## USDA Competitive Foods Regs (Smart Shacks) and Florida Rule (FDACS 5p-1.003) Summary of Changes

All food sold on campus from midnight to 30 minutes after lunch service ends, to include by Food Service, in vending machines, during fundraisers and other activities must meet the requirements of the 7 CFR 210.11 (Smart Snacks Rule - see chart below). After-school events, off-campus events and non-food based sales are not affected by this rule.

Florida's rule allows th hool oard to approve a special exemption from the nutrition standards of the Smart Snacks Rule for an infrequent fundraiser operating at a maximum number of days by the following school levels: elementary (PK-6): 5 days; middle (6-8): 10 days; high (9-12): 15 days; and combination schools (K-8, K-12, 6-

## Smart Snacks Rule Nutritional Requirements

Food	<u>Requirement</u>
Calories	Entrée: <350 Calories/Serving
	Snack: <200 Calories/Serving
Fat	<35% of Total Calories From Fat as Packaged/Served
Sat Fat	<10% of Total Calories From Fat as Packaged/Served
Trans Fat	Zero Trans Fat/Serving as Packaged/Served
Total Sugar	<35% of Weight of Total Sugars Per Item
Sodium	Entrée: <480 mg
	Snack: <230 mg
Grain	Must Be Whole-Grain Rich (<50% Whole Grain) or
	Have Fruit, Vegetable or Dairy Product as First Ingredient
Combination	Must Contain Either 1/4 Cup Fruit or Vegetable
Foods	
<u>Beverages</u>	
∃ementary &	Water, Plain Carbonated or Non-Carbonated, Any Size
Middle	
	Milk, Unflavored Low-Fat or Non-Fat and Flavored, Non-Fat (8oz max)
	100% Fruit or Vegetable Juice (8oz max)
	100% Fruit or Vegetable Juice Diluted With Water, Carbonated or Not (8oz
	max)
	No Caffeine Allowed
High (9-12 Only)	All Above Options with 12 oz. max
	Calorie-Free Flavored Water, Carbonated or Not (20oz max)
	Calorie-Free (20 oz. max) or Low-Calorie (12 oz. max) Carbonated Beverages
	No Time or Location Restrictions on Approved Beverages
	No Caffeine Restrictions

Here is a link to a Smart Snacks calculator that can assist you in determining if a particular item meets the nutritional requirements of the regulations.

https://www.healthiergeneration.org/take\_action/schools/snacks\_and\_beverages/smart\_snacks/alliance\_product\_calculator/