

## Guidance for School Wellness Partners

Overview of the USDA Interim Final Rule Nutrition Standards for ALL foods sold in Schools  
(FNS 2011-0019-4718) (Subject to Change)  
**Effective starting July 1, 2014**

In the past, USDA regulations only governed the reimbursable meals in the National School Lunch and Breakfast Programs. Section 208 of the Healthy, Hunger-Free Kids Act provided USDA the authority to establish nutrition standards for **ALL** foods and beverages sold to students outside of the federal child nutrition programs in schools.

The USDA established Nutrition standards will impact ALL foods and beverages **SOLD** to **STUDENTS** on the school campus during the school day including:

- A la carte items in the cafeteria
- School stores
- Snack bars
- Vending machines
- Fundraisers

### Definitions:

Competitive food is defined in the *Interim Final Rule* as all foods and beverages sold to students on the school campus during the school day other than those meals reimbursable under the National School Lunch and the School Breakfast Programs.

School campus: all areas of the property under the jurisdiction of the school that is **ACCESSIBLE** to students during the school day (not applicable to faculty areas)

School day: the period from the midnight before, to 30 minutes after the end of the official school day

### NUTRITION STANDARDS FOR FOOD

#### To be allowable, a food item must

1. Be a whole grain rich product (50% or more whole grains); **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 ¼ cup fruit and/or vegetable (fruit and yogurt, hummus and vegetables); **OR**
4. Contain 10% of the Daily Value of one nutrient of public health concern (only through June 30, 2016) including calcium, potassium, vitamin D and/or dietary fiber

#### **AND** Meet all of the specific nutrient standards below:

Nutrients	All Grade Levels
Total Fat	≤35% of total calories from fat per item as packaged/served
Saturated Fat	≤10% of total calories per item as packaged/served
Trans Fat	Zero grams of trans fat per item as packaged/served (< 0.5 g)
Sodium – Entrée’s	≤480 mg sodium per item (for entrée items that do not meet the NSLP/SBP exemption)
Sodium – Snack and Side Items	≤230 mg (until June 30, 2016) ≤200 mg (after July 1, 2016)
Calories – Entrée’s	≤350 calories per item (Entrée items that do not meet the NSLP/SBP exemption)
Calories – Snack and Side Items	≤200 calories per item
Total Sugar	≤35% of <u>weight</u> from total sugars per item (dried/dehydrated fruits/vegetables exempt)

*Exemptions from meeting all nutrient standards:*

Fruit and vegetables (with no added ingredients)

National School Lunch/Breakfast Program entrees

Sugar-free chewing gum

### BEVERAGE STANDARDS

Beverage	Elementary School	Middle School	High School
Plain water, carbonated or	no size limit	no size limit	no size limit

not			
Low-fat 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

**Caffeine:**

Elementary and Middle School: Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances

High Schools: No caffeine restrictions

**High Schools Only:**

Calorie-free beverages maximum serving size 20 oz

Lower-Calorie Beverages: Maximum Serving Size 12 oz

- Up to 60 calories per 12 oz; or
- Up to 40 calories per 8 oz

**FUNDRAISERS**

- All foods and beverages that meet the regulatory standards outlined above may be sold at fundraisers, on the school campus, during school hours.
- The standards do not apply to items sold during non-school hours (concessions during sporting events), Weekends or off-campus events. The standards also do not apply to foods not intended to be consumed at school (uncooked pizza or cookie dough).
- State agencies may establish a limit on the number of exempt fundraisers that may be held during a school year.
  - No exempt fundraiser foods or beverages may be sold in competition with school meals, in the food service area, during the meal service.

**HOW WILL THIS IMPACT MY SCHOOL?**

**WELLNESS ADVOCATES**

- Regulation information should be shared with your wellness councils, parent organizations, extracurricular groups and other clubs that may SELL food or beverages for fundraising purposes, as these rules would be impactful on their fundraising efforts.
- Alternative fundraising options may need to be developed.
- Please stay tuned for more information regarding exempted fundraisers.
- Foods that are provided at no charge to students during the school days are exempt from this regulation.

**SPECIFIC NOTES:**