

# Elementary Snack and A La Carte FAQ's

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We receive many questions about the a la carte items offered in our cafeterias and here are answers to the most frequently asked questions.

## **Are the snacks sold at school healthy?**

Over the last seven years, our department took significant steps to ensure that healthier options are available for a la carte purchase. Prior to the implementation of 'Smart Snacks in Schools', snacks and a la carte met guidelines established by the Alliance for a Healthier Generation for healthy a la carte options. At this time we have transitioned from district established guidelines to the federal nutrition standards set by the 'Smart Snacks in School' legislation.

All snacks are a whole grain product or have the first ingredient of fruit, vegetable, protein or dairy food. In addition, all snacks meet the following:

**Portion Control** – All snacks are portion controlled and limited to **200 calories** per serving.

cherry creek schools  
food and nutrition services

## *Additional Nutrition Guidelines*

- Less than or equal to 35% calories from total fat
- Less than or equal to 10% calories from saturated fat
- Less than or equal to 35% sugar by weight
- Less than or equal to 200 mg sodium

**Beverage Guidelines** - only the following beverages may be sold at elementary schools

- Milk (1% and skim unflavored, skim flavored), 100% juice (note: Switch is 100% juice)



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## **Why are snacks sold in Cherry Creek Schools?**

We continue to sell snacks and a la carte options for several reasons:

- ◇ We believe that healthier snack options that are provided in age-appropriate portion sizes can be a part of an overall healthy eating pattern.
- ◇ A la carte choices increase the options available for our students to help meet the needs of our diverse and large population.
- ◇ In a district such as ours, the Food and Nutrition Services department depends on an a la carte program to maintain a self-sustaining status.

## **Can I control the snacks my student purchases?**

Yes. Speak with your kitchen manager if you'd like to limit the a la carte purchases your student makes. As a general rule, we encourage students to eat snacks only after finishing their lunch meal and do not believe students need multiple snacks with their meals. However, some families would like their student to have the flexibility to purchase more.

*To learn more about 'Smart Snacks in Schools', visit the Health and Wellness section of our website at [www.ccsdcafe.org](http://www.ccsdcafe.org).*

# **Smart Snacks: What Does it Mean for Cherry Creek Schools?**

The 'Smart Snacks in School' establishes nutrition standards for all foods sold to students on a school campus. The 'Smart Snacks' standards apply to foods sold to students outside of the foods provided by National School Lunch and Breakfast Programs, were effective beginning July 1, 2014, and will continue for school year 2016-17. These rules are applied along with already established Colorado competitive food rules. See key information below as a reminder when planning for the upcoming school year.

## **What are Competitive Foods?**

- Competitive Foods: any foods sold to students on a school campus during the school day other than reimbursable meals sold through the National School Lunch and Breakfast Programs.
- School Campus: all areas of the property under the jurisdiction of the school that is accessible to students during the school day.
- School Day: the period from the midnight before to 30 minutes after the end of the official school day.

## **When Can Competitive Foods be Sold in Schools?**

Colorado requires that no food items are sold to students in competition with the National School Lunch and Breakfast programs 30 minutes before through 30 minutes after the breakfast and lunch periods. This includes food service operations and fundraising efforts.

## **Where Do Nutrition Standards Competitive Rules Apply?**

- Foods sold in school cafeterias that are not a part of the reimbursable school meal.
- Other Food Service Operations (DECA cafeterias, school stores)
- Vending Machines
- Bake sales and other food-based fundraisers

These nutrition standards do not apply to foods brought to school by families such as those served at class parties or in lunches brought from home.

## **What are the Nutrition Standards?**

Allowable food items must be whole grain or the 1<sup>st</sup> ingredient must be a fruit, vegetable, dairy or protein food. In addition, 'Smart Snacks' sets standards for the following:

- Total Fat, Saturated Fat, Trans Fat, Sodium, Calories, Total Sugar

## **Do Standards Apply to All Fundraisers?**

Food-based fundraisers conducted by PTCO's and student clubs will be subject to the nutrition standards established by the 'Smart Snacks' regulation and also competitive foods rules set by the state of Colorado. Please note the following as fundraisers are planned for the 2017-18 school year.

- There is no limit to the number of fundraisers conducted that are not food-based (school supplies, spirit wear, wrapping paper, etc.)
- There is no limit to the number of fundraisers that are food-based but meet the nutrition standards and that are not sold during school meal periods or 30 minutes before and after.
- A school may submit up to three fundraisers for approval to be exempt from the nutrition standards. If approved these fundraisers will be exempt from the nutrition standards but must still not be sold to students during breakfast or lunch service periods.
- A school can decide the foods to be sold at events outside of school hours.

## **Questions?**

If you have questions about these rules or to learn if a product meets the nutrition standards, please contact **Shanna Williams** at (720) 886-7156 or [swilliams102@cherrycreekschools.org](mailto:swilliams102@cherrycreekschools.org).