**Center Consolidated School District**

**Nutrition Standards**

**The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in school — beyond the federally-supported meals programs. This new rule carefully balancesscience-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The Smart Snacks in School interim final rule food and nutrition standards became effective on July 1, 2014.**

**Ensure all food sales are in compliance with the**

**Colorado Competitive Food Service Policy**

* **Colorado’s state-based competitive food service requirements are stricter than the minimum requirements set forth in the federal Smart Snack regulation.**
* **203.01 – In those schools participating in the School Breakfast and/or National School Lunch program(s), competitive food service is any food or beverage service available to students that is separate and apart from the district’s nonprofit federally reimbursed foodservice program, and is operated by school approved organizations, school staff or by school-approved outside vendors**
* **203.02 – Such competitive food service shall not operate in competition with the district’s foodservice program, and shall be closed for a period beginning one half hour to and remain closed until one half hour after the last regular scheduled school lunch and/or school breakfast period on the campus where the school lunch and/or school breakfast is served.**

**Remember, this state policy helps protect food service operations and is stricter than the requirements set forth in the Interim Final Rule.**

**Center Consolidated School District will adopt the following “Smart Snack” regulations for the purpose of *all* competitive food sales, which will include vending and** **a la carte foods:**

**Food & Nutrition Standards:**

• Any food, outside the reimbursable lunch or breakfast meals, sold on the school campus (includes a la carte, school stores, food-based fundraisers, vending machines, etc.) must meet the following food standards:

 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 fruit and/or vegetable; or

Contain 10% of the Daily Value (DV) of nutrients for calcium, potassium, vitamin D, or dietary fiber.

**AND**

• Any food (including accompaniments) must also meet these nutrient requirements:

Calorie limits (Snack items: ≤200; Entrée items: ≤350)

Sodium limits (Snack items: ≤230 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.

**Allowable Beverages for all schools; Elementary Pre-school-5, Middle school 6-8,**

**High school 9-12**

References: Federal Regulation USDA Interim Final Rule 7CFR Parts 210 and 220; Colorado Healthy Beverages Policy 1 CCR 301-79; Colorado Competitive Foodservice Policy 1 CCR 301-3 2202-R-203.00

Effective: Midnight before, to 30 minutes after the end of the official school day and throughout the extended school day as defined by 1CCR 301-79.

ONLY Milk, Water, and beverages containing 50-100% fruit juices with no added artificial sweeteners may be sold on school grounds both immediately prior to and throughout the instructional day.

**Allowable Beverages Elementary**

• **Fruit and Vegetable Juice**

 Must be 100% juice

 Up to 8-ounce portions

 No added sweeteners

 ≤120 calories per 8 ounces

• **Milk**

Must be low-fat (unflavored) **no flavored milk**

 Up to 8-ounce portions

≤150 calories per 8 ounces

Non-dairy milk must be nutritionally equivalent to milk per USDA requirements

• **Bottled Water**

 Plain water or plain carbonated water

**Allowable for Middle School**

• **Fruit and Vegetable Juice**

Must be 100% juice

Up to 10-ounce portions

No added sweeteners

 ≤120 calories per 8 ounces

• **Milk**

 Must be low-fat (unflavored) **no flavored milk**

Up to 10-ounce portions

≤150 calories per 8 ounces

Non-dairy milk must be nutritionally equivalent to milk per USDA requirements

• **Bottled Water**

Plain water or plain carbonated water

**Allowable for High School**

• **Fruit and Vegetable Juice**

Must be 100% juice

Up to 12-ounce portions

No added sweeteners

≤120 calories per 8 ounces

• **Milk**

Must be low-fat (unflavored) or nonfat (flavored or unflavored)

 Up to 12-ounce portions

≤150 calories per 8 ounces

 Non-dairy milk must be nutritionally equivalent to milk per USDA requirements

• **Bottled Water**

Plain water or plain carbonated water

• **Other beverages** (i.e., unsweetened or diet teas, low calorie sport drinks, fitness waters, flavored waters, seltzers, and coffees)

Other flavored and/or carbonated beverages that are ≤20 ounces must:

Contain ≤5 calorie per 8 ounces or ≤10 calories per 20 ounces

Other flavored and/or carbonated beverages that are ≤12 ounces must:

Contain ≤40 calories per 8 ounces

**Beverage Exemptions for all schools:**

Beverages sold at school-related events occurring outside of the regular and extended school day where parents and other adults are a significant part of the audience are exempt.

**A la Carte, Vending and All Foods Sold on Campus Food:**

**Competitive Food Service**

Additionally, any beverage service available to students on the school campus during the school day that is separate and apart from the district’s nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school-approved outside vendors shall not operate in competition with the district’s food service program and shall be closed for a period beginning ½ hour prior to and remain closed until ½ hour.

Encourage the consumption of nutrient dense foods, i.e. Whole Grains, Fresh Fruits & Vegetables, and Dairy Products.

Any given food item for sale prior to the start of the school day and throughout the instructional day, will meet the District Nutrition Standards for Vending and A la Carte Foods. Refer to attached detailed District Nutrition Standards for Vending and A la Carte Foods.

**Cafeteria Environment:**

A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.

The cafeteria environment is a place where students have:

Adequate space to eat and clean, pleasant surroundings;

Adequate time to eat meals. (The School Nutrition Association (SNA) recommends at least 20 minutes for lunch from the time students are seated with their food); and

Convenient access to hand washing or hand sanitizing facilities before meals.

**Fundraising:**

All fund-raising projects shall follow the District Nutrition Standards for Vending and A La Carte Foods.

All fund raising projects for sale and consumption within and prior to the instructional day will follow the District Nutrition Standards for Vending and A La Carte Foods when determining the items being sold.

No candy will be sold for fundraising. Candy is defined as any processed food item that has:

1. sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose dextrose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar /sucrose, syrup listed as one of the first two ingredients

**AND**

1. sugar is more than 25% of the item by weight.

Non-food based fundraisers are encouraged.

Fundraisers that promote physical activity are encouraged.