

Moberly Public

926 KWIX Road
Moberly, MO 65270



School District

660-269-2600 Phone
660-269-2611 Fax
www.moberly.k12.mo.us

Mrs. Parisa Stoddard
Assistant Superintendent
Curriculum & Instruction

Dr. Matthew S. Miller
Superintendent of Schools

Mr. Dustin Fanning
Assistant Superintendent
Personnel & Special Programs

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Recent Federal Legislation requires school districts to adopt and revise their Wellness policy-ADF.

<https://simbli.eboardsolutions.com/ePolicy/policy.aspx?PC=ADF&Sch=398&S=398&C=A&RevNo=1.21&T=A&Z=P&St=ADOPTED&PG=6&SN=true>

Recently, Moberly Board of Education adopted policy ADF. The purpose of this memo is to communicate the change in policy and how that will impact past practice and ask for your help in keeping us in compliance with policy and Federal regulation.

Previously, food sold to students during the school day was required to meet certain nutritional requirements. That has now changed and all food distributed to students during the school day must meet Smart Snack Standards. Provided on the back of this sheet is some guidance. For complete details please check this link.
<https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>

Snacks and treats are often distributed to students during celebrations such as birthdays, Christmas, Valentine's Day or other parties. These snacks must now meet the Smart Snack guidelines. Cupcakes, candy, and other treats will not be allowed unless they meet the nutrition requirements found within the Smart Snack guidelines.

Throughout the year we will be working with our School Health and Wellness Committee to develop acceptable alternatives to traditional snacks. Our goal is not to eliminate the celebrations, but find alternatives that meet the new Federal guidelines and our Board policy.

We need everyone's help and understanding in this change so we would ask for patience as we work to communicate alternatives and communicate what they are. Should you have questions please contact your child's building Principal. Thank you for your support and understanding.

Sincerely,

Dustin Fanning

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less