

# 2015-2016 School Nutrition Guide



# Smart Snacks in School

## USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

#### Any food sold in schools must:

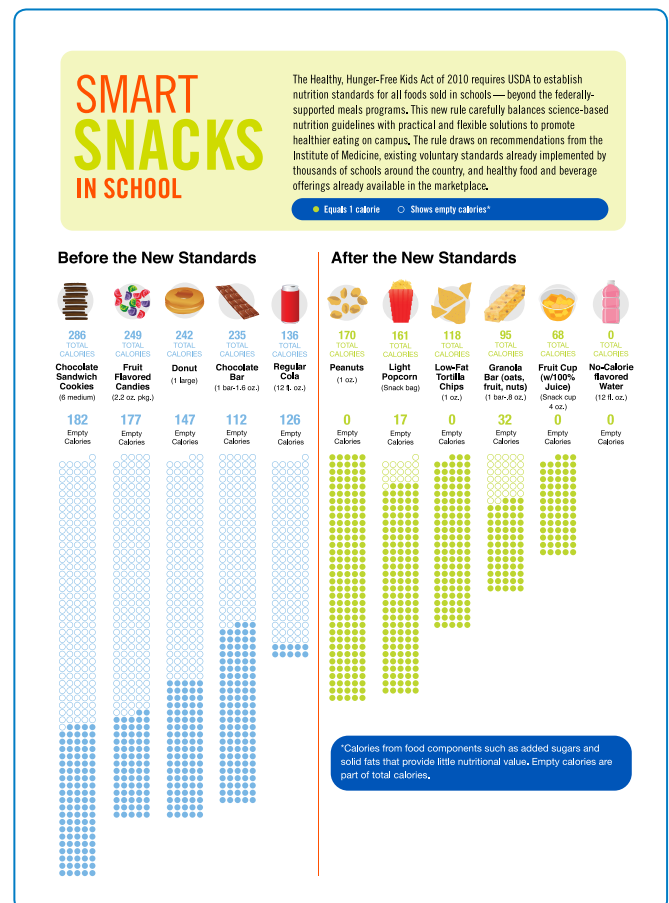
- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern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

#### Foods must also meet several nutrient requirements:

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 230 mg\*\*
  - Entrée items: ≤ 480 mg
- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



## Nutrition Standards for Beverages

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- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Other Requirements

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- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

### **How to calculate Fat, Saturated Fat and Sugar content**

- 1) Fat:
  - a. Multiply the grams of fat by 9\* = (x) the number of fat calories.
  - b. Divide (x) the number of fat calories by the total number of calories in the food item = % fat content.

\* 1 gram of fat contains 9 calories (kcal)
- 2) Saturated Fat:
  - a. Multiply the grams of saturated fat by 9 = (xx) the number of saturated fat calories in the food item.
  - b. Divide (xx) the number of saturated fat calories in the food item by the total number of calories in the food item = % of saturated fat.
- 3) Sugar:
  - a. Divide the number of grams of sugar by the total weight of the food in grams = %of sugar. (Total sugar)



## NUTRITIONAL PRODUCT INFORMATION

**Masterfoods M&M/Mars-[www.mars.com](http://www.mars.com)** Click on Mars directory. Select United States from the drop down menu and different categories will be displayed. Click on Kudos Granola Bars, for example, and you will be prompted to click on nutrition info.

**General Mills & other manufacturers-[www.profileshowcase.com/searchsimple.asp](http://www.profileshowcase.com/searchsimple.asp)**  
When visiting this site, be specific. Example: instead of General Mills, enter Gardetto's Or Nature Valley Granola Bars.

**Kellogg's Food Away From Home-[www.kelloggsfoodawayfromhome.com](http://www.kelloggsfoodawayfromhome.com)**  
For retail pack information, click on vending from the menu tab.



















**Jack Link Meat Snacks-[www.jacklinksjerky.com](http://www.jacklinksjerky.com)** Click on the "products" link at the top of the home page. Click on the product category you are researching-click on flavor-click on ingredients nutritional info.

**Kraft Foods-[www.kraftfoods.com/main.aspx?s=product&m=product/productcatalog](http://www.kraftfoods.com/main.aspx?s=product&m=product/productcatalog)**  
From the product info tab, enter the product name and the nutritional info is displayed.

The following items comply with the  
USDA nutritional requirements.

