

CEs should include information on exempt fundraisers in their local wellness policies to ensure that students, parents, and staff understand when fundraising exemptions apply.

Food Sold During the School Day Not Intended for Consumption in Schools

Competitive Food Nutrition Standards do not apply to fundraising activities that include the ordering and distribution of food and/or beverages not intended to be consumed during the school day on the school campus. This includes ordering food items that will be picked up a later time in the future. Typically, these food items need further preparation before they can be served.

For Example: Cookie dough or frozen sausage.

Concession Stands or Other Events Where Food and/or beverages Are Sold During the School Day

Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food Nutrition Standards if the sale occurs during the school day on the school campus as defined in this section.

CEs may find that providing training or assistance to concession operators about acceptable products to sell to students will help to ensure that the Competitive Food Nutrition Standards are met. See the *Records Retention* and the *Compliance* subsections in this section for additional information related to concession activities or other events that operate under the Competitive Food Nutrition Standards.

USDA’s Competitive Food Nutrition Standards

All food and/or beverage items sold during the school day on the school campus that are not part of the reimbursable meal must meet the Beverage Standards, General Food Nutrition Standards, and the Nutrient Standards for Competitive Foods:⁶

Information Box 1	
Common Nutrition Measurement Abbreviations	
fl = fluid	≤ = equal to or less than
g = gram	≥ = equal to or greater than
mg = milligram	
oz = ounce	

⁶ See the *Exceptions to the Competitive Food Nutrition Standards* and the *Items Exempt from Competitive Food Nutrition Standards* subsections in this section for additional information on situations, contexts, and specific food and/or beverage items that are not subject to the Competitive Food Nutrition Standards.

Competitive Food Nutrition Standards Chart			
(Competitive food or beverage items sold during the school day must meet the standards as described in this chart.)			
Beverage Standards			
Type of Beverage	School Level		
	Elementary	Middle	High
Water (With No Added Ingredients)			
• Plain water	Any Size	Any Size	Any Size
• Plain Carbonated Water	Any Size	Any Size	Any Size
Milk			
• Plain, unflavored low-fat (1%) milk	≤8 fl oz	≤12 fl oz	≤12 fl oz
• Plain or flavored fat-free milk and approved milk alternatives	≤8 fl oz	≤12 fl oz	≤12 fl oz
Fruit or Vegetable Juice			
• 100% Fruit or vegetable juice	≤8 fl oz	≤12 fl oz	≤12 fl oz
• 100% fruit or vegetable juice diluted with water— <u>with or without carbonation</u> —with no added sweeteners	≤8 fl oz	≤12 fl oz	≤12 fl oz
Other Beverages for High School Students			
• Other lower calorie flavored and/or carbonated beverages that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz.	-	-	≤12 fl oz
• Other very low calorie flavored and/or carbonated beverages that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz	-	-	≤20 fl oz
General Food Nutrition Standards			
Meet all of the Competitive Food Nutrition Standards <u>and</u>			
Be a grain product that contains 50% or more of whole grains by weight or have whole grains as the first ingredient. ⁷	or	Have one of the non-grain major food groups as a first ingredient* (fruit, vegetable, dairy, or protein food).	or
			Be a combination food that contains at least ¼ cup fruit and/or vegetable.
Nutrient Standards			
Calorie limits: <u>and</u>	Sodium limits: <u>and</u>	Fat limits: <u>and</u>	Sugar limits:
<ul style="list-style-type: none"> ▪ <u>Snack Items:</u> ≤ 200 calories ▪ <u>Entrée or Main Dish Items:</u> ≤ 350 calories 	<ul style="list-style-type: none"> ▪ <u>Snack Items:</u> ≤ 200 mg per portion as packaged⁸ ▪ <u>Entrée or Main Dish Items</u> ≤ 480 mg per portion as packaged 	<ul style="list-style-type: none"> ▪ <u>Total Fat:</u> ≤ 35% of calories ▪ <u>Saturated Fat:</u> < 10% of calories ▪ <u>Trans Fat:</u> 0 g (≤ 0.5 g) 	<ul style="list-style-type: none"> ▪ ≤ 35% of weight from total sugars in foods

⁷ If water is the first ingredient, the second ingredient must be one of the following: (1) grain product that contains 50% or more of whole grains by weight; (2) fruit, vegetable, dairy, or protein foods as a first ingredient; or (3) be a combination food that contains at least ¼ cup fruit and/or vegetable.

⁸ On July 1, 2016, the sodium standard will move to 200 mg per item as packaged or served.