



Smart Snacks in Schools – Fundraising

The Healthy Hunger-Free Kids Act directed the USDA to establish national nutrition standards for all foods and beverages sold to students during the school day, including foods sold through fundraisers. The new Smart Snacks in School nutrition standards will be implemented beginning August of 2014. The standards will help schools make healthy choices by only offering students whole grains, fruits, vegetables, leaner protein, and lower-fat dairy, while limiting foods with too much sugar, fat and salt.

To comply, the Auburn School District has established a wellness policy which will be regulated by each building principal, the director of Child Nutrition and OSPI. Districts will be audited by Child Nutrition and OSPI for compliance on a regular basis. USDA and the Auburn School District guidelines include;

- No limits on fundraisers that meet the new standards as follows;
 - Be a whole grain rich product or
 - Have as the first ingredient a fruit, vegetable, protein food or;
 - Be a combination food that contains at least ¼ cup fruit and/or vegetable, or;
 - Contain 10% of the Daily Value of one of the nutrients of public health concern (calcium, potassium, vitamin D or dietary fiber).
 - Foods must ALSO meet the following 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 food
- No items will be sold to students during the school day that do not meet the above standards. The following hours designate the school day;
 - Midnight to 30 minutes after the last bell.
- There is no limit on foods sold at events outside of the school day and off school grounds.
- Foods not in a consumable form can be sold as fundraisers during the school day.
 - Examples include; frozen cookie dough or pizza dough.
 - Distribution of order forms may continue.