

Competitive Food (Smart Snacks) Worksheet

Determining If a Food Item Meets the Competitive Food Criteria

This worksheet may be used to determine if a food item meets the Competitive Food Nutrition Standards (smart snacks) for food sold on the school campus during the school day. As a standalone document, this worksheet is not acceptable documentation to demonstrate compliance. For a list of food items that are exempt from the competitive food requirements, see *Administrator's Reference Manual, Section 22, Competitive Foods*.

Contracting Entity (CE)

Name: _____

Date: _____

Site Name: _____

Product Name: _____

Step 1: General Standards for Food Items

Does this item meet one of the criteria below?

- A grain product that is whole grain-rich
- Have as the first ingredient a fruit, vegetable, dairy, or protein food (meat, beans, eggs, nuts, etc.)
- A combination food that contains at least ¼ cup fruit and/or vegetable

If no, stop, this item may not be sold. **If yes, continue to Step 2.**

Step 2: Calories

What are the total calories per serving including condiments? _____

For Entrée Items

If total calories are greater than 350 calories per serving — **Stop, this item may not be sold.**

If total calories are less than or equal to 350 calories per serving — **Continue to Step 3.**

For Snack/Side Dish Items

If total calories are greater than 200 calories per serving — **Stop, this item may not be sold.**

If total calories are less than or equal to 200 calories per serving — **Continue to Step 3.**

Step 3: Sodium

What is the total amount of sodium per serving as packaged or served including condiments? _____

For Entrée Items

If total sodium is greater than 480 milligrams (mg) sodium per item served — **Stop, this item may not be sold.**

If total sodium is less than or equal to 480 mg sodium per item served — **Continue to Step 4.**

For Snack/Side Dish Items

If total sodium is greater than 200 mg sodium per item served — **Stop, this item may not be sold.**

If total sodium is less than or equal to 200 mg sodium per item served — **Continue to Step 4.**

Step 4: Total Fat

What is the percentage of total calories from fat per serving as packaged or served including condiments? _____

[Exemptions from the total fat standard: reduced fat cheese; part-skim mozzarella; nuts and seeds and nut/seed butters; dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat; seafood with no added fat]

If the product nutrition fact label does not provide the percentage of total calories from fat, use the following formula.

Total Grams of Fat Per Serving	x	9 Calories	=	Total Calories from Fat Per Serving	÷	Total Calories Per Serving	x	100	=	Percentage of Total Calories from Fat Per Serving
_____	x	_____	=	_____	÷	_____	x	_____	=	_____

If the percentage of total calories from fat is greater than 35% — **Stop, this item may not be sold.**

If the percentage of total calories from fat is less than or equal to 35% — **Continue to Step 5.**

Step 5: Saturated Fat

What is the percentage of total calories from saturated fat per serving as packaged or served including condiments? _____

[Exemptions from the saturated fat standard: reduced fat cheese; part-skim mozzarella; nuts and seeds and nut/seed butters; dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.]

If the product nutrition fact label does not provide the percentage of total calories from saturated fat, use the following formula.

Total Grams of Saturated Per Serving	x	9 Calories	=	Total Calories from Saturated Fat Per Serving	÷	Total Calories Per Serving	x	100	=	Percentage of Total Calories from Saturated Fat Per Serving
_____	x	_____	=	_____	÷	_____	x	_____	=	_____

If the percentage of total calories from saturated fat is greater than 10% — **Stop, this item may not be sold.**

If the percentage of total calories from saturated fat is equal to or less than 10% — **Continue to Step 6.**

Step 6: Trans Fat

What are the total grams of trans fat per serving as packaged or served including condiments? _____

If there are more than zero grams of trans fat (defined as less than 0.5 grams) — **Stop, this item may not be sold.**

If there are zero grams of trans fats (defined as less than 0.5 grams) — **Continue to Step 7.**

Step 7: Sugar

What is the percentage of total sugar by weight per serving as packaged or served including condiments? _____

[Exemptions from the sugar standard: dried/dehydrated fruits or vegetables with no added nutritive sweetener; dried fruits with nutritive sweeteners for processing and/or palatability (e.g. cranberries, tart cherries, blueberries); exempt dried fruit with only nuts/seeds with no added nutritive sweeteners or fat]

If the product nutrition fact label does not provide the total percentage of sugar by weight per item, use the following formula.

