

Competitive Foods and Beverages

The intent of these new standards in particular, is to address the childhood obesity/diabetes epidemic, and in general provide the cleanest, most healthy, nutritious food possible to our children on the school premises. Our aim is to decrease, not eliminate, the amount of sugar and simple carbohydrates (white flour) in the menu, increase the amount of fresh, whole foods (meats, grains, fruits and vegetables) served, and reduce and eventually eliminate the use or sale of non-nutritive food additives and highly processed products.

Competitive Foods Definition:

Competitive foods and beverages are all foods and beverages that are sold, served, or given to students in the school environment in competition with reimbursable meals served through the United States Department of Agriculture National School Lunch Program, School Breakfast Program and after School Snack program.

The following standards apply to all foods offered a la carte in the cafeteria, vending machines and school stores.

1. Items will provide <200 calories per serving.ⁱⁱ
2. Items will be packaged in single serving sizes.ⁱⁱ
3. A minimum of 3 fresh fruits and 3 fresh vegetables will be offered daily.ⁱⁱⁱ
4. Fruit cups packed in natural juice or water. (not syrup, substitutes, or additives)
5. No foods will be on-site deep fat fried.^{iv}
6. Pre-fried or flash fried foods will not be offered in cafeteria more than 2 times per week.^v
7. At least 75% of grains will be whole grain (whole grain defined as a product with at least 51% whole grain by weight). (Table 1)^{vi}
8. Foods of Minimal Nutritional Value (USDA regulation 7CFR210 and 220) will not be available anytime during the school day.^{vii}

In addition, all food items will contain:

1. <35% of calories from total fat. (excluding nuts, seeds, nut butters, and reduced fat cheeses)^{viii}
2. <10% of calories from saturated fat (excluding reduced fat cheeses).^{ix}
3. <35% sugar, by total weight. (excluding natural sugars in whole food) (Table 3)^x
4. None of the Items listed in Table 7 - Banned Food Additives List.^{xi}
5. Sodium to <200mg per serving size^{xii}

All beverages will meet these criteria:

1. Plain water will be made available at all cafeterias free of charge.
2. 100% fruit juice (not to exceed 4oz. elementary, 6oz. middle school, 8oz. high school)
3. Water or sparkling water flavored with 100% fruit juice.
4. 100% vegetable juice.
5. Milk offered will be 1%, low-fat, or nonfat. Flavored milk will not exceed 22 grams of total sugar/8oz. Flavored Milk will be served in 8oz sizes only.^{xiii}
6. No flavored milks will be offered at breakfast.
7. Beverages may not contain any nonnutritive sweeteners (sucralose, saccharin, aspartame, etc), hydrogenated or trans fats, high fructose corn syrup, caffeine, artificial dyes, or any of the additives in Table 7.
8. EXCEPTION: Electrolyte-replacement beverages are only available at the High School Level, available for student athletes engaged in school sport programs involving vigorous activity for more than 1 hour. *(Currently, this will exclude the seven Coke run vending machines at the high school that are under contract until it can be determined details of contract or the contract can be ended.)^{xiv}*

Fundraisers:

1. Food items sold as fundraisers (on school property and available for sale during the school day) must meet the guidelines and require the Food Service Director or building principal approval. The Food Service Director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines.
2. Fundraiser Food items will be available no earlier than 30 minutes after the last meal period of the day.
3. Foods sold as fundraisers that are available for sale outside the school day are encouraged to support healthy eating by limiting foods high in sugar, fat, and sodium.

Food in Classrooms/Parties

1. Celebrations at school provide a unique opportunity to help make healthful eating fun and exciting for children. If food is served, schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious and provides students with an opportunity for nutrition education experience. Educational programs involving food that promote a positive nutritional message are encouraged. (i.e., guest chef, cooking class, field trip to a farm or farmers market, etc.)

2. Celebrations with food may begin no earlier than 30 minutes after the last meal period of the regular school day.
3. Birthday celebrations that involve food are encouraged to be combined and celebrated on a monthly basis.
4. Classroom parties may offer a maximum 3 food selections, with at least one of either fresh fruits and/or fresh vegetables. Beverages may consist only of water, 100% fruit or vegetable juice or milk.
5. The food service department will offer party lists/menus that include healthy food and beverage ideas that adhere to the standards in this document. Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.

Food and beverages may not be withheld or used as a reward, incentive, or punishment for classroom or school activities.

Faculty Lounges

Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.

Student input

Students will be an active part of menu planning in conjunction with the director of food service.

School Gardens

Schools are encouraged to operate gardens or farms as appropriate for the purpose of growing fruits and vegetables to be used for educational purposes and where appropriate to be offered to students through the nutrition services meal. All such foods must meet appropriate safety standards.