

SMART SNACK NUTRITION STANDARDS PROCEDURES FOR FOOD SERVICE MEADE COUNTY BOARD OF EDUCATION

Meade County School District utilizes a systematic process for determining compliance with smart snacks guidelines. In order to meet compliance with non packaged or recipe food items we use Smart Snacks Product Calculator, Health-e-Pro Menu Planning, product specification sheets, and the food buying guide. We monitor the total fat, saturated fat, trans fat, sodium, calories, and total sugars based on SCN Nutrient Standards for all Competitive Food items including their accompaniments and combination foods. Our process uses all of the above in determining compliance.

1. Smart Snacks Product Calculator

- First utilize the Smart Snacks Product Calculator for items with packaged labels. We use Health-ePro Menu Planning, GFS and manufacturer specification sheets to determine nutrient label accuracy. This tool helps ensure that the nutritional information aligns with the smart snacks nutrition standards.

2. Health-e-Pro Menu Planning

- Secondly use Health-e-Pro Menu Planning as a resource for packaged and non-packaged recipe items. This tool provides detailed nutrition calculations to monitor standards.

3. Product Spec Sheets

- refer to product spec sheets from GFS and manufacturer for detailed information on the nutritional content of specific ingredients or pre-packaged items. CN labels are also used to determine portion sizes.

4. USDA Food Buying Guide

- Use the food buying guide to establish appropriate portion sizes according to the product information, especially whole food items being used for recipes.