tables below.

Smart Snacks guide from our wellness policy

[I](https://foodplanner.healthiergeneration.org/calculator/) am here to give clarity to the smart snacks standards and competitive food policy

Smart Snacks guidelines applies to all foods and beverages sold to student during the school day

No food are to be sold during the school day up to 30 minutes after the end of the school day or 4:00 p.m., whichever is later.

If there is a special event during the school day and snacks are sold, they must be smart snack approved

Approved fundraisers that are meant to be sold outside of school are exempt from the nutrition standards; ex; world’s finest chocolate

Competitive Food Policy

No food items are to be sold on the school campus for one (1) hour before the start of any meal services period.

Children are not to eat candy during the school day.

Schools can decide what is sold at school events outside of the school hours

Parent-student handbook 52-53

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