

LOUISIANA GUIDE TO SMART SNACKS

Snacks	Applies to all foods sold outside the school meal programs, on the school campus, at any time during the school day. Effective July 1, 2014.		
General Standards	Any food sold in schools must: -Be a whole grain-rich grain product <i>OR</i> -Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain <i>OR</i> -Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; <i>OR</i> -Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).	USDA	
Calories	≤150 calories per snack item	LA	
Accompaniments	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile.	USDA	
Sodium	≤230 mg of sodium snack item	USDA	
Total Fat	<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	
Saturated Fat	<10% of calories from saturated fat	USDA	
Trans Fat	0% trans fat	USDA	
Sugars	≤30 g of sugar per serving. 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 as long as they do not exceed 30 g of sugar per serving.	LA	
Entrée Exemption	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	
Fresh Pastries	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	
DEFINITIONS			
Definition of a school day	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.	USDA	
Definition of school campus	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.	USDA	
FUNDRAISERS			
Fundraisers	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.	LA	
BEVERAGES			
	ELEMENTARY (GRADES K-5) AND MIDDLE SCHOOL (6-8)	HIGH SCHOOL (GRADES 9-12)	USDA
Water	Bottled water, <i>plain</i> -may be sold during the school day. No carbonated or sparkling water. No restriction on portion.	Bottled water, <i>plain</i> -may be sold during the school day. No restriction on portion.	USDA and LA
Milk	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
Juice and Juice with additives	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
Beverages	No other beverages may be sold.	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain ≤10 calories per 8 ounces. The other 50% can be <u>no more than</u> : 1. A 20-ounce portion of calorie-free, flavored water; 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. 2. 12 ounce portions of beverages with <40 calories per 8 fluid ounces, or <60 calories per 12 fluid ounces. 3. If middle school and high school students are located in the same building and all students have access to the high school area, the standards for middle school must be followed.	LA
Caffeine	No Caffeine is allowed for Elementary and Middle Schools.	No Caffeine Restriction.	USDA
Pennington Biomedical Research Center	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

*See USDA Guidelines for requirements of extra sale items not offered as a part of a reimbursable meal.