**GASD Record of Outside Food Form**

(Food meant for sharing with students ONLY)

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| **Eat Smart Nutrition Standards Checklist:** |  |  |
| Standards for Snacks and Beverages will comply with the USDA Competitive Food Regulations, The Healthy Hunger Free Kids Act, Section 208; and New York State Education Department, Article 19.915 Prohibiting the Sale of Certain Sweetened Food. | **YES** | **NO** |
| **Snack Foods** |  |  |
| Food Label containing the Ingredient Statement and Expiration Date attached to this form. **(If the answer is NO, product should not be accepted)** |  |  |
| Product is a whole-grain rich product or have whole grains as the first ingredient. |  |  |
| Product does not contain more than 10% of total calories from saturated fats **= [(grams of sat. fat X 9) / total calories] x 100** |  |  |
| 35% or Less Sugar Grams by weight **= [g sugar/total gram weight of package] x 100** |  |  |
| Sodium content of 200 mg or less for all snacks |  |  |
| No more than 200 calories for snacks |  |  |
| Trans fat = 0 grams/serving |  |  |
| **Exempt**: Nuts, Seeds, Dried Fruit with no added sweeteners or fats, reduced fat cheese |  |  |
| **Beverages:** |  |  |
| Carbonated Beverages **(Not Allowed)** |  |  |
| 100% Juice Fruit or Vegetable: 8oz or Less Elementary School / 12oz or Less Middle/High School |  |  |
| High School *ONLY*: “Low calorie” beverages 12oz or Less that contain 40 calories or Less per 8oz or 60 calories or Less per 12oz. |  |  |



\*Use the Smart Snack Calculator to help you determine if the product meets nutrition standards. <https://foodplanner.healthiergeneration.org/calculator/>



\*Coordinate with your School Food Service Director to learn more about Classroom Celebrations available to purchase as Smart Snack approved celebrations\*