

## Smart Snacks Monthly Q & A Tidbit

**Q:** What if students earn paper money or tickets for good behavior (Positive Behavior Interventions and Supports - PBIS). If they turn in the “money” or tickets for food at a school store, does the food or beverage have to meet Smart Snacks nutrition standards?

**A:** Yes, since the students are exchanging the “money” or tickets for this food, then it would have to meet Smart Snacks standards. They are earning these tickets for good behavior/school performance, and the tickets are used like money to purchase something from a school store. In this case, the tokens or tickets are equivalent to currency when used in exchange for products.

**Q:** I am preparing some food items from scratch to sell as a la carte. What nutrition analysis software program can I use to determine Smart Snacks sugar content, calories, fat, sodium, etc. for foods made from scratch?

**A:** Nutrikids analysis currently does not provide data for sugar. Two new recipe analysis programs that other states have found to be helpful are *Super Tracker* (free, user friendly, designed for smaller quantities) and *Sierra Master Cook* (fee of \$19, ideal for large quantities). After analyzing a recipe, enter the nutrition facts panel into the [nutrition calculator](#) to determine if the food made from scratch meets Smart Snacks criteria. If you have a favorite recipe from scratch, that meets Smart Snacks, please send it to Patti Delger at [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov). Sierra Master Cook is not endorsed by IDE or USDA

**Q:** Is a new version of the NUTRIKIDS Analysis Program available?

**A:** Yes, Version 15.27 of the NUTRIKIDS Menu Planning Software is now available and provides a sugar analysis, to help schools determine if a food item meets the Smart Snacks nutrition standards. Click [here](#) for more information.

**Q:** Is pop/soda allowed to be sold during the school day to students?

**A:** Smart Snacks allows diet pop/soda to be sold to students at the high school level only. However, many Iowa schools have chosen not to allow the sale of diet soda, as stated in their local wellness policy. Schools decide what is sold in the vending machines, not the vendor. Talk to your vendor if there are items stocked that do not meet regulations and/or the school wellness policy. Vending machines that are accessible to elementary and middle school students can only sell beverages that are allowed for those grades levels. A vending machine accessible to all K-12 students would need to meet elementary standards.

**Q:** According to the regulations, states set an appropriate number of exempt school-sponsored fundraisers that can sell foods or beverages that do not meet the nutrition standards before, during, and 30 minutes after the school day. How many fundraisers are exempt in Iowa?

**A:** Iowa allows for zero exemptions. Under the Iowa Healthy Kids Act, fundraisers were not allowed during the day that did not meet the Iowa Healthy Kids Act nutrition standards. To reduce confusion and send a consistent message zero exemptions remain the policy in Iowa.

**Q:** No more frozen pizza sales? No more cookie dough? No more Thin Mints®\* cookies?

**A:** Sale of frozen pizza, cookie dough and other items preordered and distributed in a precooked state or in bulk quantities (multiple servings in a package) for consumption at home is not required to meet the standards. For example, boxes of preordered Girl Scout cookies intended for consumption at home would not be subject to the standards. Students could take orders and deliver them during the school day for consumption outside of school. [Click here for more information.](#)

**Q:** Can schools sell water flavoring packets (i.e. Crystal Light)?

**A:** Yes, if *when bundled* with a bottled water, the beverage still meets requirements under the “other beverages” category it would be okay to sell water flavoring packets at the high school level. The Crystal Light packet or other water flavoring could not be sold separately since it does not meet the Smart Snacks requirements on its own.

**Q:** Who is responsible for assuring all food and beverage sales from vending, a la carte, school stores, and fundraisers meet the Smart Snacks nutrition standards in schools?

**A:** All school districts receive an Administrative Review every 3 years from the Bureau of Nutrition and Health Services. This review includes both the School Meals Programs as well as Smart Snacks compliance throughout the school building. If a school is not meeting Smart Snacks regulation, technical assistance and/or corrective action will be given to the school. As best practice, the Foodservice Director, or school building Principal will serve as the responsible person who monitors what foods and beverages are allowed to be sold in vending machines, a la carte, school stores, or fundraising and assures that all items meet Smart Snacks standards. The print out pages showing “meets standards” of the Alliance for a Healthier Generation nutrition calculator should be on file for all foods/beverages sold in schools, and provided to the Bureau Consultant during a Nutrition review.