No. 246-AR-7

SCHOOL DISTRICT

ADMINISTRATIVE
REGULATION

246-AR-7. NUTRITION STANDARDS FOR COMPETITIVE FOODS IN PENNSYLVANIA SCHOOLS

On July 20, 2007, legislation was enacted to change the School Code for the Commonwealth of Pennsylvania to provide a supplemental state reimbursement for each breakfast and lunch served as part of the National School Lunch Program and School Breakfast Program. This applies to all schools that adopt and implement, as part of their wellness policy, the Department of Education's nutritional guidelines for food and beverages available on each school campus.

The following nutrition standards must be implemented in all identified areas, exactly as written* in order for schools to receive the supplemental state reimbursement. At a minimum, Year One of the standards must be implemented in the 2007-2008 School Year, and, at a minimum, Year Two of the standards must be implemented on or before the 2008-2009 School Year and each school year thereafter.

* Schools that exceed the standards will also qualify for the additional reimbursement. For example, if a school offers no a la carte or vending machine items, they are exceeding the standards in those specific areas.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
A la carte-Food/Snacks *Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an a la carte item. ** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.	Any item that is served a la carte, if it is a component of the National School Lunch (NSL) menu for that school day, is exempt from these guidelines. The following standards apply to <u>all</u> foods offered as a la carte. • Items will be packaged in single serving sizes. • A selection/variety of whole grains will be available on a daily basis. * (Table 1) • A minimum of 1 fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.* • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 4 times per week. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. In addition, the majority of items offered will: • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4)	Any item that is served a la carte, if it is a component of the National School Lunch (NSL) menu for that school day, is exempt from these guidelines <u>except</u> for the limit on pre-fried and flash-fried foods below (i.e., they will not be offered more than 3 times per week). In addition to the reimbursable meal, elementary a la carte items will be limited to 1 item, which cannot duplicate the reimbursable meal, except for fruits or vegetables. In middle and high schools, only 1 exempted component a la carte item can duplicate another item sold to the student, except for fruits or vegetables. The following standards apply to non-exempt foods offered a la carte: • Items will be packaged in single serving sizes. • Items will provide < 250 calories per serving. • A minimum of 3 fruits and 3 vegetables will be offered daily (at least 1 of each being fresh/raw). A variety of fruits and vegetables will be offered from day to day. * • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried and flash-fried food will not be	The following standards apply to <u>all</u> foods offered as a la carte. • Items will provide <250 calories per serving. • Items will be packaged in single serving sizes. • A minimum of 3 fruits and 3 vegetables will be offered daily (at least 1 of each being fresh/raw). A variety of fruits and vegetables will be offered from day to day.* • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 2 times per week. These 2 items are exempt from the total fat and saturated fat restrictions listed below.** • At least 50% of grains offered will be whole grain.* (Table 1) • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. In addition, <u>all</u> food items will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat (excluding reduced fat cheeses).

