

Nutrition Guidelines

School meals must meet federally defined nutrition standards that are based on the *Dietary Guidelines for Americans*. With the passage of the Healthy, Hunger Free Kids Act, schools are required to increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat milk. In addition, schools are required to reduce the amount of sodium, saturated fat, and trans fat in meals.

[Nutrition Standards in the National School Lunch and School Breakfast Program](#)

Competitive foods are all foods and beverages sold to students on school campus during the school day, other than reimbursable meals. This can include à la carte items, vending, school stores, and fundraising. Competitive foods are often low in nutritional value, undermining efforts to create healthier school environments. The Healthy, Hunger Free Kids Act, Nutrition Standards for All Foods Sold in School Rule sets nutrition standards for competitive foods. The new standards require foods to be low in fat, saturated fat, sugar, and sodium and to consist of whole grains, low-fat dairy, fruits, and vegetables. Schools are required to follow this rule as of July 1, 2014.

[Nutrition Standards for All Foods Sold in School](#)

[Healthy Fundraising](#)

Financial Implications

Many schools are concerned that limiting the types of competitive foods for sale will result in lost revenue. This may be of particular concern for schools that receive a large portion of revenues from competitive foods. However, higher competitive food sales are often associated with lower school meal participation. To offset potential revenue losses due to the removal of competitive foods failing to meet nutrition standards, schools can offer healthier competitive food options and work to increase participation in the National School Lunch Program and School Breakfast Program. Strategies that focus on increasing the sale of healthy options and boosting participation in the school meal program should be implemented.

- *Create a healthy food convenience line.* Time-pressed students will often grab a snack or skip lunch altogether rather than wait in a long line for a full meal. Dedicate one line that offers nutritious grab-n-go offerings. This will give healthy reimbursable meals and snacks an advantage, while improving your participation and income as well.
- *Move competitive foods behind the serving line.* Adolescents are impulsive and will frequently grab treats instead of a full meal. Place treats where they are available by request, regain the time advantage, and students may think twice before replacing meals with snacks.

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The local wellness policy must include nutrition standards for all foods available on campus, including foods and beverages considered competitive foods and those available through the school meals programs. Additionally, schools must establish standards for foods available at classroom parties, classroom snacks brought by parents, or foods given as incentives.

- *Give entrées a creative description.* Students trust known entrées like burgers and pizza, therefore they need a prompt to try something new. Add a fun or descriptive word in front of the targeted entrée name. Display the new names where students will see them *before* entering the cafeteria. Get students thinking about the targeted entrées while they are hungry and planning their purchases.



- *Offer Breakfast in the Classroom or Universal Free Breakfast.* Offering students breakfast in the classroom can increase breakfast participation as students are more likely to eat breakfast when served in the classroom. Universal Free Breakfast can result in a big cost savings for families of all income levels and increase student breakfast participation.
- *Implement a closed campus policy.* A closed campus limits students' ability to purchase food outside of school meals and can increase meal program participation rates.

Strong standards for competitive foods can encourage students to select more nutritious foods, which can help improve their overall health. If implemented effectively, these changes can be made with little to no negative financial impact

Sample Goal and Objectives

Goal:

- *The school district will regulate vending machines available to students and staff throughout the school day.*

Objectives:

- *Vending machines at elementary schools that dispense food or beverage items will not be available to students.*
- *Vending machines in middle and high schools must meet the approved nutrition standards.*
- *Vending machines available only to staff must contain at least 50 percent healthy choices as outlined in the approved nutrition standards.*
- *Vending machines will be turned off during meal periods.*

Nutrition Standards for School Meals

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups)^{c,d}	5 (1)^e	5 (1)^e	5 (1)^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green^f	0	0	0	½	½	½
Red/Orange^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)^f	0	0	0	½	½	½
Starchy^f	0	0	0	½	½	½
Other^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total^h	0	0	0	1	1	1½
Grains (oz eq)ⁱ	≥7 (1)^j	≥8 (1)^j	≥9 (1)^j	≥8 (1)	≥8 (1)	≥10 (2)
Meats/Meat Alternates (oz eq)	0^k	0^k	0^k	≥8 (1)	≥9 (1)	≥10 (2)
Fluid milk (cups)^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

^a In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

^c One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^d For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^e The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^f Larger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱ At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^j In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^k There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^l Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.



