

M! Smoothie for All Occasions: Food Service

Healthy Smoothies Anytime: Before, During and After School

Smoothies are great for breakfast and lunch!

- Smoothies prepared in-house can count towards the following school meal components:
 - Fruit, Vegetable, Meat/Meat Alternate and Milk
 - Grains and meat/meat alternates other than yogurt can NOT be counted
- Fruits and Vegetables credits as juice
- Fruits and Vegetable credits are based on the pureed volume of the fruit or vegetable
- Yogurt (dairy or soy yogurt) is the only creditable meat/meat alternate component
- Milk can be 1% white, nonfat white or nonfat flavored
- Commercially prepared smoothies can only be credited towards fruit and vegetable juice servings
- Smoothies can be served every day
- Smoothie recipes can be found at MilkMeansMore.org

Smart Snacks

Smoothies can work in the Smart Snack rules as a beverage, food, or as an entrée, depending on the ingredients.

See back of flyer for information from USDA Memo Code: SP 23-2014 (v.3), March 31, 2015: Questions and Answers Related to the "Smart Snacks" Interim Final Rule.

After School Snacks

A fruit or vegetable smoothie made with yogurt counts as 2 components for a snack, if portion sizes are met. A non-liquid component would also need to be served, i.e., a grain/bread serving. The pureed fruit or vegetable amount in a smoothie needs to be $\frac{3}{4}$ cup for ages 6 to 18. A half cup of yogurt is the meat alternate portion size for ages 6 to 18.

Promotion Ideas

- UDIM has posters available for advertising smoothies
- Advertise smoothies on menus, social media, your school's website and morning announcements
- Have a recipe contest for new flavors of smoothies
- Name smoothie flavors for your school mascot or principal
- Have a smoothie flavor to match your school colors
- Share "Healthy Yogurt-based Smoothies Anytime!" handout with your principal
- Work with principal, teaching staff or PTO to include smoothies in healthy celebrations
- Post a picture of the flavor of the day on the school or food service social media sites
- Have a punch card for smoothie purchases and then a drawing for a grand prize
- Create a new revenue source for the cafeteria by making smoothies for classroom parties

For detailed standard operating procedures, resources and recipes, go to www.MilkMeansMore.org under Schools and Educators > Dairy and School Meals.



From USDA Memo Code: SP 23-2014 (v.3), March 31, 2015: Questions and Answers Related to the “Smart Snacks” Interim Final Rule

Updated or new questions are noted with three asterisks (***)

7.* There are many beverages on the market that are labeled as probiotic dairy drinks, drinkable yogurt, milk shakes, and/or high protein low fat milk. Are such drinks allowable Smart Snack beverages?**

Allowable milk beverages for all grade levels in Smart Snacks include unflavored low fat and flavored or unflavored nonfat milk, Kefir (cultured milk), buttermilk, acidified milk, acidophilus milk, or nutritionally equivalent milk alternatives as permitted by the school meal requirements. This category does not include other dairy drinks or milk beverages. Most of these other products have a deviated statement of identity on the product carton such as probiotic dairy drink, drinkable yogurt, milk shake, or high protein low fat milk because these dairy drinks and milk beverages do not meet the Federal standard of identity to be labeled as milk. Therefore, these dairy drinks and milk beverages do not meet the Smart Snacks milk standards, but may be sold, if they meet the requirements under the low and no calorie beverage standards for high school students only.

8.* Are smoothies allowed under the Smart Snacks requirements?**

Yes, smoothies may be sold under the Smart Snacks requirements. There are two types of smoothie products, food smoothies and beverage smoothies. In addition, there are two categories of food smoothies, entrée smoothies and snack smoothies.

9.* When would a smoothie be considered a beverage?**

A smoothie is considered to be a beverage when it is comprised entirely of beverages that are currently allowable under the Smart Snacks standard for 100 percent juice, low fat or non fat milk (including milk alternatives), and water (or ice). For example, a smoothie made from 100% fruit juice, 1% milk and blended with ice would be considered to be a beverage smoothie. The serving size of this beverage smoothie is limited to not more than 8 fl oz for elementary schools and not more than 12 fl oz for middle and high schools.

10.* When would a smoothie be considered a food?**

A smoothie is considered to be a food when the smoothie meets the general standard by including one of the main food group categories as the first ingredient and meets the specific nutrient standards. For example, if a smoothie consists of pieces of strawberries, banana slices, pineapple juice and ice, the smoothie may be considered to be a food smoothie since it contains pieces of fruit. This type of smoothie would be considered to be a snack since it does not meet the definition of an entrée (i.e., does not contain a meat/meat alternate) but does meet the general and nutrient standards.

11.* What if a smoothie contains a meat/meat alternate?**

As stated in Q10, for a smoothie to count as a food, the first ingredient of the smoothie must meet the general standard by being an item included in one of the main food group categories and must meet the specific nutrient standards. If a smoothie also contains a meat alternate, such as yogurt or peanut butter as well as a fruit or vegetable, it would not only be considered to be a food smoothie, but would also meet the definition of an entrée item and may be sold as such.

12.* If a smoothie is served as a breakfast entrée item, is it exempt from the standards?**

Yes, if a smoothie is served as a breakfast entrée item in the SBP, it is exempt from the Smart Snacks standards on the day of service and the day after service in the reimbursable breakfast meal.

13.* In high school, could a beverage smoothie have added sweeteners?**

If a beverage smoothie (combines allowable beverages) is sold in high school and contains added sweeteners, it would fall into the “Other” allowable beverage category for high school. When this is the case, the smoothie must meet the calorie and size restrictions for that beverage category, i.e., ≤60 calories per 12 fl oz (or 5 calories/1 fl oz) with a maximum size of 12 fl oz