



## Rules for All Foods Sold in Schools

Started during the 2014-2015 School Year As part of the USDA's Healthy, Hunger Free Kids Act



August 2015

## Island Trees UFSD Department of Food and Nutrition



Is your **snack** a smart snack?  
*(Find out here!)*



Smart Snacks entered schools across the country for the 2014-2015 school year! We have them in place for 2015-2016

## What's New In September...

The USDA's Healthy, Hunger Free Kids act of 2010 strives to improve child nutrition across the country. In recent years, the USDA has implemented new rules to provide our children with better quality meals. Since the 2014-2015 school year, new guidelines have been in place to increase the availability of fruits, vegetables and whole grains in the school menu. Furthermore, all foods served during the school day *must* be whole grain rich, lower in salt and contain zero grams of Trans Fat. The new rules apply to all items sold at school including: entrees, snacks, drinks, and a la Carte items in the cafeteria, as well as vending machines. Finally, *Smart Snacks in School* will change past selections children have been familiar with in the cafeteria. Help us share new foods and healthier snacks with your children. Flip the page to learn more about these exciting changes!



**ALL** foods served during the school day must fall into *one* of these categories:

- Be whole-grain rich (at least 50% whole grain, or have whole grain be listed as the first ingredient).
- First ingredient must be a fruit, vegetable, dairy or protein.
- Contain at least ¼ cup fruit and/or vegetable.
- Contain at least 10% of the Daily Value of calcium, potassium, vitamin D or fiber.

Foods must also meet *all* of the following guidelines:

Calories		Sodium		Fats			Sugar
Snacks/Sides	Entrees	Snack/Sides	Entrees	Total Fat	Saturated Fat	Trans Fat	Weight Sugar Total Weight
200 or less	350 or less	230 mg or less	480 mg or less	35% or less	10% or less	Zero grams	35% or less of total weight from sugar

**What does this all mean?**

The items available in school this year will vary between the Elementary, Middle and High Schools.

- Elementary School students will be offered any size water, 100% fruit/vegetable juice, or fat-free or non-fat milk (plain or flavored) in 8 oz portions or less.
- Middle School students will be offered any size water, 100% fruit/vegetable juice, or fat-free or non-fat milk (plain or flavored) in 12 oz portions or less.
- High School Students will be offered the same options listed for Middle School students, with the addition of other flavored &/or carbonated beverages that meet the calorie requirements.

**All beverages must meet these standards:**

	Elementary	Middle School	High School
<b>Plain Water, Carbonated Water</b>	Any Size	Any Size	Any Size
<b>Low-Fat, Non-Fat milk (Flavored or Unflavored)</b>	8 oz or less	12 oz or less	12 oz or less
<b>100% Fruit/Vegetable Juice</b>	8 oz or less	12 oz or less	12 oz or less
<b>Other Flavored &amp;/or Carbonated Beverages 20 oz or larger</b>	Not Allowed	Not Allowed	Must be: 5 calories or less per 8 oz 10 calories or less per 20 oz
<b>Other Flavored &amp;/or Carbonated Beverages 12 oz or larger</b>	Not Allowed	Not Allowed	Must be: 40 calories or less per 8 oz 60 calories or less per 12 oz
<b>Caffeine</b>	Not Allowed	Not Allowed	Allowed