



**Navigating  
Nutrition  
Standards for  
All Foods Sold  
in Schools**

**An Overview of Requirements**

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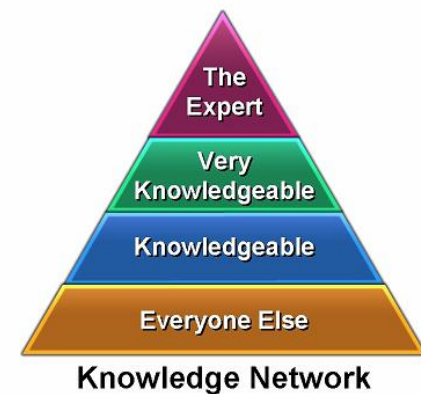
# Acknowledgment Statement:

You understand and acknowledge that:

- ❑ The training you are about to take does not cover the entire scope of the program; and that
- ❑ You are responsible for knowing and understanding all handbooks, manuals, alerts, notices and guidance, as well as any other forms of communication that provide further guidance, clarification or instruction on operating the program.

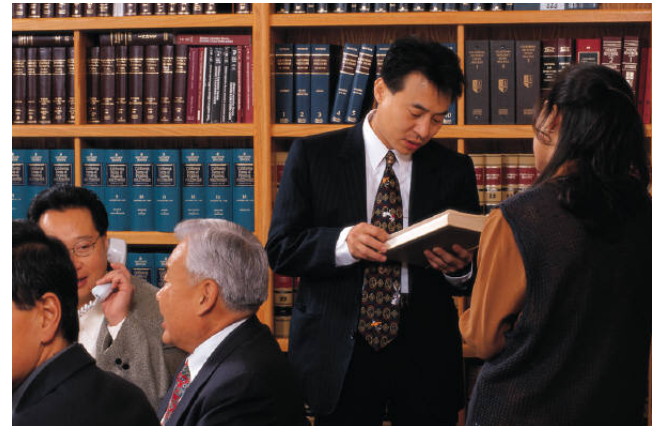
# Course Objectives

- Participants will gain knowledge of:
  - ✓ Texas Specific standards
  - ✓ General standards for foods
  - ✓ Specific nutrient standards for foods
  - ✓ Beverage standards
  - ✓ An overview of resources



# Nutrition Standards for All Foods Sold in School

- Healthy, Hunger Free Kids Act 2010
  - Provided USDA authority to establish:
    - Nutrition standards for all foods and beverages sold outside of the Federal Child Nutrition Programs
    - On the school campus
    - During the school day



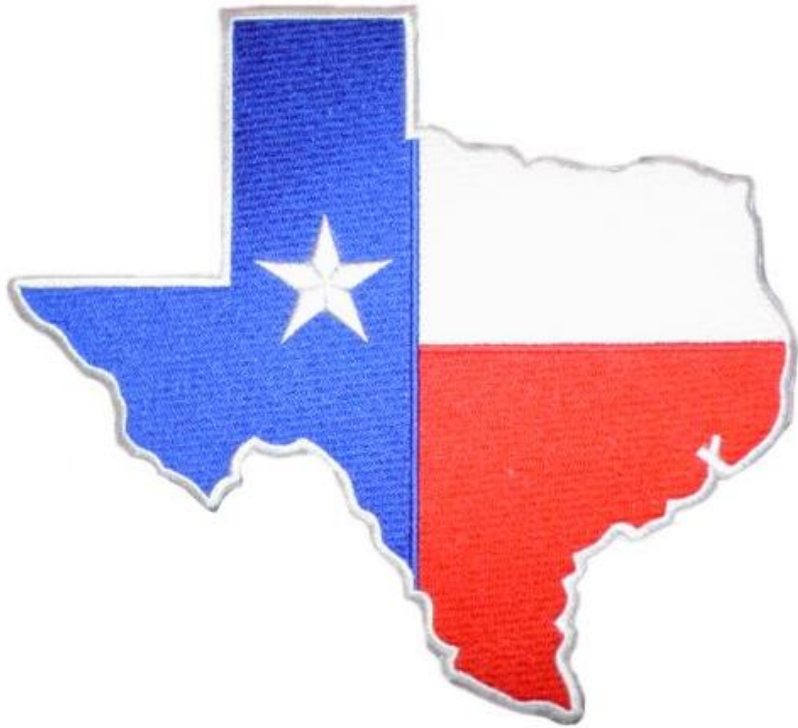
# Nutrition Standards for All Foods Sold in School

