

## Competitive Foods Nutrition Standards

School meals are intended to be the main source of nutrition and calories for students during the school day. Foods and beverages available in our schools are a valuable teaching tool to reinforce the nutrition education message of: moderating portion size, decreasing saturated fats, sodium, and added sugars, and increasing nutrient-rich foods, such as fruit, vegetables, whole grains, low-fat or nonfat dairy, lean poultry, fish, meat, legumes, seeds, and nuts.

Competitive Foods are those foods and beverages sold outside of the federally reimbursed school lunch, breakfast, and after-school snack programs. They are sold in vending machines, a la carte, fundraisers, or school stores. Other Foods included in these standards are served by parents, teachers, or others for celebrations or snacks. Competitive/Other Foods are to:

- (1) Supplement the meal.
- (2) Help, rather than hinder, the nutrition of our students.
- (3) Be an age-appropriate serving size within calorie guidelines.

Discretionary calories can be used under the guidance of parents at home (See Appendix 6: Discretionary Calories for a guide to the amount of and possible use of those extra calories by age).

***All Competitive/Other foods and beverages sold or served to students anywhere at school during the school day are to meet the current Institute of Medicine (IOM) standards<sup>1</sup> or the following criteria per serving:***

Food Standards per individual package or per serving prepared in bulk			
Standard	Elementary School	Middle School (MS)/HS	High School (HS)
	≤ 150 calorie(cal) Snack	≤ 200 calorie Snack	≤ 400 calorie Entree
< 10% cal from saturated fat <sup>2</sup>	< 1 gm	< 2.2 gm	< 4.4 gm
Trans Fat < 0.5 gm	ZERO	ZERO	ZERO
≤ 35% cal from sugar <sup>3</sup>	≤ 13 gm and ≤35% cal	≤ 17.5 gm and ≤35% cal	≤ 20 gm and ≤35% cal
Sodium (Na) <sup>4</sup>	≤ 200 milligrams (mg)	≤ 200 -250mg	≤ 480-600 mg
Grain servings	Whole grain rich <sup>5</sup> or ≥ 2 gm fiber	Whole grain rich <sup>5</sup> or ≥ 2 gm fiber	Whole grain rich <sup>5</sup> or ≥ 2 gm fiber

Beverage Standards and size limit		
	Elementary/MS/HS school day	High School after school day
Water	Water only: any size or from the tap without flavoring, additives, or carbonation	Water or Non-caffeinated, non-fortified beverages < 5 calories (with or without nonnutritive sweetener, carbonation, or flavoring)
Lowfat plain or nonfat plain or flavored milk	8 oz	8 oz
100% Fruit or Vegetable juice	4 oz for EL/MS and 8 oz for HS	8 oz
Sports drinks	Not sold	For student athletes in sport programs involving vigorous activity ≥ 1 hour

<sup>1</sup>National Academy of Science. (2007) Nutrition Standards for Food in Schools: Leading the Way Toward Healthier Youth.

<sup>2</sup>Excludes eggs or reduced fat cheese packaged for individual sale

<sup>3</sup>Excludes natural sugars in milk and yogurt and fruit

<sup>4</sup>Na values in competitive food items must reach the lower level by 2014-2015 school year; Higher value may be used to ease transition

<sup>5</sup>Whole grain rich means that it is >50% whole grain by weight or the first ingredient says whole grain. Wheat flour does not mean whole grain.

### ***A la Carte, Vending, School Stores, Food Carts and Fundraising:***

- All school day food and beverage sales will post calories, and supply saturated fat, sodium, and sugar content at point of sale for each item sold.
- All school day food and beverage sales will display and promote only healthy options consistent with district educational and nutritional health goals (CFNS). They will not market items or depict logos of items that don't meet CFNS, or suggest that consumption of those items contribute health or social benefit.

#### **A la Carte:**

- Serving sizes will be comparable to those served in reimbursible meals.
- Encouraged items such as fresh fruit and vegetables, fat-free unflavored dairy products, whole grain products, and lean meats and legumes will be marketed and featured in the most prominent places.

#### **Vending:**

- Any vending machine contracts or school- maintained vending machines will follow Competitive Foods Nutrition Standards including caloric standards.

#### **School Stores/Food Carts:**

- School stores will focus sales on nonfood items and those food/beverage items sold will follow Competitive Foods Nutrition Standards including caloric standards.

#### **Fundraising:**

- See Appendix 7: Healthy Fundraising for non-food ideas and out-of-school healthy food ideas that meet CFNS. Use the Fundraising Approval Form (Ap11) per school procedures.

#### **Concessions**

- Serving sizes will be comparable to those served in reimbursable meals.
- Encouraged items such as fresh fruit and vegetables, fat-free unflavored dairy products, whole grain products, and lean poultry, fish, meat and legumes will be featured in the most prominent places.
- Individual options available to be sold at concession stands (Healthy Snack List:Ap14).
- A snack calculator to identify other items meeting CFNS is found at [www.healthycc.org](http://www.healthycc.org).
- More Concessions Ideas for Health & Fun:Ap15.
- Post calories, and supply saturated fat, trans fat, sugar, and sodium for each item sold.

#### **Rationale for Standards**

The increase in body weight observed among U.S. children from 1988-2002<sup>8</sup> could have been prevented by an average reduction in calorie intake of 110-165 calories per day.

Research<sup>7</sup> indicates that students who consume competitive foods during the school day average greater than 150 calories per day of low-nutrient, high-calorie items.

<sup>7</sup> Fox, et al. J Am Diet Assoc. 2009; 109:S57-S66  
<sup>8</sup> Wang, et al. Pediatrics. 2006; 118: e1721-e1733.