

Navigating Nutrition Standards for All Foods Sold in Schools

An Overview of Requirements

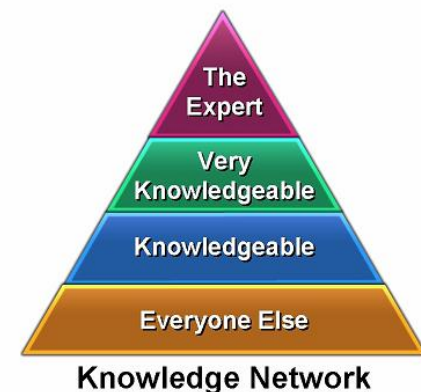
Acknowledgment Statement:

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.

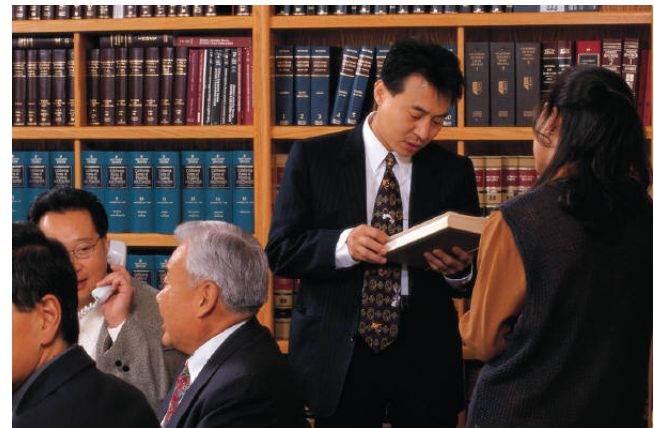
Course Objectives

- 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



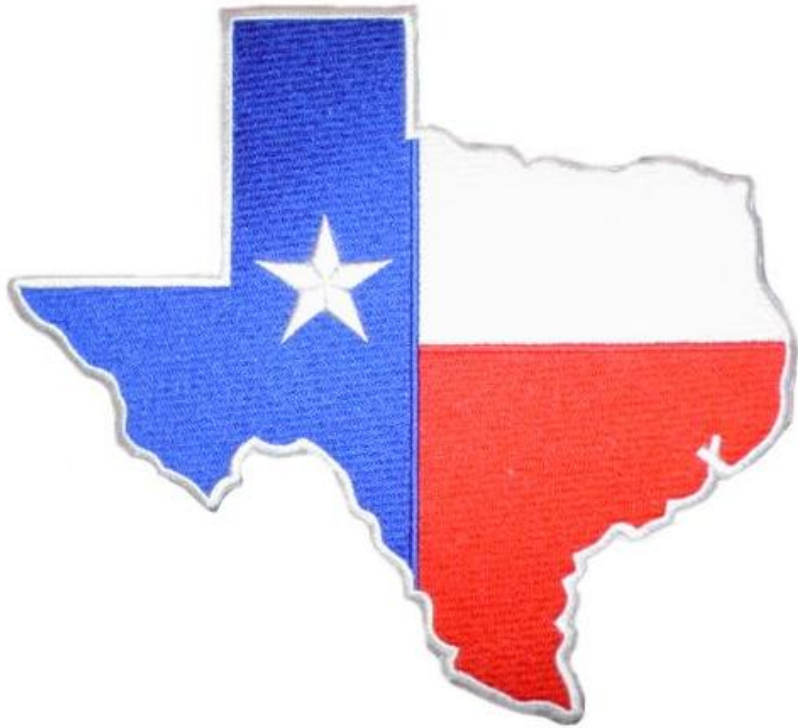
Nutrition Standards for All Foods Sold in School

