



NUTRITION STANDARDS FOR ALL FOODS SOLD IN SCHOOLS

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The School Nutrition Environment

Improving nutritional profile of all foods sold in school is critical to:

- Improve diet and overall health of American children
- Ensure ALL children adopt healthful eating habits, enabling them to live productive lives
- Help children make healthier choices to reduce risk of obesity

Healthy, Hunger-Free Kids Act

- Provided authority to establish standards for all foods and beverages sold in schools
- Law applies to all foods sold:
 - Outside school meal programs
 - On school campus
 - At any time during school day

What are competitive foods?

Competitive food: all food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under programs authorized by the National School Lunch Act and the Child Nutrition Act

Where do the standards apply?

School campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day



Where Sold

- À la carte in the cafeteria
- In school stores
- Snack bars
- Vending machine
- Other venues



When do the standards apply?

School day is the period from the midnight before to 30 minutes after the end of the official school day.



Standards for Foods

- Apply to all grade levels
- Include general standards and specific Nutrient Standards
- Provide exemptions to Nutrient Standards for specific foods
- Allow broader exemptions for fruits and vegetables and some National School Lunch Program (NSLP)/School Breakfast Program (SBP) foods

General Standard for Foods

A food item must meet **ALL** of the competitive food ***nutrient*** standards **AND**:

1. Be a whole grain-rich product **OR**
2. Have as the first ingredient a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.) **OR**
3. Be a “combination food” with at least $\frac{1}{4}$ cup fruit and/or vegetable **OR**
4. Contain 10 percent of the Daily Value of one nutrient of public health concern (only through June 30, 2016)—calcium, potassium, vitamin D, dietary fiber

Specific Nutrient Standards for Food

- Total fat
- Saturated fat
- Trans fat
- Sodium
- Calories
- Total sugar



Total Fat

- **No more than 35 percent of total calories from fat per item as packaged/served**
- Exemptions include:
 - Reduced-fat cheese;
 - Nuts and seeds and nut/seed butters;
 - Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat;
 - Seafood with no added fat; and
 - Part-skim mozzarella



SATURATED FAT

- **<10 percent of total calories per item as packaged/served**
- **Exemptions:**
 - Reduced-fat cheese, part-skim mozzarella
 - Nuts, seeds and nut/seed butters;
 - Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

TRANS FAT

- Zero grams of trans fat per portion as packaged/served

Definition of Entrée

- Entrée item means an item that is either:
 - A combination food of meat/meat alternate and whole grain-rich food **or**
 - A combination food of vegetable or fruit and meat/meat alternate **or**
 - A meat/meat alternate alone, with the exception of yogurt, low fat or reduced-fat cheese, nuts, seeds, and nut or seed butters, and meat snacks (such as dried beef jerky and meat sticks)

Sodium

- **Entrée items that do not meet NSLP/SBP exemptions:**

- ≤480 mg sodium per item

- **Snack and side items:**

- ≤230 mg (until June 30, 2016)

- ≤200 mg (after July 1, 2016)

Calories

Items that do not meet NSLP/SBP exemption:

- **Entrée items**

 - ≤350 calories

- **Snack items/side dishes**

 - ≤200 calories per item

Total Sugars

≤ 35 percent of total weight per item from total sugars

Fruit and Vegetable Exemptions

- Fresh, frozen, and canned fruit packed in water, 100 percent juice, light syrup or extra light syrup
- Fresh, frozen, and canned vegetables with no added ingredients except water
- Canned vegetables with small amount of sugar for processing purposes



NSLP/SBP Entrée Exemption

- Exemptions for entrée items only
- Entrée exemption for the day of service and the school day after
- Side dishes sold as competitive food must meet all standards



Chewing Gum

Sugar-free chewing gum
is exempt from standards.

Standards for Beverages

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

Beverages For All

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or not	no size limit	no size limit	no size limit
Lowfat milk, unflavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non fat milk, unflavored or flavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice**	≤ 8 oz	≤ 12 oz	≤ 12 oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100 percent juice diluted with water (with or without carbonation) & with no added sweeteners

Other Beverages in High School

Calorie-Free Beverages

- Maximum serving size 20 fluid ounces
- Calorie-free flavored water, with/without carbonation
- Other “calorie-free” beverages with
 - Less than 5 calories per 8 fluid ounces
 - Up to 10 calories per 20 fluid ounces

Other Beverages in High School

Lower-Calorie Beverages

- Maximum serving size 12 fluid ounces
- Up to 60 calories per 12 fluid ounces
- Up to 40 calories per 8 fluid ounces

No “Time and Place” Restriction

All allowable beverages may be sold

- At any time
- Anywhere
- All grades



Caffeine

Elementary and Middle School

Foods and beverages
must be **caffeine-free**

High School

No caffeine restrictions

Fundraisers



- All foods that meet the regulatory standards **may** be sold as fundraisers on the school campus during school hours.
- **Foods that do NOT meet standards BUT are NOT edible upon delivery are allowable.**
- Standards do **not** apply to items sold during non-school hours, weekends, or off-campus.
- Standards do **not** apply to foods from home for parties or for personal consumption.

