

Nutrition Standards for All Foods Sold in School

Texas Department of Agriculture

Effective July 1, 2014

The Healthy, Hunger-Free Kids Act required the USDA to establish nutrition standards for all foods and beverages sold to students outside of the National School Lunch Program and School Breakfast Program meals on the school campus during the school day. These science-based nutrition standards promote a healthy school environment and apply to all foods sold, such as:

- * A la carte cafeteria sales
- * School stores
- * Snack bars
- * Vending machines
- * Fundraisers

I. Nutrition Standards for All Foods Sold (Smart Snack Rules)

The following food items are exempt from all competitive food nutrient standards, and therefore may be sold:

- Fresh, canned or frozen fruits with no added ingredients except water or packed in 100% juice, extra light syrup or light syrup
- Fresh vegetables and canned vegetables with no added ingredients except water or sugar for processing
- **NSLP/SBP Entrée** items are exempt when they are sold on the day of service or the school day after service
- Sugar-Free Chewing Gum

All other food items must meet the following criteria, for all age/grade levels:

General Criteria (must be *one* of these 4 items)

1. Whole grain-rich (50% or more whole grains by weight or first ingredient whole grain); **OR**
2. Have as the first ingredient fruit, vegetable, dairy or protein (meat, beans, nuts, eggs etc.); **OR**
3. A combination food with at least $\frac{1}{4}$ cup fruit and/or vegetable; **OR**
4. Contain 10% of the Daily Value of one of the four nutrients of public health concern: calcium, potassium, vitamin D, dietary fiber

AND meet the following additional nutrient standards

Nutrient	Standard
Calories	Entrée: ≤350 calories per item Snack/Side Dish: ≤200 calories per item
Sodium	Entrée: ≤480 mg sodium per item Snack/Side Dish: ≤230 mg sodium per item (≤200 mg after July 1, 2016)
Total Fat	≤35% of total calories from fat per item as packaged/served
Saturated Fat	≤10% of total calories per item as packaged/served
Trans Fat	Zero (<0.5 g) grams of trans fat per portion as packaged/served
Total Sugar	≤35% of weight from total sugars per item (dried/dehydrated fruits/vegetables exempt)

NUTRITION STANDARDS FOR ALLOWED BEVERAGES

Beverage	Elementary School	Middle School	High School
Plain water, with or without carbonation	No size limit	No size limit	No size limit
Low fat milk (1%), unflavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
Nonfat milk, unflavored or flavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice ^(A)	≤ 8 oz	≤ 12 oz	≤ 12 oz
Caffeinated beverages	Not allowed ^(B)	Not allowed ^(B)	Allowed
Calorie free ^(C) and low-calorie beverages ^(D)	Not allowed	Not allowed	Limited Allowability per State Regulation ^(E)

(A) 100% fruit/vegetable juice and 100% fruit/vegetable juice diluted with water, with or without carbonation, and no added sweeteners

(B) Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances

(C) Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz

(D) Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz

(E) Texas regulations do not allow certain calorie free and low calorie beverages to be sold during the school day

II. Competitive Foods and Snacks

Definitions

Competitive food

All food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under the National School Lunch Program and the School Breakfast Program.

School campus

All areas of the property under the jurisdiction of the school that is accessible to students during the school day

School day

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

A La Carte

Menu items sold individually and, therefore, not part of the school nutrition program's reimbursable meals

Time and Place Restrictions

1. What Can Be Sold?

ALL foods sold at ALL grade levels must meet the nutrition requirements (standards).

2. Who Can Sell Competitive Foods?

See NISD Local Wellness Policy for guidance who can sell competitive foods and when.

In lieu of district policy the following would be in effect:

Elementary School

The Nederland ISD Child Nutrition Department **ONLY**.

Middle School

The Nederland ISD Child Nutrition Department may sell competitive foods from 30 minutes before the meal service period through 30 minutes after the meal service period on the school campus. Only outside of this designated time period, can individuals and groups sell competitive foods on the school campus.

Competitive foods, beverages and snacks must comply with the nutrition standards.

High School

The Nederland ISD Child Nutrition Department may sell competitive foods during the meal service period where reimbursable meals are sold or consumed on the school campus. ONLY outside of this designated time period and designated location, can individuals and groups sell competitive foods on the school campus.

All Competitive foods, beverages and snacks must comply with the nutrition standards.

III. Fundraisers

What Items can be sold as Fundraiser during the school day?

- Food items that meet competitive food nutrition standards such as pumpkin bread with whole grain-rich flour, air-popped popcorn, and trail mixes.
- Food items that are not intended to be consumed at school such as ready-to-bake cookie dough or ready-to heat pizza.
- Districts may also elect to sell non-food items such as wristbands, wrapping paper, candles and magazines. Walk-a-thons, activity nights and car washes also add fun and exercise to fundraising efforts.

Fundraisers that include food items that do not meet the competitive food nutritional standards, and are intended to be consumed at a school, must be sold outside the school day.

Additionally, any foods sold by individuals and groups outside of the food service department must follow the time and place restrictions. All foods sold during the school day by the food service department, individuals and groups must meet required nutrition standards.