

## Guidance for School Principal's & Staff

### Overview of the USDA Interim Final Rule Nutrition Standards for ALL foods sold in Schools (FNS 2011-0019-4718) (Subject to Change) Effective starting July 1, 2014

In the past, the USDA regulations only governed the reimbursable meals in the National School Lunch and Breakfast programs. Section 208 of the Healthy, Hunger-Free Kids Act provided USDA the authority to establish nutrition standards for ALL foods and beverages sold to students outside of the Federal child nutrition programs in schools.

The USDA established Nutrition standards will impact ALL food and beverage SOLD to STUDENTS on the school campus during the school day including:

- A la carte in the cafeteria
- In school stores
- Snack bars
- Vending machines
- Fundraising

#### Definitions:

Competitive food is defined in this *Interim Final Rule* as all food and beverages sold to students on the School campus during the School day other than those meals reimbursable under the National School Lunch and the School Breakfast Programs.

School campus: all areas of the property under the jurisdiction of the school that is ACCESSIBLE to students during the school day (Not applicable to faculty areas in which students do not have access)

School day is the period from the midnight before, to 30 minutes after the end of the official school day

#### **NUTRITION STANDARDS FOR FOOD**

##### **To be allowable, a food item must**

1. Be a whole grain rich product (50% or more Whole grains); **OR**
2. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**
3. Be a "combination food" with at least ¼ cup fruit and/or vegetable (fruit and yogurt, hummus and vegetables) **OR**
4. Contain 10% of the Daily Value of one nutrient of public health concern (only through June 30, 2016) Calcium, potassium, vitamin D, dietary fiber

#### **AND**

**Meet all of the specific nutrient standards below:** \*resources will be available from the USDA to help determine compliance

Nutrients	All Grade Levels
Total Fat	≤35% of total calories from fat per item as packaged/served
Saturated Fat	≤10% of total calories per item as packaged/served.
Trans Fat	Zero grams of trans fat per portion as packaged/served (< 0.5 g)
Sodium – Entrée's	≤480 mg sodium per item (for entrée items that do not meet NSLP/SBP exemption)
Sodium – Snack & Side items	≤230 mg (until June 30, 2016) ≤200 mg (after July 1, 2016)
Calories – Entrée's	≤350 calories per item (for entrée items that do not meet NSLP/SBP exemption)
Calories – Snack & Side Items	≤200 calories per item
Total Sugar	≤35% of <u>weight</u> from total sugars per item (dried/dehydrated fruits/vegetables exempt)

*Exemptions from meeting all nutrient standards:*

*Fruit & Vegetable Exemption*

*National School Lunch Program Breakfast and Lunch entrees*

*Sugar-free chewing gum is exempt from standards*

#### **BEVERAGE STANDARDS**

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	<b>no size limit</b>	<b>no size limit</b>	<b>No size limit</b>
Low fat milk, unflavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non fat milk, unflavored or flavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice**	≤ 8 oz	≤ 12 oz	≤ 12 oz

**Caffeine:**

Elementary and Middle School: Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances

High Schools: No caffeine restrictions

**High Schools Only:**

Calorie Free beverages maximum serving size 20 oz.

Lower-Calorie Beverages: Maximum Serving Size 12 fluid ounces

- Up to 60 calories per 12 fluid ounces; or
- Up to 40 calories per 8 fluid ounces

**FUNDRAISERS**

- All foods that meet the regulatory standards may be sold at fundraisers on the school campus during school hours. This does not apply to bulk food sales intended to be consumed at home (i.e. frozen cookie dough, pies, market day, etc)
- The standards would not apply to items sold during non-school hours (concessions during sporting events, weekends, or off-campus fundraising events.
- State agencies may establish limits on the number of exempt fundraisers that may be held during the school year
- No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

**HOW WILL THIS IMPACT MY SCHOOL?****K-8 SCHOOLS**

- The standards for foods apply to all grade levels. If there is food sold within your school campus during the school day (see definition box), it must comply with the nutrition standards for food as well as the beverage requirements on the table listed above. This would include any vending machine or snack bar that students have access to during the school day as well as the a la carte food items sold during the meal periods.
- Regulation information should be shared with your parent organization, extracurricular groups and clubs that may SELL food or beverages for fundraising purposes, as these rules would be impactful on their fundraising efforts. Alternative fundraising options may have to be developed.

**HIGH SCHOOLS**

- This regulation affects all vending, snack bar, school store, concessions, a la carte in the cafeteria that occur during the school day. The school day includes 30 minutes after the end of the official day. This has a financial impact on your programs which receive the revenues from these food and beverage sales. However, if the food or beverages are sold outside of the school day (i.e. concessions at an evening sporting event) this regulation does not take effect.
- Regulation information should be shared with your parent organization, extracurricular groups and clubs that may SELL food or beverages for fundraising purposes, as these rules would be impactful on their fundraising efforts. Alternative fundraising options may have to be developed.

**SCHOOL SPECIFIC NOTES:**