

NUTRITION STANDARDS FOR SNACKS IN AFTER SCHOOL PROGRAMS

Fact Sheet

SUMMARY

California Department of Education (CDE) Administered After School Programs. All snacks provided to students in the CDE's After School Education and Safety (ASES) programs or the federally funded 21st Century Community Learning Centers (21st CCLC) programs must meet, at a minimum, the California nutrition standards identified below. **If the snacks are provided through one of the federally reimbursable snack programs, the snack must meet both the federal requirements and the California nutrition standards.** Categorical Program Monitoring (CPM) reviewers will evaluate the after school program for compliance with the nutrition standards.

Non-CDE Administered After School Programs. If the after school program (ASP) is not funded through ASES or 21st CCLC programs, compliance with the nutrition standards below are not required. However, we strongly encourage ASPs to serve snacks that meet the nutrition standards. If the ASP snacks are provided through a federally reimbursable snack program, the snack must meet the federal requirements for that specific reimbursable program.

CALIFORNIA EDUCATION CODE REQUIREMENTS (*Education Code* sections 49430-49431.7, 8482-8484.6)

FOOD

- Snacks provided in ASES and 21st Century funded ASPs must meet all of the following standards. Each individual food item may not:
 - Be deep fried, par fried, or flash fried by the entity preparing the snack
 - Be deep fried, par fried, flash fried as part of the manufacturing process unless an "acceptable" oil is used such as canola, safflower, sunflower, corn, olive, soybean, peanut, or a blend of these oils, typically liquid at room temperature and are known for their positive cardiovascular benefit
 - Contain artificial trans fat
 - Contain more than 35 percent of its total calories from fat
 - Contain more than 10 percent of its total calories from saturated fat
 - Contain more than 35 percent of its total weight from sugar, including naturally occurring and added sugar
 - Contain more than 175 calories per individual food item (for elementary students)
 - Contain more than 250 calories per individual food item (for middle, junior high or high school students)
- The above standards do not apply to individually packaged portions of nuts, nut butters, seeds, eggs, individually packaged cheese, fruit, vegetables that have not been deep fried, and legumes.
- Whole grain products are highly recommended.

BEVERAGES

Only the following beverages may be served to students:

- Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
- Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
- Drinking water with no added sweetener
- Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk that does not contain more than 28 grams of total added sugars per 8 ounces.

DEFINITIONS

“Added Sweetener” – Any additive other than 100 percent fruit juice that enhances the sweetness of a beverage

“Deep fried” – A food item is cooked by total submersion in oil or fat

“Par fried” – A food item is fried to reach an internal temperature of 160 degrees Fahrenheit then is cooled to room temperature so that it may be refrigerated or frozen for future frying

“Flash fried” – A food item is quickly fried on both sides in oil with a temperature of 400 degrees Fahrenheit or higher

“Artificial Trans Fat” – A food contains artificial *trans* fat if the food contains vegetable shortening, margarine, or any kind of partially hydrogenated vegetable oil, unless...documentation...lists the trans fat content as less than 0.5 grams of trans fat per serving

FEDERAL REIMBURSABLE SNACK REQUIREMENTS

Federal Food and Nutrition Programs provide funding for snacks served to ASP participants. ASPs may be able to receive reimbursement from one of three different food and nutrition programs administered by the U.S. Department of Agriculture (USDA). These include the National School Lunch Program Afternoon Snacks, the Child and Adult Care Food Program, or the Summer Food Service Program. For a comparison chart of the different elements of the programs go to:

<http://www.cde.ca.gov/ls/nu/as/snackfacts.asp>.

As a result of participating in one of the USDA reimbursable snack programs, ASPs will free up funds that can be used to enhance the snack and support their core program. **We strongly encourage ASPs to use program funds to augment the snack in order to provide a higher quality and quantity of food that meets the needs of the students, such as including fresh fruits and vegetables.**

Remember, ASPs can count the federal reimbursement dollars of the snack program as part of their required ASES match.

A reimbursable snack must contain full servings of any two of the following four food components:

- Fluid Milk
- Grain or Bread Product
- Meat or Meat Alternate
- Fruit, Vegetable, or 100 percent Juice

These components may be served in any combination, except that juice may not be served when milk is the only other component. Portion sizes for various age groups can be found on page 15 in the USDA's *Food Buying Guide, Introduction*, at

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html> (outside source). Sample snack menus are available at <http://www.canfit.org/pdf/CANFitHealthySnackGuide.pdf> (outside source).

Visit the California After School Resource Center (CASRC) Web site at

<http://www.californiaafterschool.org> (outside source) for more resources on healthy snacks, nutrition education, physical activity, and related workshop opportunities.

CONTACTS

For more information about California *Education Code* requirements for snacks, contact Deborah Tamannaie, Nutrition Services Division, at 916-323-2473 or by e-mail at dtamanna@cde.ca.gov.

For more information about federal reimbursable snack requirements, contact your local Child Nutrition Consultant or call the Nutrition Services Division at 800-952-5609.