

School Nutrition Program At-A-Glance

Topic: Coffee Drinks in High Schools (Grades 9-12)

Overview:

The Healthy, Hunger Free Kids Act of 2010 and Oregon's Smart Snack legislation of 2015 established nutrition standards for foods and beverages sold outside of the National School Lunch and School Breakfast Programs during the school day or during extended school hours for activities such as clubs, yearbook, athletics (including practice), band, and drama rehearsals.

Local educational agencies (LEAs) participating in school meal programs must follow Smart Snacks standards to promote healthy food choices and support a positive nutrition environment.

Coffee bars in high schools (grades 9-12), which are increasingly popular, must also comply with Oregon's Smart Snacks regulations when selling drinks to students.

Requirements:

Smart Snacks standards provide for allowable beverages in allowable amounts that are commonly used in coffee bars. These include:

- Fat-free or 1% milk (flavored or unflavored) and nutritionally equivalent fluid milk substitutes (see ODE webpage section: [Nutritionally Equivalent Milk Substitutes](#)). Flavored milk may not contain more than 10 grams of added sugars per 8 fluid ounces or 15 grams per 12 fluid ounces.
- Black coffee and plain tea.
- "Other beverages" up to 12 oz., with ≤ 60 calories (≤ 5 kcal/oz.).
- "Low- or no-calorie beverages" up to 20 oz., with ≤ 10 calories (≤ 0.5 kcal/oz.).

Calorie Evaluation:

- Calories from allowable milk or nutritionally equivalent fluid milk substitutes *are not* counted toward beverage calorie limits.
- Calories from coffee, tea, creamers, milk alternatives, syrups, and sweeteners *must* be included in the calorie evaluation.

Documentation Requirements (for each coffee drink sold):

- Recipe with preparation instructions.
- Nutrition labels for all ingredients.
- Completed Oregon Smart Snacks beverage calculator based on recipe and labels.

Additional Information:

Drinks must meet calorie standards for either:

- **Other flavored beverages:** ≤ 12 oz and ≤ 60 calories (≤ 5 kcal/oz)
- **Low or no calorie beverages:** ≤ 20 oz and ≤ 10 calories (≤ 0.5 kcal/oz)
Calories from coffee and all additions must be counted.

Examples:

- **12 oz latte with whipped cream and fat-free milk:** Only the whipped cream and espresso count toward calories. Evaluate as an “other beverage”.
- **16 oz mocha with sugar-free hot chocolate packet, coffee, and 1% milk:** Count calories from the coffee and the hot chocolate packet. Evaluate as a “low/no calorie beverage” because the beverage is over 12 ounces.
- **12 oz iced caramel mocha with coffee, oat milk, and sugar-free caramel syrup:** Include ice in the total volume. Count the coffee, oat milk (not nutritionally equivalent to fluid milk) and syrup as an “other beverage”.

Not Included in Total Calories	Included in Total Calories
<ul style="list-style-type: none"> • Flavored or unflavored fat free or 1% milk • Milk substitutes that are nutritionally equivalent to fluid cow’s milk* <p>*Must be nutritionally equivalent to cow's milk per FDA requirements</p>	<ul style="list-style-type: none"> • Coffee, espresso, tea • Half & half, heavy cream, whipped cream • Any milk not listed under “not included”, e.g., almond, oat, 2%, or whole milk • Flavored syrups • Sauces or toppings (chocolate, caramel, sprinkles, etc.) • Pre-mixed drinks (hot cocoa/cider packets and smoothie mixes)

Tips for Success:

- Oregon has its own Smart Snacks regulations, which differ slightly from USDA standards. Always use Oregon’s standards for evaluations.
- Develop a recipe and instructions for each drink to ensure compliance with calorie limits and to train coffee shop staff.
- Keep labels and Smart Snack compliance documentation for every drink.
- Include ice in the total drink volume.
- Syrups, including sugar-free, must stay within calorie limits.
- If you use pumps for syrups, standardize the number of pumps so drinks are made consistently.
- Toppings are allowed, but their calories must be calculated and monitored.
- Have a procedure to limit student-added sugar or creamer. Self-serve areas are difficult to monitor and may lead to excess calories.
- For cappuccinos, mochas, lattes or similar drinks, use the Oregon Smart Snacks calculator. Select “other beverages,” and enter the drink’s volume and calories.

Helpful Resources:

- [ODE Smart Snacks in Schools](#) webpage
- [Oregon Smart Snacks at a Glance](#)
- [Oregon Beverage Calculator](#)

Regulatory Reference:

- ✓ [Oregon Law Chapter 317 \(2015\)](#)- Section 1 amended ORS 336.423
- ✓ [ORS 336.423](#)
- ✓ [Federal Interim Final Rule 7 CFR 210.11](#)

This institution is an equal opportunity provider.