- Interim Final Rule
  - Released June 28, 2013



- Allows State Agencies to set frequency of “**exempted**” fundraisers
- Provides school districts the authority to:
  - Implement more restrictive competitive foods standards

# Repeal of Texas Regulation



- Lift the ban on deep fat frying
- No restriction on low/zero calorie "sodas"
- No Texas time and place restrictions

Effective July 01, 2015

# Exempt Fundraisers

States allowed to set  
number of Fundraisers

Texas allows  
6 fundraisers

Per Campus,  
Per year

Effective  
July 01, 2015

# Exempt Fundraisers



May not be sold in competition with school meals



In the food service area, during meal service



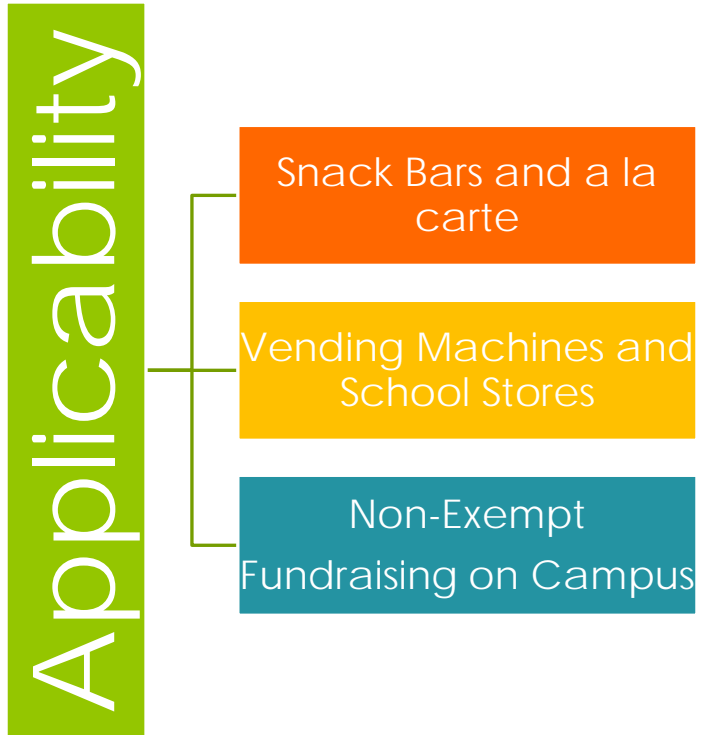
- District Local Wellness Policy
  - District may set standards for food sales and food provided
  - Stricter than federal standard
  - Allows local control
  - Allows parent and community input



## Local Control



# Nutrition Standards for All Foods Sold in School



Effective  
July 01, 2014



# School Campus

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



- School Day

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

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## ○ Competitive Foods

Any food item(s) **sold** on the school campus, during the school day, that **is not** part of the reimbursable school.



### Applies to

- All ages of Students There's an extra bullet here, deleted it.



### Nutrient Standards

- Calories, Fats
- Sodium & Sugars – there are four separate items here, but only two bullets, each one have a bullet or no bullets or all in one bullet??



