

# LOUISIANA GUIDE TO SMART SNACKS

<i>Snacks</i>	Applies to all foods sold outside the school meal programs, on the school campus of public schools, at any time during the school day. Private and Parochial schools use USDA standards only.		
<i>General Standards</i>	<b>Any food sold in schools must:</b> -Be a whole grain-rich grain product <b>OR</b> -Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain <b>OR</b> -Be a combination food that contains at least 1/4 cup of fruit and/or vegetable.		USDA
<i>Calories</i>	≤150 calories per snack item		LA
<i>Accompaniments</i>	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile.		USDA
<i>Sodium</i>	≤200 mg of sodium snack item.		USDA
<i>Total Fat</i>	<35% calories from fat. R.S. 197.1 does not provide for an exemption for reduced fat cheese, seafood with no added fat, or part-skim mozzarella. Exemptions are allowed for unsweetened or uncoated nuts and seeds.		USDA and LA
<i>Saturated Fat</i>	<10% of calories from saturated fat		USDA
<i>Trans Fat</i>	0% trans fat		USDA
<i>Sugars</i>	<30 g of sugar per serving <b>AND</b> the weight of all sugars must be ≤ 35% of the serving size weight. Dried fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seeds are exempt.		USDA and LA
<i>Entrée Exemption</i>	Schools may offer entrée items for sale as a la carte foods on the day they are served as part of the meal and the day after. These entrees are exempt from the nutrition standards on those days.		USDA
<i>Fresh Pastries</i>	Fresh Pastries may not be sold to students at or on the grounds of public elementary and secondary schools during the school day (See the definition of the school day).		LA
<b>DEFINITIONS</b>			
<i>Definition of a school day</i>	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.		USDA
<i>Definition of school campus</i>	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.		USDA
<b>FUNDRAISERS</b>			
<i>Fundraisers</i>	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.		LA
<b>BEVERAGES</b>			
	<b>ELEMENTARY (GRADES K-5) AND MIDDLE SCHOOL (6-8)</b>	<b>HIGH SCHOOL (GRADES 9-12)</b>	USDA
<i>Water</i>	Bottled water, <u>plain</u> -may be sold during the school day. No carbonated or sparkling water. No restriction on portion.	Bottled water, <u>plain</u> -may be sold during the school day. No restriction on portion.	USDA and LA
<i>Milk</i>	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. No more than a 12 fluid oz. portion.	USDA
<i>Juice and Juice with additives</i>	100% fruit or vegetable juices. Must have no added sugar. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	100% fruit or vegetable juices. Must have no added sugar. No more than a 12 fluid oz. portion.	USDA
<i>Beverages</i>	1. No other beverages may be sold. 2. If elementary school and middle school are located in the same building and all students have access to the middle school area, the standards for elementary school must be followed for all grades. 3. If elementary, middle, and high school students are located in the same building and all students have access to the high school area, the standards for elementary school must be followed for all grades.	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain ≤10 calories per 8 oz. The other 50% can be <u>no more than</u> : 1. 20-oz of calorie-free, flavored water; and other flavored and/or carbonated beverages that contain <5 calories per 8 fluid oz or ≤10 calories per 20 fluid oz. 2. 12 oz portions of beverages with ≤40 calories per 8 fluid ounces, or ≤60 calories per 12 fluid oz. 3. If middle and high school students are in the same building and all students have access to the high school area, the standards for middle school must be followed.	USDA AND LA
<i>Caffeine</i>	No Caffeine is allowed for Elementary and Middle Schools.	No Caffeine Restriction.	USDA
<i>Pennington Biomedical Research Center</i>	Is authorized to develop and provide to interested persons, schools, or school systems, publications relating to foods which can be sold on public elementary and secondary school grounds in compliance with the provisions of this Section. The Pennington Biomedical Research Center may provide assessments of nutritional value of individual food items contemplated for sale on public school grounds.		LA