

# HIDOE Smart Snack Nutrition Standards

This is a summary of HIDOE Smart Snack Nutrition Standards for all foods/beverages sold in schools. Hawaii's Smart Snack nutrition standards are aligned with HIDOE Wellness Guidelines and Hawaii's BOE Policy 1110-6 as required by the Healthy Hunger-Free Kids Act (HHFKA) of 2010 in compliance with the [final rule](#) implemented on July 1, 2014.

**Competitive Food:** Food or beverages sold outside of a reimbursable meal through the National School Lunch Program (NSLP), School Breakfast Program (SBP), or Afterschool Snack Program (ASP). Competitive food includes any food sold or provided (e.g. a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus during the school day per Hawaii State DOE (HIDOE) [wellness guidelines](#) (NG2, NG3).

USDA General Standard For Competitive Food- Smart Snack	
Standard	Exemptions
<p>A competitive food must:</p> <ol style="list-style-type: none"> <li>1) Meet all competitive food and nutrient standards; and</li> <li>2) Contain 50% or more whole grains (WG) by weight or list WG as the first ingredient; or</li> <li>3) Have a non-grain food group: Fruit, Vegetable, Dairy, or Protein (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or</li> <li>4) Be a combination of food that contains at least <math>\frac{1}{4}</math> cup fruit and/or vegetable</li> </ol> <p>*If water is the first ingredient, the second ingredient must be one of 2, 3, or 4 from above (WG, non-grain food group, or be a combination of <math>\frac{1}{4}</math> C fruit or vegetable)</p>	<p>The following are exempt from all nutrient standards:</p> <ul style="list-style-type: none"> <li>• Fresh fruits and vegetables with no added ingredients except water</li> <li>• Canned fruit with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup</li> <li>• Low sodium/no salt added canned vegetables with no added fats</li> <li>• Grain-based entrees related to smart snacks in Schools may be considered exempt as long as it is offered in the same or smaller portion sizes and served the same day or the next day if participating in NSLP or SBP (USDA Memo <a href="#">SP 35-2014</a>).</li> </ul>

Food and Nutrition Standards -includes accompaniments (e.g dressing, condiments, dips)		
<p>*All food sold <u>or</u> provided (e.g. All a la carte sales, fundraisers, student stores, vending machines, and parties) on the school campus<sup>1</sup> during the school day<sup>2</sup> must meet USDA meal pattern requirements or Smart Snack Nutrient Standard (<a href="#">HIDOE Wellness guidelines</a>, NG2).</p>		
Food/Nutrient	Standard	Exemptions
Calories	<p>Snacks/side dishes sold a la carte: <math>\leq 200</math> calories/ item served</p> <p>Entree items sold a la carte: <math>\leq 350</math> calories per item as served</p>	Entree items served as an NSLP or SBP entree that are planned and sold as part of a reimbursable meal are exempt from the competitive food standards the day of or day after service.
Sodium	Snack/Side dishes sold ala carte effective July 1, 2016 snack items must be $\leq 200$ mg sodium per item served.	Low sodium/no salt added canned vegetables with no added fats

	Entree items sold ala carte: ≤480 mg per item served	
Total Fats	Must have ≤35% calories from total fat as served	Reduced-fat cheese (part-skim mozzarella) is exempt from the total fat standard.
Saturated Fats	Must have <10% of calories from saturated fat	Nuts seeds and nut/seed butter are exempt from the total fat standard.
Trans Fats	Zero grams of trans fat (≤0.5 g per portion).	Products with only dried fruit w/nuts and/or seeds Seafood with no added fat (e.g. tuna packed in water) Whole eggs with no added fat
Sugar	Must have ≤ 35% of total sugar by weight per serving	Fresh/frozen fruits and vegetables with no added ingredients except water Canned fruit with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup Dried/dehydrated fruits/vegetables with no added sugars Dried fruits, cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability with no added fats.
<sup>1</sup> The school campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day. <sup>2</sup> The school day is defined as the period from midnight to 30 minutes after the end of the school day or the USDA afterschool snack program if participating.		

## Beverage Nutrient Standards

\*All beverages sold or provided (e.g. All a la carte sales, fundraisers, student stores, vending machines, and parties) on the school campus during the school day must meet USDA meal pattern requirements or smart snack nutrition standards. ([HIDOE Wellness guidelines](#), NG3)

Prohibited	Allowed
No caffeine, w/ the exception of trace amounts of naturally occurring caffeine substances (e.g. chocolate milk) No artificial colors No artificial flavors No Drinks > 8 oz. servings other than plain water (e.g. no sodas, coffee, tea, sports drinks, energy drinks)	Water (no limit/portion size, plain, with or with no carbonation)- students have access to free drinking water during meal times and throughout the school day at multiple locations around campus (HIDOE Wellness Guidelines, NG7) Maximum 8 oz serving: - Milk- unflavored 1% or fat-free; milk alternatives as permitted by NSLP/ SBP; w/ ≤ 22 grams of sugar per 8 oz portion

	<ul style="list-style-type: none"> <li>- 100% fruit or vegetable juice no added sweeteners</li> <li>- 100% fruit or vegetable juice diluted w/water and no added sweeteners</li> </ul>
<p><sup>1</sup> The school campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.</p> <p><sup>2</sup> The school day is defined as the period from midnight to 30 minutes after the end of the school day or the USDA afterschool snack program if participating.</p>	

