

Nutritional Standards for Competitive Foods in Pennsylvania Schools

<p>Source of Competitive Food</p>	<p>Effective Starting Date (July 1, 2006)</p>
<p>Ala Carte-Food/Snacks *Foods offered through the National School Lunch or School Breakfast Programs qualify towards meeting this requirement if the item is also offered for sale as an ala carte item.</p> <p>** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.</p>	<p>The following standards apply to <u>all</u> foods offered as ala carte.</p> <ul style="list-style-type: none"> ● Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or 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.* ● A variety of items that provide ≥ 2 grams of fiber per serving will be available on a daily basis.* ● 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 4-6 times per week.** ● Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. <p>In addition, the majority of items offered will:</p> <ul style="list-style-type: none"> ● Not contain added sugar as the first ingredient. (Table 3) ● Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p> <p>K-5 will not offer more than 5 ala carte food items in addition to ice cream novelties.</p>
<p>Ala carte-Beverages</p>	<p>A minimum of 75% of the beverages offered will be:</p> <ul style="list-style-type: none"> ● Water, unflavored (any size). ● 100% fruit juice (not to exceed 12 oz). ● Milk - 2%, 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar), and packaged in plastic resealable containers, if readily available and affordable. ● No carbonated beverages will be offered for purchase. ● Juice-type drinks and sport drinks will be evaluated by the Food Service Director and food service staff for nutritional content and based on recent U. S. Food and Drug Administration recommendations. Findings will be shared with the Superintendent or his designee(s) and decisions for inclusion of these beverages in the lunch room. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>Beverages qualifying as Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p>

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<p>Vending-Food/Snacks</p>	<p>Vending of food/snacks will not be available for students in grades K-5, and, at most, should only be available in limited quantities for grades 6-8. Including grades 9-12, the following standards apply to all foods offered through vending machines.</p> <ul style="list-style-type: none"> • Packages will be in single serving sizes. • A variety of items that provide ≥ 2 grams of fiber per serving will be available on a daily basis. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available in vending machines anytime during the school day. <p>In addition, the majority of items offered will:</p> <ul style="list-style-type: none"> • Not be fried. (Table 2) • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) <p>Where possible, marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p> <p>The school Food Service Department will provide assistance in identifying foods that meet these criteria.</p>
<p>Vending-Beverages</p>	<p>Vending available for students in grades K-5 will consist of milk, unflavored water and 100% juice only.</p> <p>All beverages offered through vending will be:</p> <ul style="list-style-type: none"> • Water, unflavored (any size). • 100% fruit juice (not to exceed 12 oz). • A minimum of 75% of milk selections will be 2%, 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar) and packaged in plastic resealable containers, if readily available and affordable. • No carbonated beverages will be offered for purchase. • Juice-type drinks and sport drinks will be evaluated by the Food Service Director and food service staff for nutritional content and based on recent U. S. Food and Drug Administration recommendations. Findings will be shared with the Superintendent or his designee(s) and decisions for inclusion of these beverages in vending machines will be made on individual merit. <p>The school Food Service Department will provide assistance in identifying foods that meet these criteria.</p>

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Fundraisers (non-vending)	<p>All food items sold as fundraisers, available for sale during the school day, will follow the standards listed below.</p> <ul style="list-style-type: none"> • Packages will be in single serving sizes. • In the absence of other alternatives, fundraisers, involving Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220), that target students, will be limited to two, pre-approved, fundraisers per school group per school year. These foods of minimal nutritional value will only be made available during the school day after the day’s lunch periods have ended, and may not be offered for sale in, or around, the cafeteria. • Foods will not be fried. (Table 2) • With the exception of the above-mentioned pre-approved fundraisers, foods will not contain added sugar as the first ingredient. (Table 3) • Foods will provide minimal to no trans fatty acids. (Table 4) <p>Where possible, marketing, pricing and nutrition education strategies will be used to encourage selection of healthier foods and/or non-food related fundraisers.</p> <p>The school Food Service Department will provide assistance in identifying foods that meet these criteria.</p>
Classroom Parties/ Holiday Celebrations	<p>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:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables. • Water, 100% fruit juice or milk.
Rewards	<p>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 (ie., guest chef, field trip to a farm or farmers market, etc.).</p> <p>Alternate ideas can be found at: www.msue.msu.edu/fnh/tn/foodrewards.pdf; www.cspinet.org/nutritionpolicy/constructive_rewards.pdf</p>
Foods from Home	<p>Parents/caregivers will be encouraged to promote their child’s participation in the school meals programs. If they opt not to participate in the school meals programs, parents/caregivers will be encouraged to provide or encourage the purchase of healthy alternatives. Efforts will be made to assist parents /caregivers to comply with the district nutrition guidelines through nutrition education outreach.</p>
Faculty Lounges	<p>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.</p>

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<p>School Stores-Foods/Snacks</p>	<p>The following standards apply to all foods sold in school stores.</p> <ul style="list-style-type: none"> • Packages will be in single serving sizes. • A minimum of 1 fresh fruit will be offered daily. • A variety of items that provide ≥ 2 grams of fiber per serving will be available on a daily basis. • No foods will be on-site deep fat fried. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available from the school store anytime during the school day. <p>In addition, the majority of items offered will:</p> <ul style="list-style-type: none"> • Not be fried. (Table 2) • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>The school Food Service Department will provide assistance in identifying foods that meet these criteria.</p>
<p>School Stores-Beverages</p>	<p>A minimum of 75% of the beverages offered will be:</p> <ul style="list-style-type: none"> • Water, unflavored (any size). • 100% fruit juice (not to exceed 12 oz). • Milk- 2%, 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving inclusive of naturally occurring sugar), and packaged in plastic resealable containers, if readily available and affordable.. • No carbonated beverages will be offered for purchase. • Juice-type drinks and sport drinks will be evaluated by the Food Service Director and food service staff for nutritional content and based on recent U. S. Food and Drug Administration recommendations. Findings will be shared with the Superintendent or his designee(s) and decisions for inclusion of these beverages in vending machines will be made on individual merit. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>Beverages qualifying as Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available on the school store anytime during the school day.</p> <p>The school Food Service Department will provide assistance in identifying foods that meet these criteria.</p>
<p>Other</p>	<p>Student Input-Students will be an active part of menu planning through conversation, surveys, regularly scheduled meetings and taste testing.</p>

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)

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

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

PALISADES SCHOOL DISTRICT



NUTRITIONAL GUIDELINES FOR COMPETITIVE FOODS

BOARD ADOPTED ON JUNE 7, 2006