

# Chester County Intermediate Unit

## Competitive Food Guidelines

### SMART SNACKS IN SCHOOLS – USDA’S” All Foods Sold in Schools” Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today’s school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

#### 1. Definitions and Applicability

Competitive Foods: all foods and beverages **sold** to students **outside the school meal programs, on the school campus, and at any time during the school day.**

- **“Sold”** refers to the exchange of money, tokens, or the use of some type of prepaid account to purchase an item.
- **Includes:** items sold a la carte in cafeterias, in vending machines, at school stores, snack carts, during fundraisers, or at any other venue that sells food/beverages to students during the school day.
- **School Campus:** All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- **School Day:** Period from the midnight before to 30 minutes after the end of official school day.

#### 2. Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a “whole grain-rich” grain 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

- **Foods must also meet several nutrient requirements:**

**Calorie limits:**

- ° Snack items: ≤ 200 calories
- ° Entrée items: ≤ 350 calories

**Sodium limits:**

- ° Snack items: ≤ 200 mg
- ° Entrée items: ≤ 480 mg

**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

### **3. 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.

- **Schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

### **4. Fundraisers Exemptions**

- a. All foods that meet **the Smart Snack in School nutrition standards** may be sold for fundraising purposes on the school campus during the school day without a limit on frequency.

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- b. Smart snacks do not apply to items sold during non-school hours, weekends, or off-campus fundraising events.
- c. PDE permits a maximum of ten **exempt fundraisers** to occur in each school building. Each fundraiser can last up to one school week, or five consecutive school days. **Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.**
- d. **Exempt fundraiser foods or beverages may not be sold in competition with school meals in the food service area during the meal service.**

#### 5. **Smart snack calculator tool**

For tools that determine whether an item is allowable for you, refer to:

- Alliance for a Healthier Generation's Smart Snacks Calculator:  
<http://rdp.healthiergeneration.org/calc/calculator/>

Non-sold competitive foods available to students during the school day, which may include but are not limited to food and beverages offered as **rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks** shall offer healthy alternatives in addition to more traditional fare as per each school.

#### 6. **Rewards and Incentives:**

- Many **Child Development Center and Learning Center** students are working to increase expected behaviors and, at times, food may be used for incentives or rewards. While non-food items are generally preferred, individual student behavior plans may indicate that food be offered as a reinforcement if other interventions are not effective. However, these foods must be allergen free in accordance with individualized classroom needs.
- Foods and beverages will be used as a reward for classroom or school activities:  
Small size treat, Pizza....

#### 7. **Classroom Parties and Celebrations:**

- Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and may be accompanied with fresh fruits and vegetables as well as water, 100% fruit juice or milk.
- Classroom snacks will reinforce the importance of healthy choices and guidance will be provided to parents/guardians through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.

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- When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.
- Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.
- **At the Child Development Center and Learning Center:** Classroom parties involving non-Smart Snack approved foods will be limited to four parties per year, per home room. Additional parties can occur if they are either facilitated by the PBIS school facilitator or follow approved Smart Snack/non-food item recommendations. While these parties may include non-Smart Snack approved items, such items will be accompanied by approved Smart Snack items (i.e pizza with fresh fruit and water versus pizza with soda and cookies).
- **At the Child Development Center and Learning Center:** Classroom Birthdays can be very special days for our young students and our students with complex needs. We acknowledge that some families may want to share a special treat with their child's class. Given the diverse needs of our student population, all snack items must receive prior approval from the CCDC school staff, in order to address any allergies or health needs. Non-food items or Smart Snack approved food items are preferred and at times, may be required. A list of suggestions is available upon request.

## **8. Nutrition Promotion**

- Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Schools shall promote nutrition through the implementation of a school garden or through a field trips to local farms.
- Schools shall cooperate with agencies and community organizations such as the Food Bank to provide opportunities for appropriate student projects related to nutrition.
- Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.
- The District will promote healthy food and beverage choices for all students throughout the

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school campus, as well as encourage participation in school meal programs.

- Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.

**All schools within the Intermediate Unit are committed to offering school meals through the NSLP program that:**

- Are accessible to all students;
- Are appealing and attractive to children;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
  
- Are served in clean and pleasant settings;
- Promotes healthy food and beverage choices **using at least five** of the following:
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - A reimbursable meal can be created in any service area available to students
  - Daily announcements are used to promote and market menu options.
  - Menus will be posted on the CCIU website or individual school websites.
  - Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
  - School meals are administered by a team of child nutrition professionals.
  - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seating.

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