### Exemptions for

- Entrees
- Specific Foods



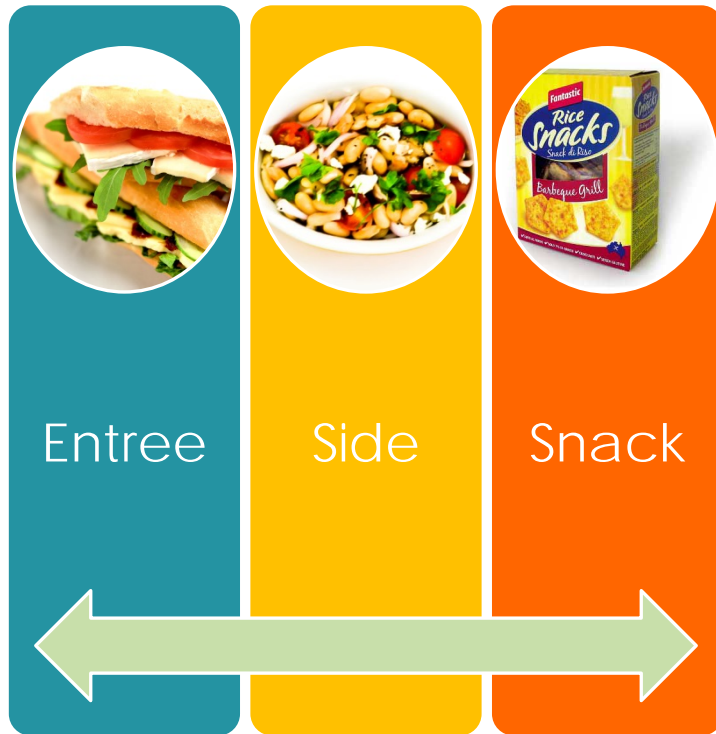
## Standards for Foods



## Four General Standards

All food items must meet one of the four general standards to be considered for sale

# Food Item Categories



- An item's category will determine
  - Total Calories Allowed
  - Total Sodium Allowed





## Entrée Exemption

- Entrees served in NSLP or SBP
  - Exempt from all competitive food standards
  - On the day of service and the day after service **only**



## Entrée Exemption

Entrée items offered for sale as competitive foods must:

- ✓ Be offered in the same or smaller portions as offered at breakfast or lunch

- Calories
- Sugars
- Sodium
- Total Fat
- Saturated Fat
- Trans fat

## Nutrient Standards



# Standards for Beverages



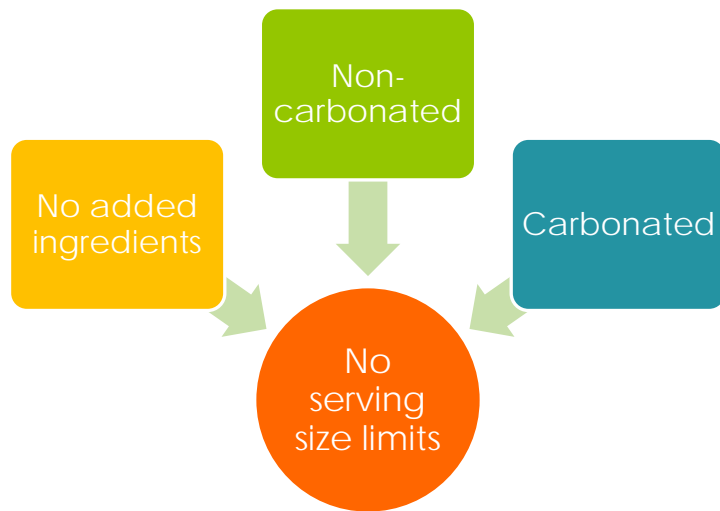
- Vary by Grade Level
- Identify Specific Types of Beverages Allowed
- Address Container Size

# Beverages for All



- Water
- Milk
- 100% Juice
- 100% juice diluted with water (with no added sugars)

# Water



# Milk

## Types

- Unflavored nonfat & low fat (1%) milk
- Flavored nonfat milk

## Serving Size

- 8 fluid ounces for elementary schools
- 12 fluid ounces for middle and high schools



# Juice



## Types

- 100% fruit and/or vegetable juice
- 100% fruit and/or vegetable juice diluted with water
  - carbonated or noncarbonated

## Serving Size

- 8 fluid ounces for elementary school
- 12 fluid ounces for middle and high schools



- “Other”  
Beverage  
Category

- Added  
Sweeteners
  - Caloric or
  - Non-caloric
- Caffeinated  
beverages



**Allowed in High  
School (9-12) ONLY!**

# Low Calorie Beverages for High School



- Maximum serving size
  - 12 ounces
- Maximum Calories
  - 60 calories per 12 ounces
  - 40 calories per 8 ounces
  - $\leq 5$  calories per ounce

- Maximum Serving Size
  - 20 ounces
  
- Maximum Calories
  - $\leq 5$  calories per 8 oz.
  - $\leq 10$  calories per 20 oz.