Exempt Fundraiser Policy

- Must adopt board approved policy
 - **Without written policy, all MUST meet USDA nutritional guidelines**
- Must designate Fundraiser contact person to:
 - Maintain documentation on each fundraiser held at each school site includes:
 - Organization, class, activity or other group benefiting
 - Dates conducted – not to exceed 14 days
- Limit of thirty(30) per semester per school site
- Maximum duration 14 days per
- Not allowed while serving meals to students under NSLP, SBP or After School Snack Program (ASSP)

Record Keeping

- Maintain records such as receipts, Nutrition Facts labels, and product specifications
- Maintain records for competitive foods sold under the nonprofit school food service account
- Maintain records for all other competitive food sales

Monitoring and Compliance

- State Agencies monitor compliance within a review of records as part of the State Agency (SA) Administrative Review (AR).
- If violations have occurred, technical assistance ((TA) and corrective action plans (CAPs) would be required.

Resource

<http://www.healthiergeneration.org/productcalculator>

Whole Grain Rice Krispies Treats Bar

<u>Weight:</u>	1.41oz./40 gm
<u>Calories:</u>	160
<u>Calories from Fat:</u>	35
<u>Total Fat:</u>	4 g
<u>Sat Fat:</u>	1 g
<u>Trans Fat:</u>	0 g
<u>Sodium:</u>	120 mg
<u>Sugars:</u>	10 g

Pepperidge Farms Baked Naturals Cracker Chips, Cheddar

<u>Weight:</u>	1oz./28 gm
<u>Calories:</u>	120
<u>Calories from Fat:</u>	30
<u>Total Fat:</u>	3.5 g
<u>Sat Fat:</u>	0.5 g
<u>Trans Fat:</u>	0 g
<u>Sodium:</u>	240 mg
<u>Sugars:</u>	4 g

Cinnamon Toast Crunch Cereal Bar

Weight: 1.4 oz./40 gm

Calories: 140

Calories from Fat: 25

Total Fat: 2.5 g

Sat Fat: 0.5 g

Trans Fat: 0 g

Sodium: 140 mg

Sugars: 12 g

MULTI GRAIN Crackers

Nutrition Facts

Serving Size 4 Crackers (14g)
Servings Per Container about 30

Amount Per Serving

Calories 70 Calories from Fat 25

% Daily Value*

Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium 15mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	2%
Sugars 2g	

Protein <1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Folic Acid 4%

*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	30g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	3,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN AND/OR SOYBEAN AND/OR PALM OIL WITH TBHQ ADDED TO PRESERVE FRESHNESS, SUGAR, WHOLE WHEAT FLOUR, DEFATTED WHEAT GERM, CONTAINS 2% OR LESS OF: OAT BRAN, SALT, LEAVENING (SODIUM ACID PHOSPHATE, BAKING SODA, CALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, DEGERMINATED YELLOW CORN FLOUR, CORNSTARCH, SOY LECITHIN, SODIUM SULFITE.
ALLERGY WARNING: CONTAINS WHEAT AND SOY.

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MULTI GRAIN Crackers



serving suggestion
enlarged to show texture

NET WT 15 OZ (425g) 



Weight of One
Pocket =
4.5 oz/ 127 g

Nutrition Facts
Serving Size 1 piece (127g)
Servings Per Container 2

Amount Per Serving	
Calories 250 Calories from Fat 60	
	% Daily Value*
Total Fat 7g	11 %
Saturated Fat 3g	15 %
Trans Fat 0g	
Cholesterol 40mg	13 %
Sodium 650mg	27 %
Total Carbohydrate 36g	12 %
Dietary Fiber 2g	8 %
Sugars 2g	
Protein 9g	11 %
Vitamin A 30% • Vitamin C 0%	
Calcium 20% • Iron 15%	

* 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 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

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Millersburg, PA 17058

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Questions?

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