All Foods Sold in Schools (Smart Snacks)

The U.S. Department of Agriculture (USDA) recently released standards for all foods sold in school. These standards are often referred to as Smart Snacks in School. The Smart Snacks in School standards ensure that kids are only offered tasty and nutritious foods during the school day. These standards will replace foods of minimal nutritional value and will go into effect July 1, 2014. The Alliance for a Healthier Generation has developed an online tool that schools may use to assess if a food product is in compliance with the federal requirements for Smart Snacks in Schools. The [Smart Snacks Product Calculator](#) has been determined by the USDA to be accurate in assessing product compliance for foods. There is currently no calculator for beverages approved for use by the USDA.

Nutrition Standards for Foods

Any food sold in school must:

- Be a whole grain-rich product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).
On July 1, 2016, foods will not qualify using the 10% of DV criteria.

In addition, food items must meet the following requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230mg (On July 1, 2016, snack items must contain ≤ 200mg)
 - Entrée items: ≤ 480mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: <10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤35% of weight from total sugars in foods

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.



Nutrition Standards for Beverages

All schools may sell:

- plain water (with or without carbonation),
- unflavored low fat milk,
- unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP,
- 100% fruit or vegetable juice, and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

In addition, the following standards apply:

	Elementary	Middle	High
Water, plain	No portion limit	No portion limit	No portion limit
Milk and Juice	Maximum serving size of 8oz	Maximum serving size of 12oz	Maximum serving size of 12oz
Calorie free, flavored water or other flavored and/or carbonated beverages containing < 5 calories per 8oz or ≤ 10 calories per 20oz	Not allowable	Not allowable	Maximum serving size of 20oz
Beverages with ≤ 40 calories per 8oz , or ≤ 60 calories per 12oz	Not allowable	Not allowable	Maximum serving size of 12oz

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- These standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. The Wisconsin Department of Public Instruction will be developing a policy to address fundraiser frequency exemptions. Until the release of this policy, no fundraisers are exempt from the All Foods Sold in School regulations. Once developed, the policy will be available at http://fns.dpi.wi.gov/fns_cnrsnp#cf.



Healthy Fundraising

Schools rely on fundraisers to raise money for school supplies and programs. Fundraising activities often include vending, product sales (e.g., candy, pizza, soda), bake sales, school stores, etc. However, fundraisers that sell unhealthy foods undermine nutrition education being taught in the classroom and cafeteria. Healthy fundraisers are not only profitable, but also support the well-being of students and staff.

Healthy Fundraisers

- Fun runs, walk-a-thons, golf tournaments, other sporting events
 - Physical activity fundraisers are fun for all ages and promote healthy behaviors.
- Garbage bags
 - This fundraiser can be done year long as people continually need garbage bags.
- Cookbook fundraiser
 - Schools collect recipes from students, staff, and prominent community members to create a cookbook, which is sold to members of the community.
- Bottled water
 - Create a custom labeled water bottle to sell at school functions. Schools recruit local sponsors to donate money in exchange for having the sponsor's name printed on water bottle labels.
- Auctions
 - Schools can seek donated items for auction. Desirable items include vacation packages, spa treatments, car washes, etc.
- “Bakeless” bake sales
 - Parents and others are invited to contribute a donation equivalent to the amount of money that they would have spent on ingredients and/or the purchase of the baked goods had there been a traditional bake sale.
- Gift paper
 - Gift wrap catalogs often include low-nutrition foods. Urge companies to provide the school with catalogs that do not include unhealthy foods.
- Scrip program
 - Scrip is a gift certificate or gift card that can be used to purchase goods or services at supermarkets, movie theaters, or other local retail stores. Schools purchase scrip at a discount from retailers and school supporters buy scrip from a school at the full-face value. The school earns the difference between the discount price at which it bought the scrip and the value at which it sells it to participants.
- Recycling fundraising
 - Recycling companies purchase used items, such as clothing, printer cartridges, and cell phones, from schools.

