

## ALL FOODS SOLD IN SCHOOLS

**A. Purpose:** To support the already established USDA regulations for school meals, the All Foods Sold in Schools standards, required by The Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods for children.

**B. Procedures:**

1. General standard for competitive food (All Foods Sold in Schools)

a. To be allowable, a competitive food item must:

- 1) Meet all of the proposed competitive food nutrient standards; and
- 2) Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- 3) Have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- 4) Be a combination food that contains at least ¼ cup fruit and/or vegetable; or
- 5) Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016, this criterion will be obsolete.
- 6) If water is the first ingredient, the second ingredient must be one of items 2), 3), 4).

2. Grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredients. (If water is the first ingredient, the second ingredient must be 50% whole grains by weight or whole grains).

3. Acceptable food items must have  $\leq 35\%$  calories from total fat as served.

a. Exemptions:

- 1) Reduced fat cheese (including part-skim mozzarella).
- 2) Nuts and seeds and n/seed butters.

- 3) Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
  - 4) Seafood with no added fat.
4. Acceptable food items must have < 10% calories from saturated fat as served.
  - a. Exemptions:
    - 1) Reduced fat cheese (including part-skim mozzarella).
    - 2) Nuts and seeds and n/seed butters.
    - 3) Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
5. Zero grams of trans fat as served ( $\leq .05$  g per portion).
6. Must have  $\leq 35\%$  of weight from total sugar as served.
  - a. Exemptions:
    - 1) Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners.
    - 2) Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries).
    - 3) Products consisting of only exempt dried fruit with nuts and/or seeds with no nutritive sweeteners or fats are exempt from the sugar standard.
7. Sodium requirements.
  - a. Snack items and side dishes sold a la carte must contain  $\leq 230$  mg sodium per item as served.
    - 1) Effective July 1, 2016, snack items and side dishes sold a la carte must be:  $\leq 200$  mg sodium per item as served, including any added accompaniments.
  - b. Entrée items sold a la carte:  $\leq 480$  mg sodium per item as served, including any added accompaniments.
8. Calorie requirements.

a. Snack items and side dishes sold a la carte:  $\leq 200$  calories per item as served, including any added accompaniments.

b. Entrée items sold a la carte:  $\leq 350$  calories per item as served including any added accompaniments.

c. Exemptions:

1) Entrée items served as a National School Lunch Program (NSLP) or School Breakfast Program entrée are exempt on the day of or day after service in the program meal.

9. Use of accompaniments if limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.

10. Caffeine requirements.

a. Elementary and Middle School foods and beverages must be caffeine-free.

1) An exception can be made for naturally occurring caffeine substances.

b. High School foods and beverages may contain caffeine.

11. Beverage allowable requirements:

a. Elementary

1) Plain water or plain carbonated water (no size limit);

2) Low fat milk, unflavored ( $\leq 8$  fl oz);

3) Non-fat milk, flavored or unflavored ( $\leq 8$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;

4) 100% fruit/vegetable juice ( $\leq 8$  fl oz); and

5) 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 8$  fl oz).

b. Middle School

1) Plain water or plain carbonated water (no size limit);

2) Low fat milk, unflavored ( $\leq 12$  fl oz);

- 3) Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 4) 100% fruit/vegetable juice ( $\leq 12$  fl oz); and
- 5) 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz).

c. High School

- 1) Plain water or plain carbonated water (no size limit);
- 2) Low fat milk, unflavored ( $\leq 12$  fl oz);
- 3) Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 4) 100% fruit/vegetable juice ( $\leq 12$  fl oz); and
- 5) 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz).
- 6) Other flavored and/or carbonated beverages ( $\leq 20$  fl oz) that are labeled to contain  $\leq 5$  calories per 8 fl oz, or  $\leq 10$  calories per 20 fl oz; and
- 7) Other flavored and/or carbonated beverages ( $\leq 12$  fl oz) that are labeled to contain  $\leq 40$  calories per 8 fl oz, or  $\leq 60$  calories per 12 fl oz.

12. Accompaniments (an item that is added or served because it goes well with something, i.e. condiments, salad dressing.

- a. The use of accompaniments is to be limited when food is sold to students in school.
- b. Accompaniments shall be pre-portioned.

13. Fundraisers.

- a. The sale of food items that meet school nutrition requirements at fundraisers would not be limited in any way.
- b. The All Foods Sold in Schools standards do not apply to non-school hours, weekends and off-campus fundraising events.

c. The number of fundraisers that can include the sale of food and beverages that do not meet the school nutrition requirements are:

- 1) Each school in a district, organization, or institution may have up to five (5) fundraisers that do not meet the school nutrition requirements.
- 2) The fundraisers noted in 12.a.1) can last up to (2) two weeks, (10 school days).
- 3) Documentation of the fundraisers is required on WDE Fundraiser Documentation form.

d. The number and duration of fundraisers during school hours will be documented on a WDE form and filed for NSLP Administrative Reviews.

e. If a school must conduct a fundraising project after using the allotted five exemptions, the school may request an Additional Exemption Request. The school must:

- 1) Submit the WDE Additional Exemption Request form and
- 2) Submit a copy of the school's All Foods Sold in Schools Fundraiser Documentation form.
- 3) The approval of the additional fundraiser will be at the discretion of the State Agency.

Adopted: 12/17/15