



# Guide to the Most Common Questions and Answers to the Texas Public School Nutrition Policy (TPSNP)

## Classroom food / Snacks / Rewards

**Q:** Are soda water, ices, chewing gum and certain candies classified as Foods of Minimal Nutritional Value (FMNV) and therefore restricted by the U.S. Department of Agriculture under the Child Nutrition Program?

**A:** Yes.

**Q:** Are candy bars and packaged candies prohibited in elementary schools?

**A:** Yes.

**Q:** Are candy bars and packaged candies allowed in middle and junior high schools after the last lunch period?

**A:** Yes.

**Q:** Are candy bars and packaged candies allowed in high schools in areas *other than* where reimbursable meals are served or consumed?

**A:** Yes.

**Q:** May teachers allow children to eat foods prepared in the classroom for instructional purposes if that food is not FMNV or candy?

**A:** Yes.

**Q:** Is a “nutritious snack” one that complies with the fat and sugar limits of the TPSNP and does not contain any FMNV or consists of candy or dessert-type items?

**A:** Yes.

**Q:** May food service, the teacher, parents or other groups provide a nutritious snack?

**A:** Yes.

### Helpful Tips / Resources:

- Texas Public School Nutrition Policy
- Section 20.10 of the Administrator’s Reference Manual
- Suggestions for Nutritious Snacks brochure
- TPSNP Policy-At-A-Glance brochures in English and Spanish for elementary, middle school and high school



## Vending / Selling / Fundraising

**Q:** Is the school food service department the only entity authorized to provide and sell foods or beverages, other than water, 100 percent juice and milk for consumption during the school day at elementary schools?

**A:** Yes.

**Q:** Is food service allowed to sell foods or beverages in addition to the school meals provided to students?

**A:** Yes.

**Q:** Do all foods and beverages have to meet the nutrition standards and portion size requirements in the Texas Public School Nutrition Policy?

**A:** Yes.

**Q:** May school stores, organizations or clubs sell foods and beverages to middle and junior high school or high school students if they adhere to the time and place restrictions in the TPSNP?

**A:** Yes.

**Q:** Are there different guidelines for the use of vending machines in different grade levels?

**A:** Yes.

**Q:** Are elementary schools prohibited from conducting fundraisers that sell food or beverages for consumption during the school day?

**A:** Yes.

**Q:** Is it permissible for junior high or middle schools and high schools to conduct fundraisers within limited timeframes and place restrictions as outlined in the TPSNP?

**A:** Yes.

### Helpful Tips / Resources:

- Texas Public School Nutrition Policy
- Section 20 of the Administrator’s Reference Manual
- Section 20.13 regarding exclusive beverage contracts of the Administrator’s Reference Manual





## Information / Resources

**Q:** Does squaremeals.org have up-to-date policy and program information?

**A:** Yes.

**Q:** Is there policy information in Spanish located on squaremeals.org?

**A:** Yes.

**Q:** Can I find nutritional program guidelines for school meals on squaremeals.org under the Administrator's Reference Manual?

**A:** Yes.

**Q:** Can I talk to a real human being about policy or program issues if I call toll free (888) TEX-KIDS?

**A:** Yes.

### Helpful Tips / Resources:

- See our Web site at [www.squaremeals.org](http://www.squaremeals.org) or call toll free (888) TEX-KIDS

## Celebrations / Birthday Parties / Three event day exemption

**Q:** Do food service departments have the discretion to assist teachers and parents in providing an acceptable meal as part of a pizza or classroom party?

**A:** Yes.

**Q:** Are foods and beverages otherwise prohibited by the policy exempted from policy restrictions during classroom birthday parties, provided they comply with the portion size and fat restrictions listed in the policy's nutrition standards?

**A:** Yes.

**Q:** Are FMNV prohibited by federal law during mealtimes in elementary school cafeterias?

**A:** Yes.

**Q:** May elementary schools, at the discretion of the principals and teachers, have classroom birthday parties *in addition* to the designated three event days?

**A:** Yes.

**Q:** Must the three event days be designated at the campus level?

**A:** Yes.

**Q:** Can a school adopt stricter policies as it relates to birthday parties, other celebrations or the three designated event days?

**A:** Yes.

### Helpful Tips / Resources:

- Kids Kitchen Corral Recipe Cards - Winning Snack Recipe-Texas Sunrise

## School Administration / Parents / Food from home

**Q:** Can a school adopt stricter guidelines as a local policy?

**A:** Yes.

**Q:** Does it violate the policy if anyone other than parents, guardians or grandparents brings foods for children other than their own?

**A:** Yes.

### Helpful Tips / Resources:

- See our Web site at [www.squaremeals.org](http://www.squaremeals.org) or call toll free (888) TEX-KIDS



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Nourishing children's bodies and minds.

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