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






~SNACKS~

	CT	MSRP	LIST	SC#
 GK APPLE PNUT/ALMD DK CHOC	12	\$1.69	\$14.90	377
 GK CRANBERRY ALMD DK CHOC	12	\$1.69	\$14.90	377
 GK PEACH/CHERRY ALMND DRK CHOC	12	\$1.69	\$14.90	377
 KIND VANILLA BLUEBERRY	12	\$1.09	\$8.75	377
 THINKTHIN CHOC ALMOND BROWNIE	10	\$1.99	\$13.80	377
 THINKTHIN CINNAMN BUN WHT CHOC	10	\$1.99	\$13.80	377
 THINKTHIN LEAN SLTD CAMEL	10	\$1.99	\$13.80	377
 KELLOGGS BAR NUTRIGRN APPLE	16	\$0.89	\$8.70	380
 KELLOGGS BAR NUTRIGRN BLUEBRY	16	\$0.89	\$8.70	380
 KELLOGGS BAR NUTRIGRN RASPBR	16	\$0.89	\$8.70	380
 KELLOGGS BAR NUTRIGRN STRWBRY	16	\$0.89	\$8.70	380
 NAT VLY GRANOLA OAT & HONEY	18	\$0.89	\$8.15	380
 NAT VLY TRAIL MIX FRUIT/NUT	16	\$0.69	\$7.15	380
 BELVITA SOFT BANANA BREAD	8	\$1.19	\$6.35	382
 BELVITA SOFT OATS/CHOC	8	\$1.19	\$6.35	382
 FRITO BAKED ORIGINAL 1.125 OZ	1	\$1.09	\$0.70	440
 FRITO BAKED SR CREAM/ONION 1.125 OZ	1	\$1.09	\$0.70	440
 QUAKER XPRESS OATML APL/CINN	12	\$1.99	\$15.75	4554

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~JUICE/WATER~

	CT	MSRP	LIST	SC#
 CAMPBLS TOMATO JUICE 11.5 OZ	4	\$0.99	\$19.40	4600
 V-8 SPICY HOT JUICE 11.5 OZ	24	\$1.49	\$22.50	4600
 WATER ICE MOUNTAIN (FC) 20 OZ	24	\$0.99	\$11.90	4605
 WATER ICE MOUNTAIN SC 700 ML	28	\$0.99	\$14.20	4605
 WATER NATURES CRYSTAL (SC)20 OZ	24	\$0.79	\$8.45	4605
 WATER NATURES CRYSTAL(FC) 16.9 OZ	1	\$6.99	\$4.70	4605
 WATER NESTLE PURE LIFE (SC)700 ML	24	\$0.89	\$10.35	4605
 WATER NESTLE PURE LIFE 20 OZ	24	\$0.79	\$9.55	4605
 WATER NESTLE PURE LIFE GRAPE	24	\$0.69	\$10.65	4607
 WATER NESTLE PURE LIFE WLDBRY	24	\$0.69	\$10.65	4607
 SIMPLY APPLE JUICE 11.5 OZ	12	\$1.99	\$17.25	4611
 SIMPLY ORANGE JUICE 11.5 OZ	12	\$1.99	\$17.25	4611
 SIMPLY ORANGE/MANGO JUICE 11.5 OZ	12	\$1.99	\$17.25	4611

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~FRUIT/YOGURT~

	CT	MSRP	LIST	SC#
 DIPPIN STIX APPLE W/CARAMEL	6	\$1.99	\$7.50	4875
 YOPLAIT YOGURT LT BLUEBERRY 6 OZ	1	\$1.29	\$0.90	4875
 YOPLAIT YOGURT LT STRW/BANANA 6 OZ	1	\$1.29	\$0.90	4875
 YOPLAIT YOGURT PEACH 6 OZ	1	\$1.29	\$0.90	4875
 YOPLAIT YOGURT STRAWBERRY 6 OZ	1	\$1.29	\$0.90	4875



**Ask your sales representative about these other products:**

**Cleaning Supplies**

**Floor Cleaning Equipment  
Floor Cleaners and Waxes  
Dish Soap  
Bathroom Supplies, Soaps,  
Carpet Cleaning Products  
Mops, Brooms  
Dispensers, Pails  
Furniture Polishes, Dusters  
Scouring Products**

**Food Service**

**Foils, Film Wrap, Wax Paper, Food Bags  
Smallwares  
Apparel, Gloves, Hats, Aprons  
Kitchen Mats**

**Food Products**

**Dry & Frozen  
Condiments  
Cooking oils  
Concessions/Products  
Fresh Fruit/Produce**

**Paper/Plastic Supplies**

**Facial Tissue  
Bath Tissue  
Dispenser Towels & Dispensers  
Can Liners**

**Miscellaneous**

**Ice Thaw (seasonal)**

225 Pioneer Drive  
Wisconsin Dells, WI 53965  
(608) 254-8321  
FAX: 608-254-8003  
[www.holidaywholesale.com](http://www.holidaywholesale.com)  
email: [holiday@holidaywholesale.com](mailto:holiday@holidaywholesale.com)

