

# Fundraising Food and Healthy Snacks –

Guidelines for the administration of the USDA/CDE “Smart Snacks in School” rule

The “nutrition standards” apply to all foods sold to students:

- ⇒ Outside the school meals programs;
- ⇒ On the school campus
- ⇒ Any time during the school day

**“Nutrition Standards”**—food(s) as packaged and sold must meet the following nutritional criteria:

**Total Calories**—snack items ≤ 200 calories; entrée items ≤ 350 calories

**Fats**—**Total fat** (≤ 35% of calories from total fat); Saturated fat (< 10% calories); Trans fat (0 grams)

**Sodium**— Snack items: ≤ 230 mg; Entrée items: ≤ 480 mg

**Sugar**—≤ 35% weight from total sugars

## **Applies to foods sold:**

- A la carte items
- In School Stores
- At Snack Bars
- In Vending Machines
- For fundraising (i.e. bake sales)

## **Does not apply to foods:**

- Brought from home
- Fundraisers that occur outside of school property or day
- Birthday/Classroom celebrations
- Sold in areas in which students have restricted access

To be allowable for sale, a food item first must meet one of the following general standards:

- Be a whole grain-rich grain product
- The first ingredient is either a fruit, vegetable, dairy, or protein food
- Be a combination food that contains at least 1/4 cup fruit or vegetable
- Contains 10% DV for calcium, potassium, vitamin D, or dietary fiber

**Exemptions: USDA/Colorado Department of Education can/will allow three exemptions per school building for the S/Y 2015/16 for infrequent, school-sponsored fundraisers. Food sold on school property that is not intended for consumption during the school day is exempt from this rule.**

Schools must however always comply with the current state regulations governing beverage sales per the Colorado Healthy Beverage Policy. Food and beverage fundraisers that meet the standards and the exempted food and beverage fundraisers may be sold on the school campus during the school day except during the meal service, and for a period beginning 1/2 hour prior to and until 1/2 hour after each meal service.