- 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

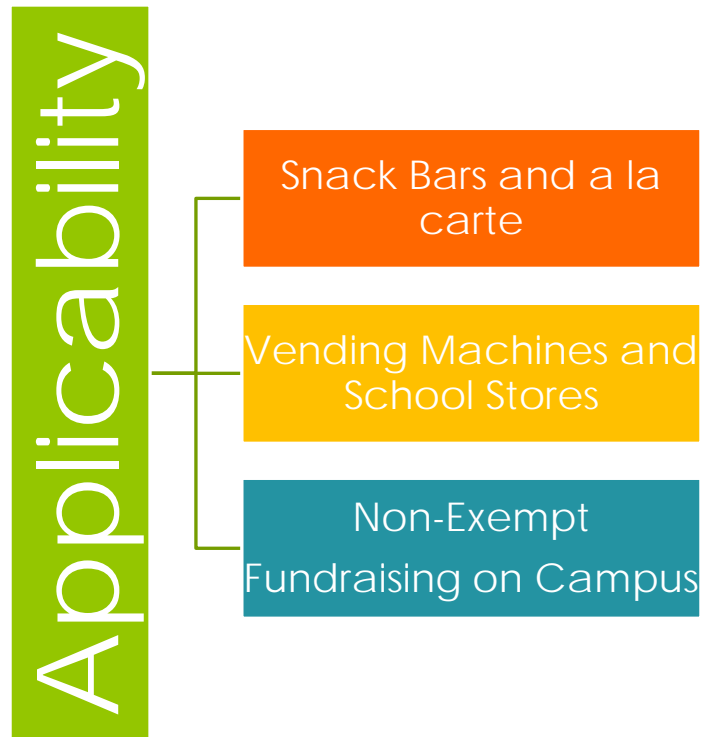
- ◉ District Local Wellness Policy
 - ◉ District may set standards for food sales and food provided
 - ◉ Stricter than federal standard
 - ◉ Allows local control
 - ◉ Allows parent and community input



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



- 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??

