

**Nutritional Standards**  
**Lower Merion School District**  
 August 2019

<p><b>Source of Competitive Food</b></p>	<p><b>Healthy Hunger-Free Kids Act of 2010 – Smart Snacks in Schools, July 2014</b>          Competitive Foods are all foods and beverages sold (purchased) to students outside the school meal programs, on the school campus, and at any time during the school day. This includes items sold “a la carte”, in vending machines, at school stores, during fundraisers, or at any other venue that sells food/beverages to students during the school day. The HHFKA considers the school day from midnight the day of the sale until 30 minutes after the end of the official school day.          Refer to the USDA A Guide to Smart Snacks in Schools <a href="https://www.fns.usda.gov/sites/default/files/tn/USDA_SmartSnacks.pdf">https://www.fns.usda.gov/sites/default/files/tn/USDA_SmartSnacks.pdf</a></p>
<p><b>“A la” Carte Food/Snacks, Vending, and Fundraiser Nutritional Standards</b></p>	<p>The following standards apply to all foods offered a la carte:          All foods must meet <b>ONE</b> of the <u>General Standards</u> <b>AND ALL</b> of the <u>Food Specific Nutrient Standards</u> below:  <u>General Standards:</u></p> <ul style="list-style-type: none"> <li>• Be a grain which contains 50% or more whole grains by weight or have whole grains as the first Ingredient; or</li> <li>• Have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or</li> <li>• Be a combination food that contains at least ¼ cup fruit and/or vegetable</li> </ul> <p><u>Food Specific Nutrient Standards:</u>          The food must meet the nutrient standards for calories, sodium, sugar and fats</p> <ul style="list-style-type: none"> <li>• Snack items and side dishes will provide ≤200 calories and ≤230mg sodium per item sold</li> <li>• Entrée items (that DO NOT meet NSLP/SBP exemptions) will provide ≤350 calories and ≤480mg sodium per item sold</li> <li>• Items will be packaged in single serving sizes</li> <li>• A minimum of 3 fruits and 3 vegetables will be offered daily in the cafeteria (at least 1 of each being fresh/raw) A variety of fruits and vegetables will be offered from day to day</li> <li>• No foods will be on-site deep fat fried.            This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 2 times per week. These 2 items are exempt from the total fat and saturated fat restrictions listed below.</li> </ul> <p>In addition all food items will contain:</p>

- ≤35% of calories from total fat(excluding nuts, seeds, nut butters, reduced fat cheeses and seafood)
- ≤10% of calories from saturated fat (excluding reduced fat cheeses)
- ≤35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient
- Minimal to no trans fatty acids

Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards K-5 will not offer more than 8 a la carte items (exclusive of fruits and vegetables). These items will not contain peanuts or tree nuts nor will they be produced in a plant known to manufacture peanuts or tree nuts

Foods of Minimal Nutritional Value (USDA regulation 7CFR210 and 220) will not be available anytime during the school day

**“A la” Carte Beverages**

Vary by grade level:

Beverage Types	Elementary School	Middle School	High School
Water – Plain with or without carbonation	No Limit	No Limit	No Limit
Milk – Unflavored low-fat, unflavored fat-free, or flavored fat-free and flavored low-fat	8 fl oz	12oz	12oz
Juice – 100% fruit or vegetable juice, with or without carbonation	8 fl oz	12oz	12oz
Diluted Juice – 100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners	8 fl oz	12 fl oz	12 fl oz
Low-and No-Calorie Beverages (High School Only) Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie free, flavored water			<u>12 fl oz or less– “Lower Calorie”</u> Maximum 40 calories/8 fl oz. Max 60 calories/12 fl oz (equivalent to 5calories/oz) <u>20 fl oz or less – “No Calorie”</u> Less than 5 calories/8oz Max 10cal/20oz

- Caffeine
  - Only caffeine-free beverages allowed for elementary and middle school students.
  - Foods and beverages that contain trace amounts of naturally-occurring caffeine substances, such as chocolate milk, are exempt.
  - Caffeine-containing products are not prohibited in high schools.