Total Grams of Sugar Per Serving	÷	Serving Size Weight in Grams	=	Total Amount of Sugar in Grams	x	100	=	Percentage of Sugar by Weight Per Serving Per Serving
_____	÷	_____	=	_____	x	_____	=	_____

If the percentage of total sugar is greater than 35% — **Stop, this item may not be sold.**

If the percentage of total sugar is less than or equal to 35% — **This item may be sold.**

The Texas Department of Agriculture created this form by adapting the original form with permission from the Illinois State Board of Education.

Directions: Competitive Food (Smart Snacks) Worksheet

Purpose

This worksheet may be used to determine if a particular food item meets the Competitive Food Nutrition Standards for foods sold on the school campus during the school day. Competitive foods are also called smart snacks.

As a standalone document, this worksheet is not acceptable documentation to demonstrate compliance with the Competitive Food Nutrition Standards. However, when a CE retains appropriate labeling and relevant menu documentation with this worksheet, this worksheet helps to demonstrate compliance for an administrative review.

For more information about the specific competitive food nutrition standards, see the *Administrator's Reference Manual (ARM)*, Section 22, *Competitive Foods* and Section 23, *Food Product Documentation* which include guidance as well as lists of resources CEs may find helpful. The Texas Department of Agriculture (TDA) also has additional forms which may be helpful at www.squaremeals.org.

How to Use this Worksheet

If the answer to each question is yes, the item meets the Competitive Food Nutrition Standards and can be served. If the answer to any one question is no, the item does not meet the competitive food nutrition standards and cannot be served. However, this form is not sufficient documentation as a standalone form.

If the item is appropriate to be served as a competitive food, be sure to retain all related documentation that demonstrates compliance with the competitive food nutrition standards, including labeling information and related menus.

This worksheet may be used for entrée items, side dishes, and snacks.

Directions:

General Information

Contracting Entity (CE) Name: Record the name of the CE in the designated space.

Site Name: Record the name of the site or sites in the designated space.

Date: Record the date the worksheet was completed in the designated space.

Product Name: Record the product name in the designated space.

Step 1: General Standards for Food Items

- Answer the question: *Does this item meet one of the criteria below?*
- Record the answer in the space provided.
 - If the answer is no, the item will not meet the competitive food nutrition standards. There is no need to complete the remaining sections of the worksheet.
 - If the answer is yes, the item may meet the competitive food nutrition standards. Continue on to Step 2 of the worksheet.

Use This Form	
Frequency	As needed.
Required Form Format	Not required, use of form and records retention method is at the discretion of CE.
Record Retention	Public and charter schools are required to keep documentation related to SNPs for five years. Private schools, other nonprofit organizations, and residential child care institutions (RCCIs) are required to keep documentation for three years.

Step 2: Calories

- Answer the question: *What are the total calories per serving including condiments?*
- Record the answer in the space provided.
- Determine if the total amount of calories per serving recorded in the space provided falls within the acceptable amount of calories—less than or equal to 350 calories for entrees or less than or equal to 200 calories for snack/side dishes.
 - If the answer is no, the item will not meet the Competitive Food Nutrition Standards. There is no need to complete the remaining sections of the worksheet.
 - If the answer is yes, the item may meet the Competitive Food Nutrition Standards. Continue on to Step 3 of the worksheet.

Step 3: Sodium

- Answer the question: *What is the total amount of sodium per serving as packaged or served including condiments?*
- Record the answer in the space provided.
- Determine if the total amount of sodium per serving recorded in the space provided falls within the acceptable amount of sodium—less than or equal to 480 milligrams (mg) for entrees or less than or equal to 230 mg for snack/side dishes.