<b>Fundraising Standard</b>	<b>Reasoning</b>
Hawaii Child Nutrition Programs, (The State Agency of Hawaii) allows 2 exempt fundraisers per school year per site to last no longer than one week for school food authorities participating in the National School Lunch Program and/or School Breakfast Program. <a href="#">Smart Snacks Hawaii Exemption Policy 09/15</a>	<p>The Healthy Hunger-Free Kids Act (HHFKA) of 2010 provides flexibility for special exemptions where snacks offered do not need to meet the Smart Snack Nutrition Standards.</p> <p>Hawaii State Agency is allowed to establish limitations on the frequency of exempt fundraisers in the school day (USDA memo <a href="#">SP 36-2014</a>).</p>
<b>Culinary Education Programs Standard</b>	<b>Reasoning</b>
Culinary education programs that sell or provide food to students on school campus and during the school day must meet Smart Snack nutrition standards.	<p>HIDOE public schools participating in federal meal programs require that all food sold outside of school meal programs must meet the Smart Snack nutrition standards as required by <a href="#">HHFKA of 2010</a>, <a href="#">BOE policy 1110-6</a>, <a href="#">HIDOE Wellness guidelines</a>. The intent is to not hinder current culinary education programs curriculum, but encourage steps toward a healthier school environment.</p> <p>Exemption-State Agencies may take into consideration addressing culinary education programs as part of an infrequent exempt fundraiser policy where Smart Snack nutrition standards would not apply (USDA memo <a href="#">SP 40-2014</a>).</p>
<b>Community Organizations Standard</b>	<b>Reasoning</b>
If outside groups are utilizing the school facility during the school day and instructing students, they would be required to conform to HIDOE Smart Snack nutrition standards if they are providing or selling food to students.	<p>HIDOE public schools participating in federal meal programs require that all food sold outside of school meal programs must meet the Smart Snack nutrition standards as required by <a href="#">HHFKA of 2010</a>, <a href="#">BOE policy 1110-6</a>, <a href="#">HIDOE Wellness guidelines</a>.</p> <p>Exemption- Community organizations would not be subject to HIDOE Smart Snack nutrition standards if they are using school facilities during the school day and food-related activities are not accessible to students.</p> <p>OR</p> <p>The community-organized event on school campus is considered one of the two allowed exempt fundraisers per school year not lasting more than 1</p>

week.

**Smart Snack Calculator (Alliance for a Healthier Generation)**-Found on [HIDOE's Wellness Page](#) → Nutrition guidelines→ Additional Resources→ [Smart Snack Calculator](#).

**\*Note:** The HIDOE Nutrition Standards for food and beverages are stricter than USDA's Smart Snack Standards. All food and beverages that meet the Smart Snack calculator standards must also check their compliance with HIDOE's nutrition standards.

### List of Food and Beverages that Meet USDA Smart Snacks Criteria

**\*Note:** [List](#) of acceptable foods and beverages will need to be cross-referenced with HIDOE Nutrition Standards for Smart Snacks. When purchasing products outside of the Federal Meal Programs (NSLP, SBP, ASP) ensure that the information listed matches the exact description, serving size, nutrition information, and UPC on the list. Product formulations and packaging are subject to change at any time. The information supplied in these lists is based on the package label or manufacturer's information supplied at the time of the product review. If there is information that does not match the product's label you may contact SFSB registered dietitian for review prior to purchasing (808) 784-5500.

**\*Disclaimer:** The Hawaii Department of Education does not endorse or sponsor any commercial products listed within the *HIDOE List of Acceptable Foods and Beverages*. The use of brand names and/or any mention or listing of specific commercial products is solely for educational purposes and does not imply endorsement by HIDOE nor discrimination against similar brands or products.

### Example:

Product	USDA General Nutrition Standard (must meet at least 1)			HIDOE Nutrition Standards (all food sold <u>or</u> provided outside of a reimbursable meal when offered on campus during the school day)							
	Whole Grain ≥50% by weight or is the 1st ingredient	The first ingredient comes from a non-grain food group	Combination food with at least ¼ C fruit or vegetable	Pkg or Serving size	Wt (g)	Calories ≤ 200	Sodium Snack/side dish sold a la carte ≤ 200	Total fat ≤ 35%	Saturated fat <10%	Trans fat zero g (≤0.5 g per portion)	Sugar ≤ 35% by weight per serving
Tortilla chips/ Sinaloa	yes			1 pkg	28 g	150 kcals	115 mg	8 g x 9 kcals= 72/150 kcals x 100= <b>48%</b>	5%	0 g	2 g/28 g= 7%

**\*Does not meet smart snack standards because 48% is over the 35% total fat limit**

### Resources:

HIDOE Wellness Guidelines Resource for schools (HIDOE staff login required)

<https://sites.google.com/k12.hi.us/wellness-guidelines>

HIDOE Wellness Chart: Nutrition Guidelines Summary

<https://hawaiipublicschools.org/wp-content/uploads/2024/11/NutritionGuidelinesWellnessChart.jpg>

Non-food rewards and fundraising handout

<https://bit.ly/4eO8yFq>

School Fundraising Ideas

<https://bit.ly/4eLPtn6>

USDA Tools for Schools: Focusing on Smart Snacks

<https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>

Nutrition Standards for All Foods Sold in School

<https://bit.ly/3ThkPc>

Dietary Guidelines For Americans 2020-2025

<https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines>

USDA Smart Snacks In School Questions and Answers Related to the Interim Final Rule

<https://www.fns.usda.gov/cn/qas-smart-snacks-interim-final-rule>

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<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**1. mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**2. fax:**

(833) 256-1665 or (202) 690-7442; or

**3. email:**

[program.intake@usda.gov](mailto:program.intake@usda.gov)

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