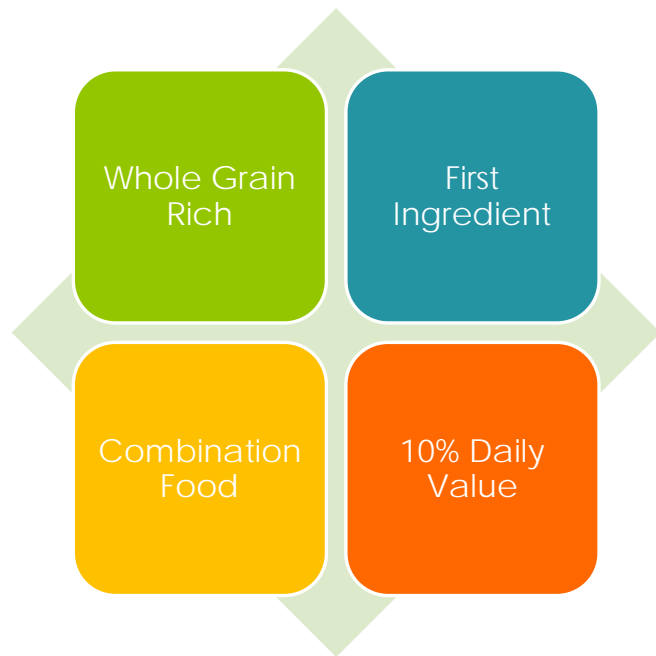


Exemptions for

- Entrees
- Specific Foods



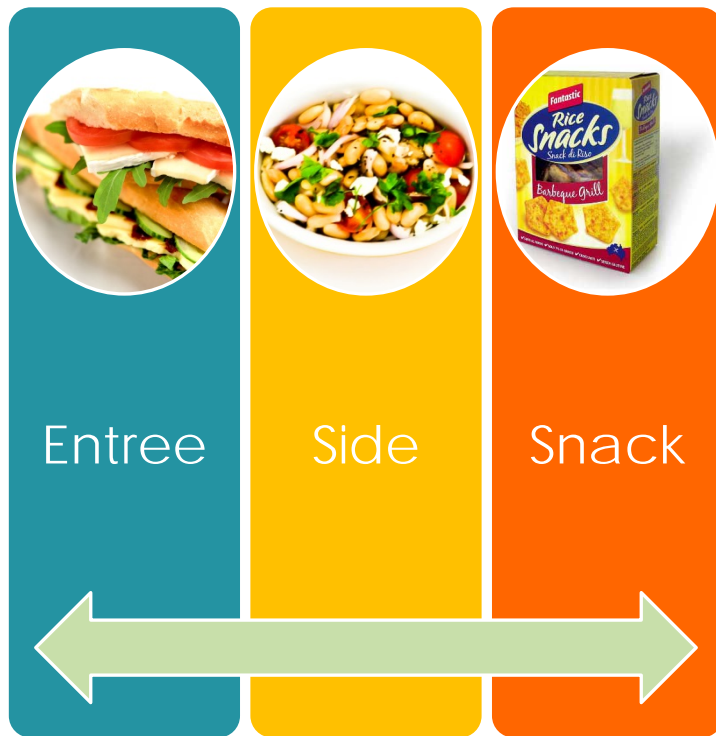
Standards for Foods



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



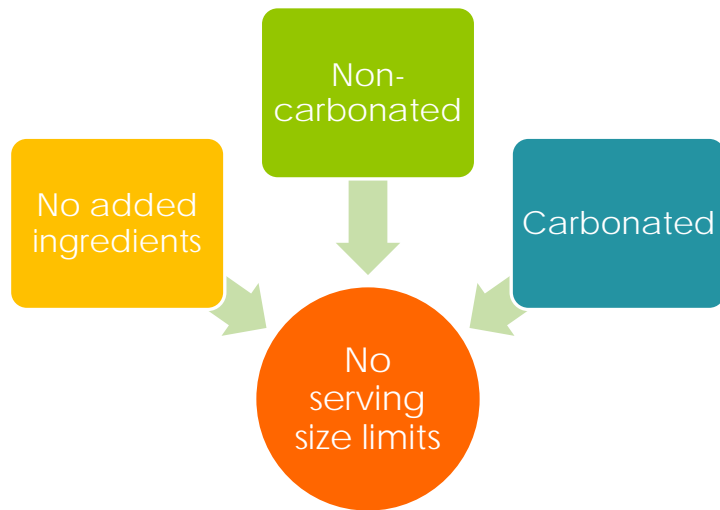
- Vary by Grade Level
- Identify Specific Types of Beverages Allowed
- Address Container Size

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
 - ≤ 5 calories per ounce

- Maximum Serving Size
 - 20 ounces
- Maximum Calories
 - ≤ 5 calories per 8 oz.
 - ≤ 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





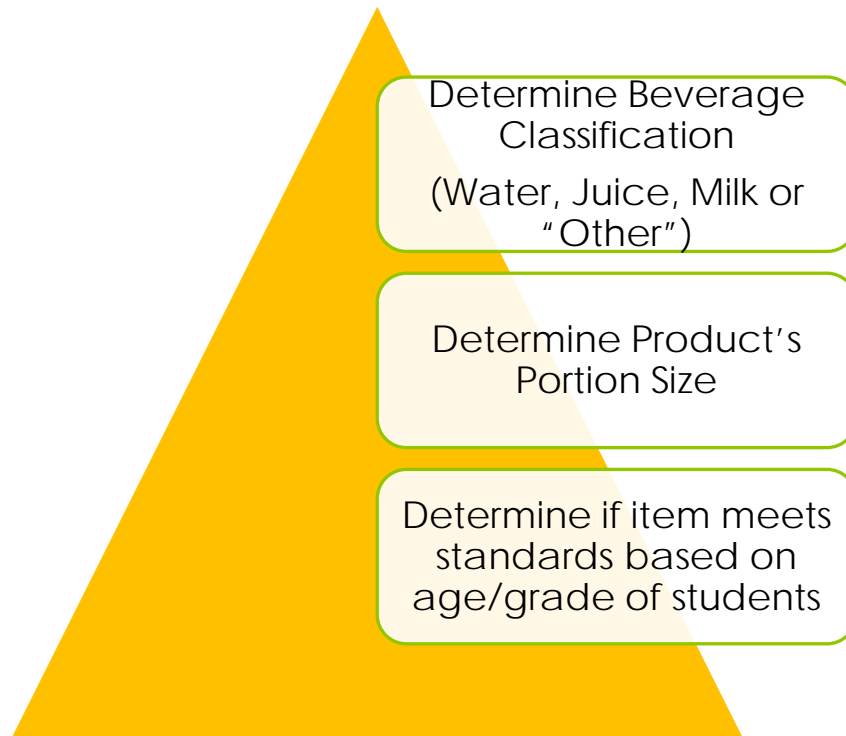
Getting Started

Choosing items for sale

Evaluating Food Items for Sale



Evaluating Beverages for Sale



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

| Nutrition Facts | |
|---|----------------------------|
| Serving Size 5 oz. (120g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories | 33 |
| Calories from Fat | 0 |
| Total Fat 0g | % Daily Value* |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 25mg | 0% |
| Total Carbohydrate 16g | 1% |
| Dietary Fiber 0g | 5% |
| Sugars 1g | 0% |
| Protein 2g | |
| Vitamin A 180% | Vitamin C 15% |
| Calcium 5% | Iron 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 |



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!

rxvaladna.com



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

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

❖ USDA Smart
Snacks
webpage

❖ Alliance for a
Healthier
Generation

Additional Resources



Questions?





TEXAS DEPARTMENT OF AGRICULTURE

COMMISSIONER SID MILLER

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