There is more detailed explanation for how to find sodium information in the *Administrator's Reference Manual (ARM)*, *Section 22, Competitive Foods* and *Section 23, Food Product Documentation*.

- If the answer is no, the item will not meet the Competitive Food Nutrition Standards. There is no need to complete the remaining sections of the worksheet.
- If the answer is yes, the item may meet the Competitive Food Nutrition Standards. Continue on to Step 4 of the worksheet.

Information on Condiments or Accompaniments

A condiment or accompaniment includes any food item added such as ranch dressing, mustard, catsup, sweet and sour sauce, salsa, cheese, toppings, bacon bits, and other added items.

See *Administrator's Reference Manual (ARM)*, *Section 22, Competitive Foods* for additional information on condiments or accompaniments.

Step 4: Total Fat

- Answer the question: *What is the percentage of total calories from fat per serving as packaged or served including condiments?*
- Record the answer in the space provided.
 - If the percentage of total calories from fat is not recorded on the package, use the formula provided on the worksheet. There is more detailed explanation for this formula in the *Administrator's Reference Manual (ARM)*, *Section 22, Competitive Foods*.
- Determine if the percentage of total calories from fat per serving recorded in the space provided falls within the acceptable percentage—less than or equal to 35%.
 - If the answer is no, the item will not meet the Competitive Food Nutrition Standards. There is no need to complete the remaining sections of the worksheet.
 - If the answer is yes, the item may meet the Competitive Food Nutrition Standards. Continue on to Step 5 of the worksheet.

Step 5: Saturated Fat

- **Answer the question:** *What is the percentage of total calories from saturated fat per serving as packaged or served including condiments?*
- Record the answer in the space provided.

If the percentage of total calories from saturated fat is not recorded on the package, use the formula provided on the worksheet. There is more detailed explanation for this formula in the *Administrator's Reference Manual (ARM), Section 22, Competitive Foods*.

- Determine if the percentage of total calories from saturated fat per serving recorded in the space provided falls within the acceptable percentage—less than or equal to 10%.
 - **If the answer is no**, the item will not meet the competitive food nutrition standards. There is no need to complete the remaining sections of the worksheet.
 - **If the answer is yes**, the item may meet the Competitive Food Nutrition Standards. Continue on to Step 6 of the worksheet.

Step 6: Trans Fat

- **Answer the question:** *What are the total grams of trans fat per serving as packaged or served including condiments?*
- Record the answer in the space provided.
- Determine if the total grams from trans fat per serving recorded in the space provided falls is zero (less than or 0.5 grams).
 - **If the answer is no**, the item will not meet the Competitive Food Nutrition Standards. There is no need to complete the remaining sections of the worksheet.
 - **If the answer is yes**, the item may meet the Competitive Food Nutrition Standards. Continue on to Step 7 of the worksheet.

Step 7: Sugar

- **Answer the question:** *What is the percentage of total sugar by weight per serving as packaged or served including condiments?*
- Record the answer in the space provided.

If the percentage of total sugar by weight is not recorded on the package, use the formula provided on the worksheet. There is more detailed explanation for this formula in the *Administrator's Reference Manual (ARM), Section 22, Competitive Foods*.
- Determine if the percentage by weight per serving recorded in the space provided falls within the acceptable percentage—less than or equal to 35%.
 - **If the answer is no**, the item will not meet the Competitive Food Nutrition Standards.
 - **If the answer is yes**, the item meets the Competitive Food Nutrition Standards.

Information on Nutritive Sweeteners

Nutritive sweeteners, also known as caloric sweeteners or sugars, provide energy in the form of carbohydrates. Some nutritive sweeteners are found naturally in foods. For example, fructose is found in fresh fruits. However, products may also contain nutritive sweeteners that are added to food prior to consumption or during preparation or processing. Added nutritive sweeteners are used to enhance the flavor and texture of foods and to increase shelf-life. Sucrose and high-fructose corn syrup (HFCS) are common examples of added nutritive sweeteners listed on ingredient labels.