COMPETITIVE FOOD SALES/VENDING MACHINES

Code **EFE-R** *Adopted* **1/25**

In an effort to promote student wellness, prevent and reduce childhood obesity and provide assurance that school meals and snacks meet the minimum federal standards, the district implements this rule governing the sale of competitive foods within the district.

Competitive foods means all foods and beverages sold to students during the school day other than food sold under the lunch and breakfast programs. The school day is the period from the midnight before to 30 minutes after the end of the school day.

This rule applies to all properties under the jurisdiction of the school that are accessible to students during the day. The venues include, but are not limited to, á la carte in the cafeteria, school stores, snack bars and vending machines.

The competitive food standards do not apply under the following situations:

- food sold during non-school hours, weekends, or off-campus fundraising events (e.g., athletic events, or school concerts)
- food sold for off-campus consumption (e.g., cookie dough or frozen pizza)
- food sold exclusively to adults who are not students
- food given to students at no charge without suggesting a donation
- food brought from home by students for personal consumption
- foods donated for classroom celebrations
- emergency medical situations

Definitions

Á la carte: an individually priced food item.

Combination food: a product that contains two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains. Examples include yogurt and fruit parfait, hummus with vegetables and cheese and crackers.

Entrée: a combination food of meat/meat alternative and whole grain rich food; or a combination food of vegetable or fruit and meat/meat alternative; or a meat/meat alternative alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky and meat sticks).

Food: food and beverages, including side items and condiments.

Food service area: any centralized location on a school campus where breakfast and lunch are normally prepared, served and/or consumed by students. This includes a “commons” area if students are expected to eat meals there.

Nutritive sweetener: a sweetener that provides energy (calories) in the form of simple carbohydrates such as sugars and syrups, i.e. brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, alt syrup, maltose, molasses, raw sugar, sucrose, sugar or syrup.

Entrée items: (sold only á la cart) and side dishes.

The nutrition requirements for food apply to all grade levels and must meet one of the following standards.

- Be a grain product that contains 50 percent or more whole grains by weight or have whole grains as the first ingredient
- Have as the first ingredient a fruit, vegetable, dairy or protein food (i.e. meat, beans, poultry, seafood, eggs, nuts, seeds)
- Be a combination food that contains at least 25 percent cup fruit and/or vegetable

*Effective July 1, 2016, this will no longer qualify as a competitive food.

If water is the first ingredient, the second ingredient must be one of the above. The food must also meet the nutritional requirements for calories, sodium, fats and total sugars.
Exemptions include the following:

- fresh fruits and vegetables with no added ingredients except water
- canned and frozen fruits with no added ingredients except water, or those that are packed in 100 percent juice, extra light syrup or light syrup
- canned vegetables with no added ingredients except water, or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable

Total fat in entrée items and side dishes

Acceptable food items must have no more than 35 percent of calories from total fat as served including any added accompaniments. Under state regulations, foods sold at any K-5 public school cannot have more than 30 percent calories from fat.

Exemptions to the total fat requirement include the following (combination foods are not exempt).

- reduced-fat cheese (including part-skim mozzarella)
- nuts and seeds and nut/seed butters
- dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
- apples with reduced-fat cheese
- seafood with no added fat
- bean dip (including hummus as well as bean dips made from any variety of beans, peas, or lentils)
- celery with peanut butter (and unsweetened raisins)
- whole eggs with no added fat

Saturated fat in entrée items and side dishes

Acceptable food items must have less than 10 percent of calories from saturated fat as served including any condiments.

Exemptions to the saturated fat requirement include the following (combination foods are not exempt).

- reduced-fat cheese (including part-skim mozzarella)
- nuts and seeds and nut/seed butters
- dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
- bean dip (including hummus as well as bean dips made from any variety of beans, peas, or lentils)
- celery with peanut butter (and unsweetened raisins)
- whole eggs with no added fat
- apples with reduced-fat cheese

Trans fat in entrée items and side dishes

Acceptable food items must have zero grams of trans fat as served (no more than 5 grams per portion) including any added accompaniments.

Sugar in entrée items and side dishes

Acceptable food items must have no more than 35 percent of weight from total sugar served. Exemptions to the sugar requirement include the following (combination foods are not exempt).

- dried whole fruits or vegetables
- dried whole fruit or vegetable pieces
- dehydrated fruits or vegetables with no added nutritive sweeteners
- dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e. cranberries, tart cherries or blueberries)
- products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Sodium in entrée items and side dishes

- Entrée items cannot exceed 480 milligrams of sodium per item as served including any added accompaniments.
- Snack items and side dishes cannot exceed 200 milligrams of sodium per item as served including added accompaniments.

Calories in entrée items and side dishes

- Entrée items cannot exceed 350 calories per item as served including any added accompaniments.
- Snack items and side dishes cannot exceed 200 calories per item as served including any added accompaniments such as butter, cream cheese and salad dressing.

Sugar-free gum is exempt from all competitive food standards.

Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards. Examples include, but are not limited to, butter, cream cheese, syrup, ketchup, mustard and salad dressing.

Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food 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. Exempt entrées that are sold as competitive foods must be offered in the same or smaller portion sizes as the breakfast or lunch program and with the same accompaniments.

Beverages

Elementary school

- plain water, with or without carbonation (no size limit)
- one percent milk, unflavored (no more than eight fluid ounces)
- nonfat milk, flavored or unflavored (no more than eight fluid ounces), including nutritionally equivalent milk alternatives as permitted by the school meal requirements.
- 100 percent fruit/vegetable juice (no more than eight fluid ounces)
- 100 percent fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners (no more than eight fluid ounces)

Middle school

- plain water, with or without carbonation (no size limit)
- low fat or one percent milk, unflavored (no more than 12 fluid ounces)
- nonfat milk, flavored or unflavored (no more than 12 fluid ounces), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
- 100 percent fruit/vegetable juice (no more than 12 fluid ounces)
- 100 percent fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners (no more than 12 fluid ounces)

High school

- plain water, with or without carbonation (no size limit)
- low fat or one percent milk, unflavored (no more than 12 fluid ounces)
- nonfat milk, flavored or unflavored (no more than 12 fluid ounces), including nutritionally equivalent milk alternative as permitted by the school meal requirements
- 100 percent fruit/vegetable juice (no more than 12 fluid ounces)
- 100 percent fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners (no more than 12 fluid ounces)
- other flavored and/or carbonated beverages (no more than 20 fluid ounces) that are labeled to contain no more than five calories per eight fluid ounces or no more than 10 calories per 20 fluid ounces
- other flavored and/or carbonated beverages (no more than 12 fluid ounces) that are labeled to contain no more than 40 calories per eight fluid ounces or no more than 60 calories per 12 fluid ounces

Caffeine

In elementary and middle schools, foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. In high schools, foods and beverages may contain caffeine.

Fundraisers

All foods that meet the competitive food standards may be sold at fundraisers on the school campus during school hours. Food or beverages that do not meet the standards may only be sold in occasional fundraisers if they are not sold in competition with school meals in the food serving area during the meal service. This rule governs the sale of food using payment options including, but not limited to, money, tokens, and coupons, or where a donation is expected or suggested. The standards do not apply to items sold during non-school hours, weekends or off-campus fundraising events.

The number of fundraisers exempt from the nutrition requirements will be determined by the South Carolina State Board of Education. The exemptions do not apply to food sold in canteens, vending machines, or school stores that regularly sell food throughout the school year. Food sold by culinary arts programs or other curriculum offerings do not qualify for an exemption.