



## USDA Smart Snacks

The Healthy, Hunger-Free Kids Act of 2010 established nutrition standards for all foods and beverages sold to students before school, during school, and 30 minutes after school, including fundraisers, student run stores, and coffee bars.

### Allowable Beverages at High School\*

- **Fat-free or 1% milk (flavored or unflavored), non-dairy beverages,\*\* juice (100% or diluted) and low and no-calorie beverages.** Caffeinated beverages are allowed.
- **Plain Coffee, Espresso, and Tea**
- **Coffee/Tea with Accompaniments** (*must meet calorie standards*):
  - Beverages with less than 10 calories can be up to 20 oz  
(*Milk is excluded from total calories*)
    - Coffee + sugar free flavored syrup (with or without fat-free or 1% milk)
    - Coffee + no calorie sweetener (with or without fat-free or 1% milk)
    - Hot tea or Iced Tea + no calorie sweetener
  - Beverages with 10-60 calories can be up to 12 oz  
(*Milk is excluded from total calories*)
    - Coffee + 1 sugar packet + 1 non-dairy creamer or half & half portion cup
    - Fat-free or 1% milk + hot chocolate packet (60 calories or less)
    - Fat-free or 1% chocolate milk warmed for hot chocolate + marshmallows
    - Hot tea or Iced Tea + 1 sugar packet
    - 100% Apple Cider
- **Coffee Drinks** (*Beverage size may not exceed 12 fl oz*):
  - Espresso + steamed fat-free or 1% milk (with or without ice)
  - 1 oz espresso + 1 oz sugar free syrup + 10 oz of fat-free or 1% milk
  - 1 oz espresso + 1 oz sugar free syrup + 6 oz of fat-free or 1% milk + 4 oz ice

### Coffee Bar Reminders

- Toppings (whipped topping, sauces, creamers, etc.) can be allowable, but their calories are to be calculated and monitored to ensure they don't exceed the calorie limits.
- "Specialty" drinks, such as lattes or blended drinks need a recipe to ensure that every drink is the same in calories and provides product consistency.
- Purchasing pre-mixed coffee drinks and smoothies from vendors is allowable. Each product needs to be verified that it does comply by entering the nutrition facts label in the Smart Snacks Calculator (<https://foodplanner.healthiergeneration.org/calculator/>) and saving the calculator printouts for confirmation.
- Food can be sold during the school day, however items must meet the Smart Snacks nutrition standards. For additional guidance and a collection of approved recipes visit: <https://bit.ly/2QLNZNN> or contact [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov).

\* For detailed beverage standards, visit: <https://bit.ly/2f8oQfx>

\*\* Must be nutritionally equivalent to cow's milk per FDA requirements.