

NUTRITION STANDARDS FOR FOOD:

ANY FOOD SOLD IN SCHOOLS MUST:

- Be a “whole grain-rich (51% Whole Grain)” grain product; **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 ¼ cup of fruit and/or vegetable; **or**
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

- **Foods must also meet several nutrient requirements:**

Calorie limits:

◦ Snack items: ≤ 200 calories

◦ Entrée items: ≤ 350 calories

Sodium limits:

◦ Snack items: ≤ 230 mg**

◦ Entrée items: ≤ 480 mg

Fat limits:

◦ Total fat: ≤35% of calories

◦ Saturated fat: < 10% of calories

◦ Trans fat: zero grams

Sugar limit:

◦ ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

SMART SNACKS IN SCHOOL USDA'S "ALL FOODS SOLD IN SCHOOLS" STANDARDS

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting “junk food”.

NUTRITION STANDARDS FOR FUNDRAISING

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat (1%) milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
 - Calorie-Free Beverages, Flavored and/or Carbonated (≤ 5 calories per 8 oz or ≤10 calories per 20 oz).
 - Low Calorie Beverages, Flavored and/or carbonated (≤40 calories per 8 oz or ≤60 calories per 12 oz)
 - Caffeinated beverages are only permitted at the High School Level.

FUNDRAISERS AND OTHER REQUIREMENTS OCCURRING DURING THE SCHOOL DAY

- **Fundraisers**
 - Child Nutrition Services encourages Fundraisers to occur outside meal service times and outside of areas where meals are sold or consumed.
 - Texas is currently allowing six (6) Exempt days that have been approved prior to the day of service by the principal. Foods that do not meet Smart Snacks compliance are allowed to be sold as fundraisers on these days, however cannot be sold where meals are sold or consumed. These Exempt days will be documented by Child Nutrition Services.
 - Foods sold that are meant to be consumed outside of the school day (Pizza Dough, Cheese Balls, Cake Mix, Etc) are not included in the Fundraising and Smart Snack Requirements.
- **Accompaniments**
 - Accompaniments such as cream cheese, beverage flavorings, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.