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
A la carte-Food/Snacks – cont. *Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an a la carte item. ** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.	Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.	offered more than 3 times per week. ** • At least 50% of grains offered will be whole grain.* • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. In addition, a minimum of 75% of items available will: • Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • Contain <10% of calories from saturated fat (excluding reduced fat cheeses). • Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts). • Not contain sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards and combinations that result in a reimbursable meal. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**	• <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3) • Minimal to no trans fatty acids. (Table 4) Elementary students will be limited to the purchase of 1 item, which cannot duplicate the reimbursable meal, except for fruits and vegetables. In middle school and high school, a la carte items will be limited to 2 items and cannot duplicate another item sold to the students, except for fruits and vegetables. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
A la carte-Beverages	A minimum of 75% of the beverages offered will be: • Plain water or flavored water, no sugar or artificial sweeteners (Table 6) for elementary, middle or secondary (any size). • Water flavored with artificial sweetener (Table 6) for middle or secondary (limit 17 oz.). • 100% fruit juice (not to exceed 12 oz). • Milk, 2% reduced fat, 1% lowfat or nonfat (not to exceed 16 oz,) flavored or unflavored (not to exceed 32 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). • Carbonated beverages with a minimum of 70% pure juice and no other added ingredients, excluding water, will be allowed (in order to be sold a la carte, the item must be exempted by USDA from being a Food of Minimal Nutritional Value). Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.	All of the water and 100% juice offered will be one of the following: • Plain water or flavored water, no sugar or artificial sweeteners (Table 6) for elementary, middle or secondary (any size). • Water flavored with artificial sweetener (Table 6) for middle or secondary (limit 17 oz.); not to surpass 25% of all water and 100% juice available. • 100% fruit juice (not to exceed 8 oz. for elementary and 12 oz. for secondary). A minimum of 75% of the milk offered will be: • 2% reduced fat, 1% lowfat or nonfat (not to exceed 8 oz, for elementary and 12 oz. for secondary), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar, or include artificial sweetener - Table 6). Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.	All beverages will meet these criteria. • Plain water or flavored with no sugar or artificial sweeteners (Table 6) (any size). • 100% fruit juice (not to exceed 6 oz). • Milk: A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz,) flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
A la carte-Beverages-cont.	Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.	Carbonated beverages with a minimum of 70% pure juice and no other added ingredients, excluding water, will be allowed (in order to be sold a la carte, the item must be exempted by USDA from being a Food of Minimal Nutritional Value). Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed: • 150 calories per package. • 35 grams of sugar per package. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.	
Vending-Food/Snacks	The following standards apply to <u>all</u> foods offered through vending machines. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.	The following standards apply to <u>all</u> foods offered through vending machines. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. • Items will provide < 250 calories per serving. • At least 50% of grains offered will be whole grain.	Vending will not be available for elementary students. In secondary grades, the following standards apply to <u>all</u> foods offered through vending machines. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. • Items will provide < 250 calories per serving. • At least 50% of grains offered will be whole grain.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Vending-Food/Snacks-cont.	In addition, the majority of items offered will: • Not be fried. (Table 2) • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.	• Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • Contain <10% of calories from saturated fat (excluding reduced fat cheeses). • Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts). • Not contain sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) • Not be fried. (Table 2) Vending for elementary students must only offer selections from this list: • Fruits. • Vegetables. • Yogurts, low-fat yogurts and reduced-fat cheeses. Fruits or vegetables will be available in at least 1 food vending area, and in all vending areas where refrigerated vending is available. Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**	• Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • Contain <10% of calories from saturated fat (excluding reduced fat cheeses). • Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts). • Not contain sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) • Not be fried. (Table 2) **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Vending-Beverages	A minimum of 75% of beverages offered will be: • Plain water or flavored water, no sugar or artificial sweeteners (Table 6) for elementary, middle or secondary (any size). • Water flavored with artificial sweetener (Table 6) for middle or secondary (limit 17 oz.). • 100% fruit juice (not to exceed 12 oz.). • Milk, 2% reduced fat, 1% lowfat or nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 32 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). • Carbonated beverages with a minimum of 70% pure juice and no other added ingredients, excluding water, will be allowed (in order to be sold a la carte, the item must be exempted by USDA from being a Food of Minimal Nutritional Value). Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed: • 150 calories per package. • 35 grams of sugar per package.	Vending for elementary students must only contain water, 100% fruit juice and milk, subject to the limits below. The following standards apply to all beverages offered through all vending machines. All of the water and 100% juice offered will be one of the following: • Plain water or flavored water, no sugar or artificial sweeteners (Table 6) for elementary, middle or secondary (any size). • Water flavored with artificial sweetener for middle or secondary (limit 17 oz.); not to surpass 25% of all water and 100% juice available. • 100% fruit juice (not to exceed 8 oz. for elementary and 12 oz. for secondary). A minimum of 75% of the milk offered will be: • 2% reduced fat, 1% lowfat or nonfat (not to exceed 8 oz. for elementary and 12 oz. for secondary), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar, or include artificial sweetener-Table 6).	All beverages will meet these criteria. • Plain water or flavored with no sugar or artificial sweeteners (Table 6) (any size). • 100% fruit juice (not to exceed 6 oz.). • Milk: A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz.), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Vending-Beverages-cont.		Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above. Carbonated beverages with a minimum of 70% pure juice and no other added ingredients, excluding water, will be allowed (in order to be sold a la carte, the item must be exempted by USDA from being a Food of Minimal Nutritional Value). Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed: • 150 calories per package. • 35 grams of sugar per package. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.	

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Fundraisers (non-vending)	All food items sold as fundraisers, available for sale during the school day, will follow the standards listed below. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. • Foods will not be fried. (Table 2) • Foods will not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.	All food items sold as fundraisers on school property and available for sale during the school day must meet the guidelines below and will be reviewed by the principal of the school. Any fundraising group will receive a list of fundraising foods that meet these guidelines prior to the commencement of the fundraiser. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines. • Items will provide < 250 calories per serving. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses). • Saturated fat will be < 10% of the total calories. • Sugar content will be < 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3) • Items will contain minimal to no trans fatty acid. (Table 4)	All food items sold as fundraisers on school property and available for sale during the school day must meet the guidelines below and will be reviewed by the principal of the school. Any fundraising group will receive a list of fundraising foods that meet these guidelines prior to the commencement of the fundraiser. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines. • Items will provide < 250 calories per serving. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses). • Saturated fat will be < 10% of the total calories. • Sugar content will be < 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3) • Items will contain minimal to no trans fatty acid. (Table 4)

