

THE SALE OF COMPETITIVE FOODS

The Gainesville City School Systems Board of Education is committed to providing students with nutritious meals that supply an average one-third of the Recommended Daily Nutritional Allowances for all students. The Board recognizes the school breakfast and school lunch program as the primary food source for the school system and therefore prohibits the sale and service of foods of minimal nutritional value during the school day on school property. **School day** is defined as the period from the midnight before, until 30 minutes after the end of the official school day. **School property** includes outdoor eating areas, parking lots, and school stores.

No extra food sales will be considered a substitute for a meal component. Extra food sales shall not interfere with breakfast and lunch meals.

Allowable extra food products must comply with the following criteria.

Any food sold in schools must:

- Be a "whole grain-rich" grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; 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 fruit and/or vegetable.
- *If water is the first ingredient, the second ingredient must be one of the items above.

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 200 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

Exemptions:

- Reduced fat cheese, nuts, seeds, and products consisting of only dried fruit with nuts and no added sweeteners or fats are exempt from the total fat and saturated fat standards, but are still limited by calories and sodium.
- Dried whole fruits or vegetables with no added sweeteners are exempt from sugar standards but limited by calories and sodium.
- Dried whole fruits with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries or blueberries) are exempt from sugar standards but limited by calories and sodium.

NSLP/SBP Entrée Items Sold A la Carte

- Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive foods standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.

National Standards for Beverages:

- **All schools may sell:**
 - Plain water (with or without carbonation)

- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 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. The sale of caffeinated beverages in elementary and middle schools is prohibited with the exception of trace amounts of naturally occurring caffeine.

- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain ≤ 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

OTHER REQUIREMENTS

• Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards, except that they may not be sold in the cafeteria.
- All snacks sold in schools must meet the aforementioned nutritional requirements.
- The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events.

Questions regarding approved snacks may be directed to the school nutrition department.

• Accompaniments

- Accompaniments such as cream cheese, 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.

Listed below is the systems organizational plan which establishes the levels of instruction:

Early Education

K - 5 Enota Multiple Intelligences Academy
 K - 5 Centennial Arts Academy
 K - 5 Fair Street School, an International Baccalaureate School
 K - 5 Gainesville Exploration Academy
 PK - 5 New Holland Knowledge Academy

Middle School Education

Grades 6 – 8 Gainesville Middle School

Secondary Education

Grades 9 – 12 Gainesville High School

Alternative Education

The Academy at Wood's Mill