<b>Fundraisers</b>	<p>The Nutritional Standards as listed above.  A fundraiser is considered an event that includes an activity where currency/token/tickets, etc. are exchanged for the sale/purchase of a product in support of school or school-related activities. Examples include: bake sales, candy bar sales.</p> <ul style="list-style-type: none"> <li>• These standards apply to fundraisers sold during the school day. The school day is from midnight the night before to ½ hour after the end of the official school day</li> <li>• Non-food fundraisers and food fundraisers that meet the requirements of the Smart Snack Standards do not require an exemption <ul style="list-style-type: none"> <li>a. May be sold for fundraising purposes on the school campus during the school day without limit on frequency</li> </ul> </li> <li>• Exempt fundraisers:</li> </ul> <p>All requests for exempt fundraisers must be submitted in advance to the building Principal. All fundraisers must be approved in advance by the building Principal and may not exceed one school week in duration.</p> <ul style="list-style-type: none"> <li>a. May not be sold in the food service area during the meal period.</li> <li>b. Elementary and Middle Schools (per building) are allowed a maximum of 5 exempt fund raisers per year</li> <li>c. High Schools (per building) are allowed a maximum of ten exempt fundraisers per year</li> </ul>
<b>Classroom Parties/Holiday Celebrations</b>	<p>At the grade K-5 level, no food of any kind is permitted to be brought to school to be shared with students in connection with recognition of birthdays, celebrations such as Halloween, holidays, Valentine’s Day, cultural events, and end-of-the-year festivities at the grades K-5 level. At the grade 6-12 level, foods brought to school for recognition of birthdays, celebrations, cultural events and end-of-the-year festivities must be in compliance with the District’s nutritional guidelines and procedures to maintain a safe environment for students with life threatening allergies and other serious health issues.</p> <p>Grades 6-12 level:  Classroom parties will offer minimal amount of foods (maximum 2-3 items ) that contain added sugar as the first ingredient and will provide the following:</p> <ul style="list-style-type: none"> <li>• Fresh fruits and vegetables</li> <li>• Water, 100% fruit juice or milk</li> </ul> <p>In addition, Nutritional Services Department will offer party lists/menus that include food and beverage choices that:</p> <ul style="list-style-type: none"> <li>• Are moderate in sodium content</li> <li>• Provide minimal to no trans fatty acids</li> <li>• Provide items that contain &gt;2gm fiber per serving</li> <li>• Offer fresh fruits and vegetables</li> <li>• Offer water, 100% fruit juice or milk as the beverage choices</li> <li>• Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220)</li> </ul>

<b>Rewards</b>	Food shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmer’s market etc.). Alternative ideas are listed on Nutrition Services website.
<b>Food from Home</b>	<p>Homemade food is not permitted to be brought to school for the purpose of being shared during the school day with students either by other students, teachers or other staff, or other persons.  Parents/guardians will be encouraged to promote their child’s participation in the school meal program or to provide school lunch and/or encourage the purchase of healthy alternatives.</p> <p>All nutrition standards will be available to parents/guardians. Information regarding nutrition education and polices will be available on an ongoing basis. Nutrition education outreach may include newsletters, open house, back to school nights etc.</p>
<b>School Stores/Foods/Snack</b>	<p>School Stores: Food, snacks and beverages must comply with standards: Specific information available for School Stores.  Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board Policy and administrative regulations.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.</p>

<b>Faculty Lounges</b>	Faculty is encouraged to set the example for students. Faculty is encouraged to model healthy nutrition and to avoid consuming foods and beverages that do not align with school policy in the presence of students
<b>Other</b>	Student Input: Students will be an active part of menu planning through regularly scheduled meetings and taste testing.  Vegetarian Options: Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or a la carte. Efforts should be made to include appealing vegetarian choices.