

# Oregon Smart Snacks Standards

These regulations apply to all Oregon Sponsors participating in National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Oregon Smart Snacks Standards is a blend between the *Federal Smart Snacks in School Rules*, 7 CFR 210.11 and the *Oregon School Nutrition Standards*, ORS 336.423, recently amended by HB2404. Sponsors may, as part of their Local Wellness Policy, have more restrictive standards for foods and beverages sold at schools. In these cases, the most restrictive policy should be followed.

Oregon Smart Snacks Standards apply to all foods and beverages sold to students:

- Outside school meals:
  - A la carte (milks, beverages, single items, entrées)\* see exemptions below
  - In school stores/snack bars
  - Fundraising activities/events
  - Vending machines
- On the “school campus”
- At any time during the “school day”

Definitions:

**School campus** - all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

**School day** - the period anytime in the morning before school begins through to the end of the extended school day for activities such as clubs, yearbook, athletic practice, band, drama rehearsals, and child care programs or other student extracurricular activities.

Foods and beverages Exemptions from Oregon Smart Snacks Standards:

- \*NSLP and SBP main dishes, including Whole-Grain Rich based entrees for breakfast, can be sold to students as a la carte or as a second meal on day of service or day after service in the same or smaller portion sizes. See also Reference: *USDA SP 35 2014*
- Foods and beverages sold to adults: parents, teachers, administrators and school staff
- Sugar-free chewing gum
- Fresh and frozen fruits or vegetables with no added ingredients except water
- Canned fruit packed in 100 % fruit juice or light syrup or extra light syrup or water only
- Canned vegetables that contain a small amount of sugar for processing purposes, to maintain the quality and structure of the vegetable

Each non-program food or beverage being sold to students, no matter how similar in brands, flavors, or types, must be evaluated and meet the Oregon Smart Snacks Standards.

Special Notes

Oregon Smart Snacks Standards: Beverages						
Type of Beverage	Grades K-5		Grades 6-8		Grades 9-12	
	Serving size limit	Calorie Maximum	Serving size limit	Calorie Maximum	Serving size limit	Calorie Maximum
Water, (Plain) with or without carbonation	All grades - No size limits					
Flavored, (non-caloric) with or without carbonation	May not be sold		May not be sold		20 oz.	0 cal.
Fruit or Vegetable Juice, full strength or diluted with water only, and no added sugar or sweeteners	≤ 8 fl. oz.	120 calories (15 cal. per fl. oz.)	≤ 10 fl. oz.	150 calories (15 cal. per fl. oz.)	≤ 12 fl. oz. (may contain caffeine)	180 calories (15 cal. per fl. oz.)
Milk: 1% unflavored or any flavored or unflavored fat free	≤ 8 fl. oz.	150 calories (18.75 cal. per oz.)	≤ 10 fl. oz.	190 calories (18.75 cal. per oz.)	≤ 12 fl. oz. (may contain caffeine)	225 calories (18.75 cal. per oz.)
	(Including nutritionally equivalent milk alternatives as permitted by the school meal requirements; see approved milk substitution list at: <a href="http://www.ode.state.or.us/search/page/?id=3429">http://www.ode.state.or.us/search/page/?id=3429</a> )					
Low or No Calorie Beverages, with or without carbonation, and with or without caffeine	May not be sold		May not be sold		≤ 20 fl. oz., 10 calories ( ≤ .5 calories / ounce) (may contain caffeine)	
Other Beverages, with or without carbonation and with or without caffeine	May not be sold		May not be sold		≤ 12 fl. oz., 60 calories (< 5 calories / ounce) (may contain caffeine)	

### Oregon Smart Snacks Standards: Snacks

**Snacks or Side Dishes must first be one of the following:**

- Be a “whole grain-rich” grain product; **OR**
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **OR**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; **OR**
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)- expires June 30, 2016.

**And meet the nutrient standards below:**

	Grades K-5	Grades 6-8	Grades 9-12
Serving Size	<i>Single-serving</i> , per item as packaged or served, including any condiments offered with snack		
Calories per serving	≤ 150 Calories	≤ 180 Calories	≤ 200 Calories
Total Calories from fat*	≤ 35% of total product calories		
Saturated fat **	< 10% of total product calories		
Trans fat (gram)	0 grams		
Sugar Content by <u>weight</u> ***	≤ 35% of total product weight from total sugars (in grams)		
Sodium Limit	≤ 230 milligrams (mg) (Effective July 1, 2016 sodium limit lower to ≤ 200 mg)		

Snacks

**Exemptions:**

\* Total Calories from fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, eggs, legumes, nuts, nut butters, seeds, seed butters, and products that consist of only dried fruit with nuts or seeds, or both, with no added nutritive sweeteners or added fats, and seafood with no added fat when not part of a combination food.

\*\* Saturated fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, eggs, nuts, seeds, nut and seed butters, and products that consist of only dried fruit with nuts or seeds or both, with no added nutritive sweeteners or added fats, when not part of a combination food.

\*\*\* Sugar limit does not apply to products that consist of only dried fruit with nuts and seeds, or both, with no added nutritive sweeteners or fats, dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners or added fats and dried fruits with nutritive sweeteners that are required for either processing or palatability purposes or both.

### Oregon Smart Snacks Standards: Entrées

**\*Entrée must contain meat or meat alternate and one of the following:**

- a combination food containing meat or meat alternates and whole grain rich food; OR
- a combination food containing meat or meat alternates where the first ingredient on the ingredient label or heaviest weighted ingredient in a scratch recipe is either a fruit, vegetable, dairy or protein food; OR
- a meat or meat alternates only– with the exception of yogurt, cheese, nuts, seeds and nut or seed butters, and meat snacks (such as beef jerky). *(These items alone would be compared to snack standards on the previous page, not entrees);* OR
- a combination food containing meat/meat alternates with at least ¼ cup of fruit or vegetable or combination of both fruit and vegetable; OR
- a combination food containing meat or meat alternate and contains 10% of the Daily Value (DV) of one of these nutrients: calcium, potassium, vitamin D, or dietary fiber – this option expires June 30, 2016.

\*If a Larger portion size than the same entrée offered in school meals, sold a la carte on any day, it is not exempt and must meet these nutrition standards.

**And meet the nutrient standards below:**

All Grades – K-12	
Serving Size	Per item as packaged or served individually, including any condiments offered with Entrée.
Calories per serving	≤ 350 Calories
Total Calories from fat*	≤ 35% of total product calories
Saturated fat **	< 10% of total product calories
Trans fat (gram)	0 grams (g)
Sugar Content by weight ***	≤ 35% of total product weight from total sugars (in grams)
Sodium Limit	≤ 480 milligrams (mg)

Entrées