

# Smart Snacks and Fundraising Guidelines for Missoula County Public Schools (MCPS):



- **The Healthy Hunger Free Kids Act (HHFKA)** of 2010 paved the way for the USDA 2013 Healthier School Meals which updated nutrition standards for school meals, calling on schools to offer more fruits, vegetables, and whole grains, and to serve only fat-free and low-fat milk.
- The section of the HHFKA that PTA’s tend to be most interested in is the section discussing **Smart Snacks** Rule, also known as **Competitive Foods Rule**, which encompasses:

- A. Snacks sold during the school day**
- B. Fundraisers that occur during the school day**

Anything sold during the school day in stores, a la carte, or for fundraisers **must** meet Smart Snack Standards:

<b>Calorie limits</b>	<b>Fat limits</b>
Snack items: ≤ 200 calories	Total fat: ≤35% of calories
Entrée items: ≤ 350 calories	Saturated fat: < 10% of calories
<b>Sodium limits</b>	<i>Trans fat</i> : zero grams
Snack items: ≤ 230 mg**	<b>Sugar limit</b>
Entrée items: ≤ 480 mg	≤ 35% of weight from total sugars in foods

\*\* On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

“For the first time in history, UDSA has set guidelines regarding fundraising during school hours and school stores. These are now under the same guidelines as the National School Lunch Program. If a school chooses to participate in either of these they **must** follow the guidelines set forth by USDA as they are outlined in the *Smart Snack Rules*. If it is found out that they don’t follow the guidelines, all reimbursements for that day may be taken away from the food service program.”- Stacey L. Rossmiller MCPS Food and Nutrition Supervisor.

Other items, not implemented by the law, but are best practice include: classroom celebrations, food brought in by parents, and after-school activities (e.g. Dances).

### **Ideas for healthy fundraisers:**

- “No Bake Sale” – Direct Ask of \$10
- Local product sales (ask businesses, restaurants and artisans for products at wholesale)
- Fruit sales
- Game nights

# Be a CATCH MVP Family

## We're a CATCH School

CATCH stands for "Coordinated Approach To Child Health." CATCH schools support healthy students in healthy schools. We invite you to support your children in making healthy choices. Become a CATCH MVP!

A CATCH MVP is someone who **M**oves and stays active, **V**alues healthy eating, and **P**RACTICES healthy habits every day. Be a CATCH MVP family!

- **Move and stay active:** Be more active as a family.
  - Stretch while watching TV
  - Take family walks after dinner
  - Take the stairs instead of the elevator
- **Value healthy eating:** Make healthy choices.
  - Include a fruit or vegetable with every meal
  - Eat more meals together as a family
  - Don't supersize unless you are sharing
- **Practice healthy habits:** Be positive role models.
  - Drink more water and less soda
  - Start your day with a healthy breakfast



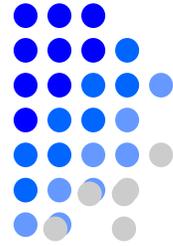
### CATCH your children at their best!

Research has shown that children who are well nourished and physically active perform better in school. Email Missoula's CATCH Coordinator, Lisa Tims at [ltims@saintpatrick.org](mailto:ltims@saintpatrick.org) to learn about CATCH or to schedule a **FREE CATCH training at your school.**

## Healthy Kids = Better Learners



# Food Allergy Tips for PTA Leaders



## School Community

PTAs often serve as the glue that binds the school community together. As a PTA leader, you play a critical role in creating an atmosphere of acceptance and inclusivity for all students. Children with food allergies can have life-threatening reactions with exposures to even tiny amounts of allergen. All food allergies need to be taken seriously. Strict avoidance of food allergens is the only way to prevent a reaction.



*Let's help "make every child's potential a reality by engaging and empowering families and communities to advocate for all children."*

Kids with food allergies need to do certain things to stay safe. Sometimes the constant need to avoid allergens and be prepared for an allergic reaction can set these members of our school communities apart from their peers. Unfortunately, students with food allergies are sometimes excluded from activities or experiences and sometimes the subject of bullying, teasing or harassment. Fortunately, with an aware and understanding community, children with food allergies can participate in and benefit from all the great experiences and opportunities that their peers do.

### FOOD ALLERGY FACTS

- 1 in 13 children in America has a food allergy (2 children in every classroom)
- Food allergies can be life-threatening and need to be taken seriously
- Strict avoidance of the food allergen is the only way to prevent a reaction
- Children can be allergic to any food, but 90% of children are allergic to one or more of the following foods: milk, egg, peanut, tree nut, fish, shellfish, wheat and soy
- 35% of children with food allergies have been bullied due to their allergy
- Outside foods are a common cause of allergic reactions in the classroom

## Planning Events: Consider Non-Food Options

With food allergies on the rise, your PTA can make a huge difference to help ensure that all students in your community can safely participate.

### Consider putting each event/activity through a 3-point checklist:

1. What is the goal of the event/activity?
2. Can this goal be achieved without food? (If so, eliminate it.)
3. If not, how can we choose foods that will allow everyone in our school community to fully & safely participate? (The answer to this will vary based on the specific needs of your school community. Check out some simple tips at right!)

## Tips to Make PTA Events Safe & Inclusive

- Avoid using food when possible.
- If not possible to eliminate all food, choose activities and foods that allow all children to safely participate.
- Engage parents of children with food allergies in PTA event planning process. They are a valuable resource!
- Use individually wrapped and labeled foods at event. This helps prevent cross-contact and allows parents to read labels to ensure child safety.
- Do not serve food to any child without parent knowledge and consent.
- If food is served, try to keep it isolated to one area and encourage hand washing afterward.
- Provide means for children to wash their hands, as necessary. (Commercial wipes okay. Hand sanitizer not sufficient.)
- Invite parents of children with food allergies to attend events and monitor their child.
- Be aware that some non-food items, such as craft supplies, may contain allergens.
- Adult attitudes can have significant impact on how children with food allergies are treated.

**Make it a priority to create a caring environment!**

Written by  
Gina Mennett Lee, M.Ed. and  
Michael Pistiner, MD, MMSc