

# Community Unit School District 200

Administration & School Service Center



## NUTRITIONAL STANDARDS FOR ALL FOODS AND BEVERAGES SOLD TO STUDENTS OUTSIDE OF THE FEDERAL CHILD NUTRITION PROGRAMS IN SCHOOLS EFFECTIVE JULY 1, 2014

### FREQUENTLY ASKED QUESTIONS

Per USDA Interim Final Rule, nutrition standards for all foods sold in schools to students take effect July 1, 2014. The new federal standards apply to D200 as we participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). These new standards supplement the current School Wellness Policy, 6.50., and refer to the food and beverage sold to students at school during the school day.

#### 1. What are the new nutritional standards?

**Answer:**

#### FOOD STANDARDS

To be allowable, a food item must:

- Be a whole grain rich product (50% or more Whole grains); **OR**
- Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**
- Be a “combination food” with at least ¼ cup fruit and/or vegetable (fruit and yogurt, hummus and vegetables); **OR**
- Contain 10% of the Daily Value of one nutrient of public health concern (only through June 30, 2016) Calcium, potassium, vitamin D, dietary fiber **AND**  
Meet all of the specific nutrient standards below:

<u>Nutrients</u>	<u>All Grade Levels</u>
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 portion as packaged/served (< 0.5 g)
Sodium – Entrée’s	≤480 mg sodium per item (for entrée items that do not meet NSLP/SBP exemption)
Sodium - Snack & Sides	≤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 & Sides	≤200 calories per item
Total Sugar	≤35% of <u>weight</u> from total sugars per item (dried/dehydrated fruits/vegs exempt)

### **BEVERAGE STANDARDS**

<u>Beverage</u>	<u>Elementary School</u>	<u>Middle School</u>	<u>High School</u>
Plain water (carbonated or not)	no size limit	no size limit	no size limit
Low fat milk, unflavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
Nonfat 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 with less than 5 calories per 8 fl. Oz. or up to 10 calories per 20 fl. oz.

Lower-Calorie Beverages: Maximum Serving Size 12 fluid ounces

- Up to 60 calories per 12 fluid ounces; or
- Up to 40 calories per 8 fluid ounces

### **2. Can items that do not meet the nutritional standards be sold during non-school hours, weekends, and/or off-campus fundraising events?**

**Answer:** Yes. This would include: non-school hours, weekend activities, vending machines that sell items after the school day, as well as PTA sponsored events.

### **3. What is meant by “competitive foods”?**

**Answer:** Per the Interim Final Rule, competitive foods are all food and beverage 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.

**4. What is meant by “school campus”?**

**Answer:** 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 in which students do not have access (ex: staff lunchroom)).

**5. What is meant by “school day”?**

**Answer:** School day is defined as the period from the midnight before, to 30 minutes after the end of the official school day. Any time beyond the “school day” is considered non-school hours.

**6. What is meant by “meals reimbursed”?**

**Answer:** Those program meals reimbursable under the National School Lunch and the School Breakfast Programs authorized by the Richard B Russell National School Lunch Act and the Child Nutrition Act of 1966.

**7. Can vending machines be turned “on” during the school day at all grade levels?**

**Answer:** Yes. They may be turned on for student use, but only if the items for sale meet the nutritional standards and they are not in direct competition with the program meals.

**8. Do vending machines have to sell only items which meet the requirements of the nutritional standards?**

**Answer:** Yes, if they are turned on during the school day.

**9. Can items which meet the nutritional standards be sold in the cafeteria?**

**Answer:** Per the Interim Final Rule, even if items meet the nutritional standards, they still cannot be sold in direct competition with the program meals. Program meals are the reimbursable meals sold through the National School Lunch and School Breakfast Programs. So, any items sold in the cafeteria (other than program meals) must meet the nutritional standards and all revenue must go to the non-profit foodservice account. This would include a la carte sales from our foodservice vendor (currently Aramark).

**10. Can fundraisers, which sell food items, still occur during the school day?**

**Answer:** Yes, but only if the items for sale meet the nutritional standards.

**11. What foods are acceptable?**

**Answer:** A calculator is available on the Illinois State Board of Education website: <http://www.isbe.net/calculator/calculator.html>