

CHILD NUTRITION UPDATE

Preparing for the 2014-15 School Year

Lunch

- ▣ All grains must be whole grain rich
- ▣ Sodium targets per meal on average
 - K-5 1230 Mg
 - 6-8 1360 Mg
 - 9-12 1420 Mg
 - K-8 1230 Mg

Breakfast

- ▣ All grains whole grain rich
- ▣ Must offer one cup fruit/vegetable
 - Student must select at least ½ cup fruit/vegetable for meal reimbursement
- ▣ Sodium targets per meal on average
 - K-5 540 Mg
 - 6-8 600 Mg
 - 9-12 640 Mg
 - K-8 540 Mg

Nutrition Standards- For All Foods Sold In School

- ☐ Effective July 1, 2014
- ☐ Minimum standards.
- ☐ Additional State or local standards are allowed if consistent with the final rule.
- ☐ Applies to all foods sold:
 - outside the school meal programs;
 - on the school campus; and
 - at any time during the school day.

Definitions

School campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

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Definitions

School day: the period from the midnight before, to 30 minutes after the end of the official school day.

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Applicability

The standards apply to all foods and beverages sold on campus during the school day.

- school stores
- snack bars
- vending machines
- a la carte in cafeteria

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Food Requirements

To be allowable, a competitive food item **MUST**:

meet all of the competitive food nutrient standards for calories, sodium, total fat, saturated fat, trans fat, and total sugar

AND

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Food Requirements

Include one of the following:

- Be a grain product that contains 50 percent or more whole grains by weight or have the first ingredient a whole grain
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein food;

OR

- Be a combination food that contains ¼ cup of fruit and/or vegetable.

OR

- Contain 10% of the Daily Value of a naturally occurring nutrient of public health concern (i.e., calcium, potassium, vitamin D or dietary fiber)

• Obsolete effective July 1, 2016

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50% Whole Grain-Rich Products Require One of the Following;

- a) whole grains per oz. eq. must be \geq 8 grams for Groups A-G (volumes or weights used to credit for H and I)
- b) the product contains the *FDA approved whole grain health claim on its label
 *FDA Health Claim- "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."
- c) a whole grain must be the first ingredient on the product ingredient list (with an exception for water)



Fruit/Vegetables/Yogurt

- Fresh, frozen and canned fruits with no added ingredients except water
- Fruits packed in 100% fruit juice or extra light, or light syrup
- Fresh, frozen and canned vegetables with no added ingredients except water (or)
- Canned vegetables that contain a small amount of sugar for processing
- Low fat/nonfat yogurt with less than 30 grams of sugar per 8 ounces.

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Calories

- ▣ **Snack items/Side dishes (non-NSLP/SBP):**
 - \leq 200 calories per item as served (including any added accompaniments such as butter, cream cheese, salad dressing etc.)
- ▣ **Entrée items sold a la carte (non-NSLP/SBP):**
 - \leq 350 calories for non NSLP/SBP entrée items
 - Includes accompaniments

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Sodium

Sodium per item as served for non NSLP/SBP items:

- **Snack and side items :** ≤230 mg
≤ 200mg effective July 1, 2016
- **Entrée items:** ≤480 mg
exempted for NSLP/SBP entrée items

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Total Fat

- ≤35% of total calories from fat as served
- Exemptions include:
 - ~~Reduced fat cheese~~ including part-skim mozzarella
 - ~~Nuts, seeds and nut/seed butters~~
 - ~~Dried fruit with nuts and/or seeds~~ with no added nutritive sweeteners or fat;
 - ~~Seafood~~ with no added fat.

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Saturated Fat

- <10% of total calories as served
- Exemptions include:
 - ~~Reduced fat cheese~~ including part-skim mozzarella
 - ~~Nuts, seeds and nut/seed butters~~
 - ~~Dried fruit with nuts and/or seeds~~ with no added nutritive sweeteners or fat

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Trans Fat

Zero grams of trans fat as served

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Total Sugars

≤ 35% of weight from total sugars as served

Exemptions include:

- Dried whole fruits or vegetables
- Dried whole fruit or vegetable pieces
- Dehydrated fruits or vegetables with no added nutritive sweeteners
- Dried fruits with nutritive sweeteners (required for processing or palatability)

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Accompaniments

- Must be pre-portioned and included in nutrient profile as a part of item served and meet all proposed standards
- Examples include:
 - Dressings with salads
 - Butter or jelly on muffins
 - Cream cheese on bagels
 - Garnishes, etc.

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Caffeine

- ▣ Elementary & Middle School
 - Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances
- ▣ High School
 - NO caffeine restrictions

Beverages: Elementary School

- Plain water carbonated or un-carbonated (no size limit);
- Low fat milk, unflavored (≤ 8 oz);
- Non fat milk, unflavored or flavored (≤ 8 oz), including nutritionally equivalent milk alternatives; and
- 100% fruit/vegetable juice (≤ 8 oz)
- Full strength fruit or vegetable juice diluted with water or carbonated water (≤ 8 oz)

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Beverages: Middle School

- Plain water carbonated or un-carbonated (no size limit)
- Low fat milk, unflavored (≤ 12 oz);
- Non fat milk, unflavored or flavored (≤ 12 oz) including nutritionally equivalent milk alternatives; and
- 100 % fruit/vegetable juice (≤ 12 oz)
- Full strength fruit or vegetable juice diluted with water or carbonated water (≤ 12 oz)

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Beverages: High School

- Plain water carbonated or un-carbonated (no size limit);
- Low fat milk, unflavored (≤ 12 oz.)
- Non fat milk, unflavored or flavored (≤ 12 oz.), including nutritionally equivalent milk alternative; and
- 100% fruit/vegetable juice (≤ 12 oz.)
- Full strength fruit or vegetable juice diluted with water or carbonated water (≤ 12 oz.)

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Beverages: High School

- Calorie-free, flavored water, with or without carbonation (≤ 20 oz.)
- Other calorie free beverages that comply with the FDA standard of less than 5 calories per 8 fluid oz. serving or ≤ 10 calories per 20 fluid oz. serving
 - no more than 20 oz. serving
 - diet soda and sugar-free chewing gum not allowed at public schools from beginning of school day until the end of the last scheduled meal period (NYS Law)
- Other flavored and/or carbonated beverages that are labeled to contain ≤ 40 calories/8 oz. serving or ≤ 60 calories/12 oz. serving
 - no more than 12 fluid ounce serving

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Fundraisers

- Standards apply to fundraisers during school day when items sold are intended for consumption at school
 - No Exemptions
- Standards DO NOT not apply to items sold during non-school hours, weekends, or outside of school fundraising events.

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