

Nutrition Standards for All Foods Sold in Schools

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white paper version

The School Environment

- The health of today's school environment continues to improve. The NSLP and NSBP have increased whole grains, fruits, and vegetables that are offered to students.
- The Smart Snacks in School standards published by USDA builds upon NSLP standards to ensure that all snack foods and beverages available for sale to students are nutritious.

Healthy, Hunger-Free Kids Act

- Requires that USDA establish nutrition standards for all foods and beverages sold in school – beyond the CNP program.
- The law specifies nutrition standards shall apply to all foods and beverages sold:
 - Outside school meal programs
 - On the school campus
 - Anytime during the school day

Smart Snack Standards

- Effective July 2014
- Applies to:
 - A la carte items sold in cafeterias
 - School stores
 - Snack bars
 - Vending machines
 - Other venues

Where do Standards Apply?

- School Campus
 - All areas of the property under jurisdiction of school that are accessible to students during the school day.

When do Standards Apply?

- School Day
 - The period from the midnight before, to 30 minutes after the end of the official school day.

Fundraiser Exemption

- State agencies establish limits on number of infrequent exempt fundraisers that may be held during the school year.
- If State does not have an established limit, no fundraiser may take place in school with food that does not meet Smart Snack standards.
- Fundraiser foods may not be sold in competition with school meals.

Fundraisers

- All foods that meet the Smart Snack standards may be sold at fundraisers on the school campus during school hours.
- The standards would not apply to items sold during non-school hours, weekends, or off campus fundraising events.

Nutrition Standards for Foods

- Foods must meet at least one of the following criteria:
 - Be whole grain rich OR
 - Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.) OR
 - Be a “combination food” with at least ¼ cup fruit and/or vegetable OR
 - Contain 10% of the Daily Value of one nutrient of public health concern (only through June 30, 2016)
 - Calcium, potassium, vitamin D, dietary fiber

Combination Foods

- Products that contain at least $\frac{1}{4}$ cup of fruit and/or vegetable and have two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein, or grains.
- Examples:
 - Blueberry Muffin (flour not WG rich – contains $\frac{1}{4}$ c blueberries)
 - Packaged cookie and banana

Condiments

- Must include in nutrient profile as part of the item served; examples include:
 - Salad Dressing
 - Butter on toast
 - Cream Cheese on bagels
 - Sugar in tea

Nutrient Standards

- Total Fat \leq 35% of calories
- Saturated Fat \leq 10% of total calories
- Trans Fat – 0 grams
- Sodium \leq 230 mg (snack) \leq 480 (NSLP entrée)
- Calories \leq 200 (snack) \leq 350 (NSLP entrée)
- Total Sugar \leq 35% of weight
 - Sugar exemptions – Dried fruits or vegetables

Nutrient Standards

- Exempt from meeting ALL nutrient standards:
 - Fresh, frozen, and canned fruit packed in water, 100% juice, light syrup or extra light syrup.
 - Fresh, frozen, and canned vegetables with no added ingredients except water.
 - Canned vegetables with small amount of sugar for processing purposes.

Standards for Beverages

- Vary by Grade level
- Identify specific types of beverages allowed
- Address container size

Beverages for All

- Water (Plain; carbonated or noncarbonated)
 - No size limit
- Milk (unflavored 1% or flavored nonfat)
 - 8oz elementary
 - 12oz middle and high
- Juice (100% juice – can be diluted with water)
 - Can be carbonated
 - 8oz elementary
 - 12oz middle and high

Beverages in High Schools

- Calorie-Free Beverages
 - Max serving size 20oz.
 - Flavored water with or without carbonation
 - Other “calorie-free” beverages with less 5 calories per 8 oz., or up to 10 calories per 20oz.
- Lower-Calorie Beverages
 - Max serving size 12oz
 - Up to 5 calories per oz (40 calories/8oz and 60 calories/12oz).

Caffeine

- Elementary & Middle Schools
 - Foods and beverages must be caffeine-free except for trace amounts of naturally-occurring caffeine substances.
- High Schools
 - No restriction

Smart Snack Calculator

- How do you determine if snacks are compliant
 - <http://rdp.healthiergeneration.org/calc/calculator/>
- [Smart Snack Calculator](#)