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Fundraisers (non-vending)-cont.		Food items will be available no earlier than 30 minutes after the last meal period of the day. Alternate revenue generating sources will be developed. Following are resources: www.kidseatwell.org/flyers/twentywaystoraisefunds.pdf.; http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_Color.PDF. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**	Food items will be available no earlier than 30 minutes after the last meal period of the day. Alternate revenue generating sources will be developed. Following are resources: www.kidseatwell.org/flyers/twentywaystoraisefunds.pdf.; http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_Color.PDF. ***Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar, fat, sodium or trans fat content. **For additional information regarding foods available for sale outside of the school day, reference Local Wellness Policy Frequently Asked Questions, page 3, which is available at http://www.pde.state.pa.us/food_nutrition/lib/food_nutrition/local_wellness_policy_q_and_as_final_12_26_06.pdf.** **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Classroom Parties/ Holiday Celebrations	Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following: • Fresh fruits and vegetables. • Water, 100% fruit juice or milk.	Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following: • Fresh fruits and vegetables. • Water, 100% fruit juice or milk. In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that: • Are moderate in sodium content. • Provide minimal to no trans fatty acids. • Provide items that contain > 2 grams of fiber/serving. • Offer fresh fruits and vegetables. • Offer water, 100% fruit juice or milk as the beverage choices. • Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220). Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.	Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following: • Fresh fruits and vegetables. • Water, 100% fruit juice or milk. In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that: • Are moderate in sodium content. • Provide minimal to no trans fatty acids. • Provide items that contain > 2 grams of fiber/serving. • Offer fresh fruits and vegetables. • Offer water, 100% fruit juice or milk as the beverage choices. • Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220). Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Rewards	Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.). Alternate ideas can be found at: www.cspinet.org/nutritionpolicy/constructive_rewards.pdf. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf.	Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.). Alternate ideas can be found at: www.cspinet.org/nutritionpolicy/constructive_rewards.pdf. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf.	Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.). Alternate ideas can be found at: www.cspinet.org/nutritionpolicy/constructive_rewards.pdf. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf.
Foods from Home	N/A	Parents/Caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide a healthy alternative. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc.	Parents/Caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide a healthy alternative. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
School Stores-Foods/Snacks	The following standards apply to all foods sold in school stores. • Packages will be in single serving sizes. • No foods will be on-site deep fat fried. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. In addition, the majority of items offered will: • Not be fried. (Table 2) • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.	The following standards apply to all foods sold in school stores. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. • Items will provide < 250 calories per serving. • At least 50% of grains offered will be whole grains. • Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • Contain <10% of calories from saturated fat (excluding reduced fat cheeses). • Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts). • Not contain sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) • Not be fried. (Table 2) Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.	The following standards apply to all foods sold in school stores. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. • Items will provide < 250 calories per serving. • At least 50% of grains offered will be whole grains. • Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • Contain <10% of calories from saturated fat (excluding reduced fat cheeses). • Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts). • Not contain sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) • Not be fried. (Table 2) Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
		School stores will not sell food until 30 minutes after the last meal period of the day. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**	School stores will not sell food until 30 minutes after the last meal period of the day. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**
School Stores-Beverages	A minimum of 75% of the beverages offered will be: • Plain water or flavored water, no sugar or artificial sweeteners (Table 6) for elementary, middle or secondary (any size). • Water flavored with artificial sweetener (Table 6) for middle or secondary (limit 17 oz.). • 100% fruit juice (not to exceed 12 oz.). • Milk, 2% reduced fat, 1% lowfat or nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 32 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). • Carbonated beverages with a minimum of 70% pure juice and no other added ingredients, excluding water, will be allowed (in order to be sold a la carte, the item must be exempted by USDA from being a Food of Minimal Nutritional Value).	The following standards apply to <u>all</u> beverages sold in school stores. All of the water and 100% juice offered will be one of the following: • Plain water or flavored water, no sugar or artificial sweeteners (Table 6) for elementary, middle or secondary (any size). • Water flavored with artificial sweetener (Table 6) for middle or secondary (limit 17 oz.); not to surpass 25% of all water and 100% juice available. • 100% fruit juice (not to exceed 8 oz. for elementary and 12 oz. for secondary). A minimum of 75% of the milk offered will be: • 2% reduced fat, 1% lowfat or nonfat (not to exceed 8 oz. for elementary and 12 oz. for secondary), flavored or unflavored (not to exceed 30 grams of sugar per 8 oz .serving, inclusive of naturally occurring sugar, or include artificial sweetener-Table 6).	<u>All</u> beverages will meet these criteria. • Plain water or flavored with no sugar or artificial sweeteners (Table 6) (any size). • 100% fruit juice (not to exceed 6 oz.). • Milk: A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz.), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
School Stores-Beverages - cont.	Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.	Carbonated beverages with a minimum of 70% pure juice and no other added ingredients, excluding water, will be allowed (in order to be sold a la carte, the item must be exempted by USDA from being a Food of Minimal Nutritional Value). Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed: • 150 calories per package. • 35 grams of sugar per package. Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above. Foods of Minimal Nutritional Value (USDA regulation 7 C FR 210 and 220) will not be available anytime during the school day.	
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.	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.	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.

