

### Water



Plain, carbonated or noncarbonated water:  
No Limit

### Low Fat Milk (unflavored)



Not to exceed:  
12 ounces  
225 calories

### Non-Fat Milk (flavored or unflavored)



Not to exceed:  
12 ounces  
225 calories

### Milk Alternative (nutritionally equal)



Not to exceed:  
10 ounces  
225 calories

### Fruit/Vegetable Juice (unsweetened)



Full strength, not to exceed:  
12 ounces  
180 calories

### Fruit/Vegetable Juice (unsweetened)



100% juice, diluted with water,  
not to exceed:  
12 ounces  
180 calories

### Low/No Calorie Beverages



Less than 5 calories per 8oz serving  
Less than 10 calories per 20 oz  
Not to exceed: 20 ounces

### All Other Beverages



Less than 40 calories per 8oz  
Less than 60 calories per 12oz  
Not to exceed: 12 ounces

## Key Definitions

“**School day**” means a student education day beginning at midnight and ending at the conclusion of afternoon student activities, such as athletic, music or drama practices, clubs, academic support and enrichment activities.

“**School campus**” means all areas of property under the jurisdiction of the school that are accessible to students during the school day.

“**Snack**” means a food that is generally regarded as supplementing a meal and includes, but is not limited to, chips, crackers, onion rings, nachos, French fries, doughnuts, cookies, pastries, cinnamon rolls and candy.

## Wellness Tips

- When students are in groups that combine levels, the nutrient standard for the youngest level should be used.
- Food items should not be used as rewards for students.
- Alternatives to food should be used as rewards for students.

## District Wellness Policy

For complete details about food offerings and more, view the district’s wellness policy.

# DAVID DOUGLAS SCHOOL DISTRICT



## Smart Snacks Quick Reference Guide

### High School Level



# Food Standards

## All food items must:

- **Be a grain product that contains 50 percent or more whole grains** by weight or have as the first ingredient a whole grain (e.g., flour, flake, meal); **or**
- **Have a fruit, a vegetable, a dairy product, or a protein as the first ingredient** (e.g., meat, beans, eggs, poultry, seafood, nuts, seeds); **or**
- **Be a combination food that contains 1/4 cup of fruit and/or vegetable; or**
- Have one of the food items above as the second ingredient *if water is the first ingredient; and*
- Meet **all** the food nutrient standards:

## High School Nutrient Standards

| Nutrient             | Snack                     | Entrée                    |
|----------------------|---------------------------|---------------------------|
| <b>Calories</b>      | 200 calories or less      | 350 calories or less      |
| <b>Sodium</b>        | 200 mg or less            | 480 mg or less            |
| <b>Total Fat</b>     | 35% of calories or less   | 35% of calories or less   |
| <b>Saturated Fat</b> | Less than 10% of calories | Less than 10% of calories |
| <b>Trans Fat</b>     | 0 grams                   | 0 grams                   |
| <b>Sugar</b>         | 35% by weight or less     | 35% by weight or less     |

## Exemptions from the total fat nutrient standard\*

- reduced fat cheese
- part-skim mozzarella cheese
- nuts
- seeds
- nut or seed butters
- products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat
- seafood with no added fat

## Exemptions from the saturated fat nutrient standard\*

- reduced fat cheese and part-skim mozzarella cheese
- nuts
- products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

## Exemptions from the sugar nutrient standard\*

- dried whole fruits or vegetables
- dried whole fruit or vegetable pieces
- dehydrated fruits or vegetables with no added nutritive sweeteners
- dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes (e.g., cranberries, blueberries, tart cherries).

**\*food items exempt from one nutrient standard must still meet all other nutrient standards**

## High School Food Items That Are Always Acceptable

- ✓ Fresh, canned and frozen fruits or vegetables with no added ingredients except water.
- ✓ Fruit packed in 100% juice, extra light or light syrup.
- ✓ Canned vegetables that contain a small amount of sugar for processing purposes.
- ✓ Sugar-free chewing gum.
- ✓ Entrees in the same or smaller portion served on the day or the day following in the National School Lunch or School Breakfast Programs are exempt from the nutrient standards.

## Other Foods That Are Offered to or Sold to Students

All foods and beverages sold or offered in classrooms or at school-sponsored activities during the school day must meet or exceed the Oregon Smart Snacks Standards.

This includes fundraisers on campus during the school day.

## Getting Smart Snacks

An order form to request Smart Snacks from Nutrition Services is available on the Wellness page of the district website.