

All Foods Sold in Schools

USDA's "Smart Snacks in Schools" Proposal

USDA recently proposed practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The proposed standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods for children, while limiting junk food.

The proposed standards will support the work already taking place across the country. Whether by school food service, school administrators or parents, the school community works hard to instill healthy habits in students. The snacks sold at school should reinforce that hard work. The proposed standards, coupled with the improvements to school lunches implemented last fall, will ensure that kids are offered only tasty and nutritious food options at school.

Nutrition Standards for Foods

Under the proposal, any food sold in schools must:

- Be either a fruit, a vegetable, a dairy product, a protein food, a "whole-grain rich" grain product, or a combination food that contains at least ¼ cup of fruit or vegetable; **or**
- Contain 10% of the Daily Value (DV) of a nutrient cited as a public health concern in the 2012 Dietary Guidelines for Americans (DGA). (calcium, potassium, vitamin D, or dietary fiber)

Additionally, foods sold must meet a range of nutrient requirements:

- Calorie limits include:
 - o Snack items: ≤ 200 calories
 - o Entrée items: ≤ 350 calories
- Sodium limits include:
 - o Snack items: ≤ 200 mg per portion as packaged
 - o Entrée items: ≤ 480 mg per portion as packaged
- Fat limits include:
 - o Total fat: ≤35% of calories
 - o Saturated fat: < 10% of calories
 - o Trans fat: zero grams
- Sugar limits include either:
 - o ≤35% of calories from total sugars in foods
 - or**
 - o ≤ 35% of weight from total sugars in foods



Other Proposed Requirements

Fundraisers

- The sale of food items that meet proposed nutrition requirements at fundraisers would not be limited in any way under the proposed rule.
- In addition, the law permits USDA to allow for a limited number of fundraisers to sell food and beverage items that do not meet the proposed nutrition standards.
- The proposal includes two alternative approaches that provide discretion to State agencies in determining the frequency with which fundraising activities take place and requests other suggestions.
- The proposed standards would not apply to non-school hours, weekends and off-campus fundraising events.

Accompaniments

- Items commonly served with foods, such as cream cheese, salad dressing, and butter, can add significant amounts of calories, fat, sugar, and sodium to a diet.
- To reduce the added calories, fat, sugar and sodium in food served to students during the school day, it is proposed that the use of accompaniments be limited when food is sold to students in school.
- It is proposed that accompaniments be pre-portioned and included in the nutrient profile as a part of the item served.

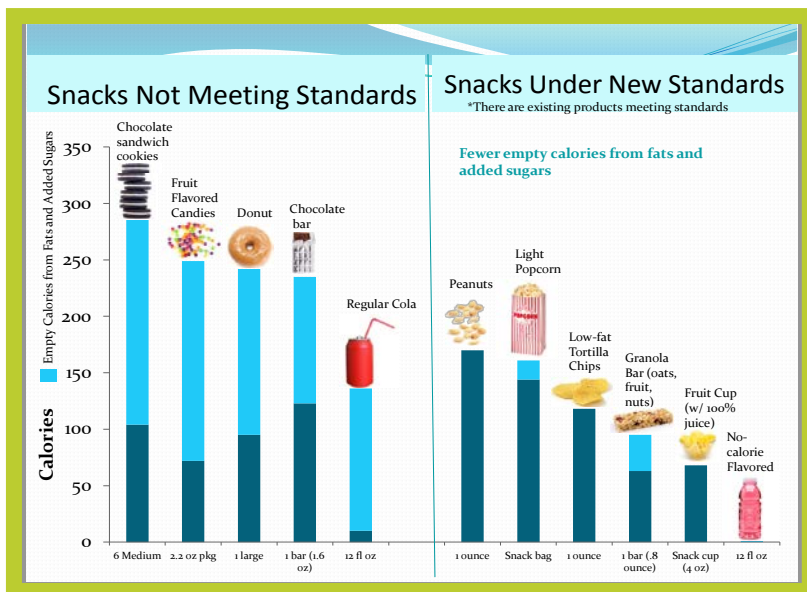
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Nutrition Standards for Beverages

- o Under the proposal, all schools may sell:
 - Plain water
 - Plain low fat milk
 - Plain or flavored fat-free milk and milk alternatives permitted by NSLP/SBP and
 - 100% fruit or vegetable juice
- o Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of these beverages.
- o Beyond this, the proposal offers additional beverage options outside of the meal service period for high school students. These are no more than 20-ounce servings of
 - Calorie-free, flavored and/or unflavored carbonated water **and**
 - Other “calorie-free” beverages that comply with the FDA standard of less than 5 calories per serving.
- o Also for high schools, the rule proposes that no more than 12-ounce servings of other lower calorie beverages may be served outside of the meal service. Two alternatives for these beverages are proposed:
 - ≤ 40 calories per 8-ounce serving (≤ 60 calories/12-ounce serving) **or**
 - ≤ 50 calories per 8-ounce serving (≤ 75 calories/12-ounce serving)

Commenting

- o Rather than offer a single approach, the proposal offers alternatives in several areas. USDA is seeking comments on how best to preserve flexibility for schools in an updated healthy environment. Before the rule goes into effect, the public has an opportunity to comment on the proposed standards.
- o Public comment from students, parents, school food staff, school administrators, State agencies and other interested parties is a very important step in the regulatory process. It helps USDA further refine the proposal into the final requirements that will become effective no earlier than one full school year after an implementing rule is published.



WHERE TO COMMENT ON THE PROPOSED RULE:

<http://www.regulations.gov>

or by mail to:

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Food and beverages pictured may or may not meet the standards. Each product must be evaluated individually as specific food profiles vary greatly.