## Beverages for High School “Zero” Calorie

# Caffeine

- **Elementary & Middle School**
- Foods and beverages must be **caffeine-free**
  
- **High School**
- No caffeine restrictions for this grade group





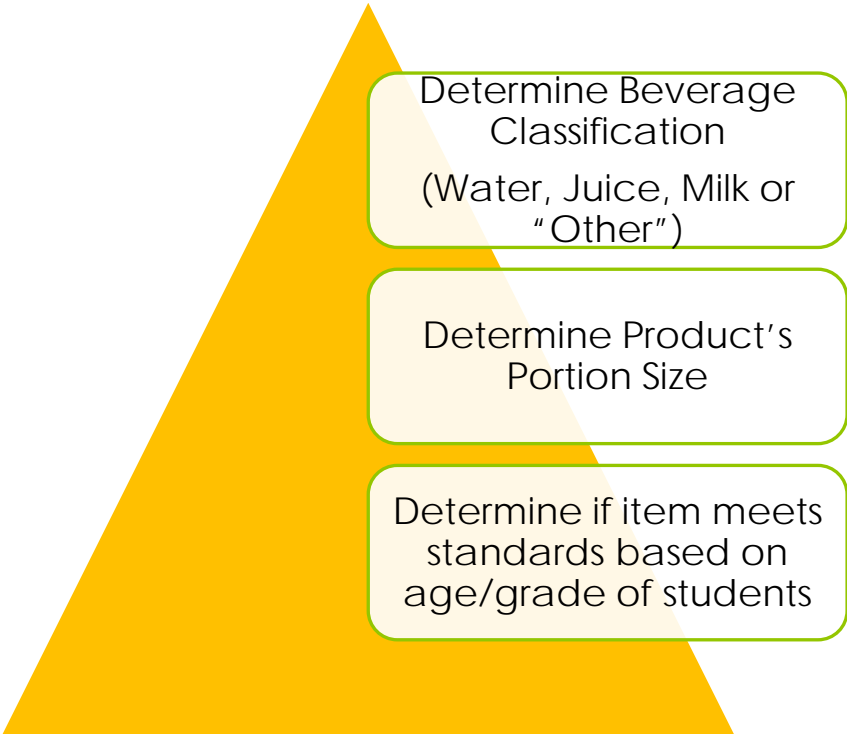
# Getting Started

## Choosing items for sale

# Evaluating Food Items for Sale



# Evaluating Beverages for Sale



Determine Beverage  
Classification  
(Water, Juice, Milk or  
"Other")

Determine Product's  
Portion Size

Determine if item meets  
standards based on  
age/grade of students

# Approved Products

- Alliance for a Healthier Generation

- [Approved Product List](#)





# Tips for Using the Calculator

- Know how to categorize item
  - Beverage
  - Food
    - Entrée
    - Snack
    - Side



- Categorize item correctly
- Enter your product's nutrition information:
  - per amount **SOLD**
  - Include all components and accompaniments



## Tips for Using the Calculator

### Entering information

# Tips for Using the Calculator

<b>Nutrition Facts</b>	
Serving Size 5 oz. (120g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b>	33
Calories from Fat 0	
<b>Total Fat</b> 0g	% Daily Value*
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	0%
<b>Total Carbohydrate</b> 16g	1%
Dietary Fiber 0g	5%
Sugars 1g	0%
<b>Protein</b> 2g	
<b>Vitamin A</b> 180%	<b>Vitamin C</b> 15%
<b>Calcium</b> 5%	<b>Iron</b> 2%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400 mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



- Items you will need
  - Product ingredient list and
  - Nutrition facts label OR
- Recipe and
- Nutrient analysis for recipe



make lemonade

- 2 cups sugar
- 1 cup hot water
- 2 cups fresh lemon juice
- 1 gallon cold water
- 1 lemon, sliced

Directions  
Using a 1 gallon container, put sugar and hot water inside. Stir until sugar dissolves.  
Add lemon juice and enough cold water to make 1 gallon. Stir well until mixed.

Drink up and enjoy!

rxivladva.com



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# Tips for Using the Calculator



- Enter Product information for print out
- Print out “Product is compliant” statement
- Attach product label to statement
- Keep on file for documentation

# Clarifications

- USDA Policy Memo
  - SP 23-2014 (V. 3)
    - “Questions & Answers Related to the Smart Snacks Interim Rule”



# Clarifications

- ❖ Beverages:
  - ❖ Classifying Smoothies
    - ❖ Beverage
    - ❖ Food
    - ❖ Added Sweeteners



# Clarifications

- ❖ Fundraisers
  - ❖ What are sales?
  - ❖ When do standards apply?
  - ❖ Appropriate documentation



- ❖ [Squaremeals.org](http://Squaremeals.org)

- ❖ USDA Smart Snacks webpage

- ❖ Alliance for a Healthier Generation

## Additional Resources





Questions?





# TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

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