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| **Time Periods Relevant for Food and Beverages Available to Students** |
| **From Midnight until 30 minutes after end of last lunch period:** | **30 minutes after close of last lunch until 30 minutes after the end of the school day:** | **After school (30 minutes after the last bell until midnight) and weekends:** |
| **Nothing may be SOLD at this time outside of the school meals program**.* Only SCNS can sell foods and beverages

during this time.* Foods and beverages sold in SCNS a la carte programs are in compliance with the nutritional standards detailed in *Smart Snacks.*
* **No** fundraisers which sell food/beverages may occur during this time.
* All vending machines are off during this time which are not operated by nutrition services. (BOE Policy 07.12 and state regulations\*)
1. Breakfast events, such as *Rise and Dine with Mom/Dad,* should go through the cafeteria manager if students are involved and eating. Students must be offered a school breakfast. Special event orders are available when at least 3 weeks’ notice is given.
 | Fundraisers that sell food/beverages may occur during this time ONLY IF they meet Smart Snack standards. * PTA’s and others may sell food at this time as long as they are in compliance with the nutritional standards detailed in *Smart Snacks*.
* All foods and beverages sold in schools during this time must be in compliance with the nutritional standards detailed in *Smart Snacks*.
* Vending machines may be on during this time **if** all items sold meet the nutritional standards detailed in *Smart Snacks.*
* Schools are responsible for maintaining a copy of their \**Smart Snacks Calculation Reports* for all foods and beverages sold to students during this window of time.

\*The reports will come from the Smart Snacks Calculator Tool.  | No restrictions as far as nutritional guidelines. * Best practices are encouraged
* Finance Guidelines for Meals and Refreshments must be also be followed. See following link for this reference. [Finance Guidelines](https://www.jefferson.kyschools.us/sites/default/files/forms/mealsandrefreshmentguide_0.pdf)

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\*Per JCPS District Wellness Policy:

*Reward and/or incentives, classroom parties and school celebrations shall promote student wellness. When food is provided as a reward and/or incentive, or during classroom parties and school celebrations during the school day, all food items shall meet the USDA Smart Snacks in School regulations. When food or beverages are provided to students, accommodations will be made for students with special dietary needs and medical conditions. All foods provided will be commercially prepared and include a product ingredient statement and nutrition facts label.*

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| **30 minutes after close of last lunch until 30 minutes after the end of the school day:** |
| **Vending machines, fundraisers and other events that serve food/beverages at this time may occur but must meet the nutrition standards defined in Smart Snacks for beverages and food.** JCPS Nutrition Services *has Smart Snacks available for purchase. Order forms available via manager or bookkeeper.*

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| BEVERAGEBEVERAGES | ELEMENTARY | MIDDLE | HIGH SCHOOL |
| Plain water, with or without carbonation | No size limit | No size limit | No size limit |
| Low fat (1%) milk, unflavored | <8 oz. | <12 oz. | <12 oz. |
| Nonfat milk, unflavored or flavored | < 8 oz. | < 12 oz. | <12 oz.FOOD |
| 100% fruit &/or vegetable juice | < 8 oz. | < 12 oz. | <12 oz. |
| Other calorie-free beverages  | Not allowed | Not allowed | <5 calories per 8 oz. or <10 calories per 20oz. |
| Low calorie beverages, flavored &/or carbonated | Not allowed | Not allowed | <40 calories per 8oz. or <60 calories per 12 oz. |

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| NUTRIENT | SNACK | ENTRÉE  |
| Calories | 200 or less | 350 or less |
| Sodium | 200 mg. or less | 480 mg. or less |
| Total Fat | 35% of calories or less | 35% of calories or less |
| Saturated Fat | Less than 10% of calories | Less than 10% of calories |
| Trans Fat | 0 g | 0 g |
| Sugar | 35% by weight or less | 35% by weight or less |

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**Examples of Smart Snack Foods**

* Fresh Fruits and Vegetables
* Cinnamon Graham Gripz (1 oz.)
* Smart Delight Popcorn, white cheddar (.5 oz.)
* Rich’s Sour Swell Cherry Ice Cream bar (2.5 oz.)
* Cheetos Baked Flamin Hot or Crunchy (.875 oz.)
* Baked Lays Potato Chips, regular or BBQ (.875)
* Juicy Juice (size limits by levels)
* Gatorade G2 (Middle and HS)
* Dole 100% Fruit Punch (10 oz.) (Middle and HS)
* Snapple Grape juice or Fruit Punch (11.5 oz.) (Middle and HS)
* Whole Grain Goldfish (.75 oz.)
* Simply Chex Snack Mix (.92 oz.)

**Smart Snacks made Easy**

1. Go to <https://foodplanner.healthiergeneration.org/products> to first see if your snack is listed in the *Products Section* of the Alliance for a Healthier Generation’s website.
2. If your product is not listed but you have an ingredient and nutrition label use the *Smart Snacks Product Calculator* (<https://foodplanner.healthiergeneration.org/calculator>) to determine if your food or beverage item meets the standard. If you need assistance with the calculator, please feel free to call Andrea Wright at 485-3199.
3. Be sure to print off your Smart Snacks calculation reports from the calculator tool and file them. You will be responsible for all food and beverages served in your school outside of the nutrition services program.



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