

## Distribution and Sales of Competitive Foods (Food and Beverage Sales)

These requirements apply to all “competitive” foods, also known as Smart Snacks, which is defined as any food and/or beverage offered or sold to students other than what is served as the school meal. This includes all food sales that compete with the National School Lunch and Breakfast programs. These procedures apply to all school property from midnight before to 30 minutes after the end of the instructional day. The procedures apply whether the food or beverage is served from vending machines, student stores, offered or sold by parent groups, booster clubs, associated student body groups, a la carte sales in lunchrooms, by teachers in class or by others. These procedures also apply to school buses on regular daily student transportation routes for the duration of the travel time. (The procedures do not apply to meals and snacks brought by students for their individual consumption).

**Nutritional Standards for Competitive Foods:** All foods offered on the district campus from midnight before to 30 minutes after the end of the instructional day must meet the following nutritional standards:

1. Competitive foods must:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetables, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

2. For the purpose of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meat/meat alternative + whole grain-rich food;
- vegetable + meat/meat alternative;
- fruit + meat/meat alternative;
- meat/meat alternative alone, except for meal snacks (e.g., beef jerky), yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters; and
- a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.

### Nutrition Standards for Beverages

1. All schools may sell:

- Plain water (with or without carbonation)
- Unflavored or flavored low-fat and fat free milk and milk alternatives permitted by NSLP/SBP

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- 100% fruit or vegetable juice with or without carbonation
- 2. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners. Elementary schools may have up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- 3. Beyond this, the standards allow additional “no calorie” and “low calorie” beverage options for high school students.
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain <5 calorie per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces.
  - No more than 12-ounce portions of beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.

**Portion Size:** All competitive foods must meet the following portion size guidelines:

	Elementary School*	Middle School/Junior High*	High School **
Water	No size limit	No size limit	No size limit
Low fat/Fat free milk	$\leq 8$ fl oz	$\leq 12$ fl oz	$\leq 12$ fl oz
100% fruit/vegetable juice	$\leq 8$ fl oz	$\leq 12$ fl oz	$\leq 12$ fl oz
100% fruit/vegetable juice diluted w/water	$\leq 8$ fl oz	$\leq 12$ fl oz	$\leq 12$ fl oz
Other flavored and/or carbonated beverages (containing $\leq 5$ kcal/8 oz or $\leq 10$ kcal/20 oz)	Not allowed	Not allowed	$\leq 20$ fl oz
Other flavored and/or carbonated beverages (containing $\leq 40$ kcal/8 oz or $\leq 60$ kcal/20 oz)	Not allowed	Not allowed	$\leq 12$ fl oz

\*Must be caffeine free (except trace amounts of naturally occurring caffeine substances)

\*\*May contain caffeine

The nutrition standards do not apply to food or beverages provided for the following activities, however the district would encourage the group to consider healthy foods to be offered as an alternative:

1. Occasional class parties and celebrations;
2. Fundraising events that involve foods which will not be consumed on campus. Foods that will be consumed on campus, such as candy bar sales, must meet the nutrition standards;
3. Foods sold that are not intended for consumption at the school site;
4. Before and after school events (events held midnight before to 30 minutes after the end of the instructional day);

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5. Weekend events;
6. Staff lounge and other non-accessible areas to students. These products are for adults only.

**Compliance**

Child Nutrition will be responsible for the compliance of all programs of which they are involved; breakfast, lunch, vending, catering, and special events. The principal will be responsible for any program that is managed by the school.

**Program Evaluation**

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, this policy should be reviewed annually.

Revised Dates: 08.16; 05.21