

School Day Fundraising as Mandated by the Smart Snacks Federal and Indiana State Directives:

- The Indiana Department of Education allows schools two (2) non-compliant exempted fundraisers per school building, per school year. This involves the sale of food and/or beverages not meeting the nutrition standards for **Smart Snacks** occurring during the school day that is supervised by the schools administration. The maximum duration of a fundraiser is one (1) day.
- Conducting healthy fundraising with non-food options or only foods that meet the guidelines using the **Smart Snacks Product Calculator** is the highest level of compliance. You must refer to the food nutrition label of the food you are considering to determine if it meets the **Smart Snacks** criteria. The calculator will prompt you to answer the questions about the make-up of the food.

Access the Smart Snacks Product Calculator at:

<http://rdp.healthiergeneration.org/calc/calculator/>

Click on the link below to find a list of products that meet the Smart Snacks in school nutrition standards based on the product's ingredient statement and Nutrition Facts Panel:

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720

- **Smart Snacks** standards do not apply 30 minutes after the school day, during non-school hours, on weekends, or during off-campus fundraising events. Two (2) non-compliant school fundraisers during the school day each school year are allowed for the entire school and their supporting organizations combined. This may require planning and communication between the various groups within each school.

SOURCE: The Healthy Hunger Free Kids Act of 2010, 7 CFR 210.11(b) (4)

Smart Snacks guidelines as mandated by the state for popcorn used as a fundraiser.

To comply with this mandate, popcorn **sold** to children during the school day for each serving:

- ✓ Must be less than or equal to 200 calories
- ✓ Must be less than or equal to 230 mg of sodium
- ✓ Total fat must be less than or equal to 35% of the calories
- ✓ Saturated fat must be less than 10% of the calories
- ✓ Zero trans-fat

Recipe:

Smart Snack Compliant Popcorn Recipe:

Ingredients- (15 three cup servings) Note: Deviating could result in a non-compliant recipe.

- 1 ½ cups premium popcorn kernels (should contain 130 calories per 3 tablespoons of kernels; varieties with a lower amount of calories will not meet Smart Snacks guidelines)
- 3 tablespoons trans-fat free oil (preferably canola oil or a vegetable oil blend specifically marketed for popcorn)
- 1 teaspoon dry butter flavored popcorn seasoning. This seasoning includes salt/sodium. Consider eliminating this all together.

Instructions

1. Turn on industrial popcorn popper according to directions.
2. Combine oil, seasoning and popcorn kernels in popper kettle. Close kettle lid.
3. Heat until popping ends. Wait to touch until all of popcorn has finished popping.
4. Empty kettle of any remaining kernels.
5. Portion popcorn into 3-cup servings into each bag or container (2-pound Kraft paper bags or plastic bags work well).
6. Servings must be sold individually by 3-cup serving size.

Armed with this information:

- If you are making a profit on the sale of popcorn during the school day, the fundraiser falls under the **Smart Snack** guidelines and must be a compliant recipe.
- If popcorn does not meet the guidelines, you may choose one day, two times during the school year to sell non-compliant foods/beverages, including popcorn, freeze pops, etc. The two non-compliant fundraisers must be overseen by the school administration that has the final decision in order to comply with this mandate.