Source of Competitive Food	**Year One Implemented by 2007-2008 School Year**	**Year Two Implemented by 2008-2009 School Year**	Best Practice **Optional** (not required for School Nutrition Incentive Reimbursement)
Other	Student Input-Students will be an active part of menu planning through regularly scheduled meetings and taste testing.	Vegetarian Options-Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or a la carte offerings. If interest is indicated, efforts should be made to include appealing vegetarian choices. Student Input-Students will be an active part of menu planning in conjunction with the director of food services.	Vegetarian Options-Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or a la carte offerings. If interest is indicated, efforts should be made to include appealing vegetarian choices. Student Input-Students will be an active part of menu planning in conjunction with the director of food services.

Table 1- Whole Grains

A whole grain food is one labeled with the whole grain as first ingredient. The Food and Drug Administration requires foods that bear the "whole grain health claim" to contain 51% or more whole grain ingredients by weight per reference amount and be low in fat. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain terms are: "cracked," "crushed," "whole," "entire," or "groats." Examples of whole grain ingredients are:	
Whole/entire wheat flour	Whole grain barley (hulled or lightly pearled)
Whole oats/oatmeal	Wild rice
Cracked/crushed wheat	Buckwheat
Graham flour	Wheat berries (whole wheat kernels)
Old fashioned oatmeal	Triticale
Quick cooking oats	Bulgur
Cornmeal	Millet
Whole grain corn	Quinoa
Popcorn	Sorghum
Brown rice	Spelt
Whole rye	
Generally, if the first ingredient is "fortified" or "enriched," it is probably not a whole grain. These items are generally not whole grains:	
Unbleached flour	Organic, unbleached flour
Wheat flour	Enriched flour
Semolina	Degerminated (cornmeal)
Durum wheat	Multigrain (may describe several whole grains or several refined grains)

Sources include the USDA Food Buying Guide for Child Nutrition Programs, Dietary Guidelines for Americans 2005, Whole Grains Council.

Table 2-Fried Foods

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir fried or sautéed, but does include foods that have been pre-fried, flash fried, or deep-fat fried.

Table 3-Added Sugar

Brown Sugar	Invert sugar
Corn sweetener	Lactose*
Corn syrup	Maltose*
Dextrose	Malt syrup
Fructose*	Molasses
Fruit juice concentrate	Raw sugar
Glucose*	Sucrose
High fructose corn syrup	Sugar
Honey	Syrup
*Naturally occurring. Will not show up on food ingredient list unless added. Will be included as "sugars" listed on the food label.	

Table 4-Trans Fatty Acids (Trans Fats)

Trans fats: Occurs in food when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Sources of trans fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. Trans fatty acids are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef and lamb. Federal labeling of trans fats on all food products is required by January 1, 2006.

Table 5-Formulas

% Total fat:	1. Multiply grams of total fat per serving times 9 2. Divide by calories per serving 3. Multiply times 100
% Saturated fat:	1. Multiply grams of saturated fat per serving times 9 2. Divide by calories per serving 3. Multiply times 100
% Sugar by weight:	1. Divide grams of sugar per serving by gram weight for the serving size 2. Multiply times 100

Table 6

A-Artificial Sweeteners

Aspartame (brand names: Nutrasweet, Equal)	Acesulfame-K or Acesulfame potassium or ACK (brand names: Sunett and Sweet One)
Neotame	Saccharin (brand names: Sweet'N Low, Sweet Twin, and Necta Sweet, Sugar Twin)
Sucralose (brand name: Splenda)	

B-Sugar Alcohols (Polyols) and Other Sugar Substitutes

Erythritol*	Hydrogenated Starch Hydrolysates (HSH)* (polyglycitol, polyglucitol)
Isomalt*	Lactitol*
Maltitol*	Maltitol Syrup*
Mannitol*	Sorbitol*
Sugar Alcohol	Xylitol*
D-tagatose (novel sugar)	Trehalose (novel sugar)

*May also be listed on label as "sugar alcohol"

NOTE:

The Institute of Medicine (Nutrition Standards for Foods in Schools, 2007) classifies the artificial sweeteners above (aspartame, sucralose, acesulfame K, neotame, saccharin) and sugar alcohols as "Non Nutritive Sweeteners".

The American Dietetics Association (Position of the American Dietetic Association: Use of Nutritive and Non Nutritive Sweeteners, 2004) classifies sugar alcohols as nutritive sweeteners that supply an average of 2 calories per gram because they are incompletely absorbed. However, foods containing sugar alcohols can be labeled as "sugar free" because they replace sugar sweeteners.