

# Interim Final Rule: Nutrition Standards for All Foods Sold in School

USDA Food and Nutrition Service  
Child Nutrition Division

2014

# Healthy, Hunger-Free Kids Act

- Requires that USDA establish nutrition standards for all foods and beverages sold in school – beyond the Federal child nutrition programs in schools.
- The law specifies that the nutrition standards shall apply to all foods sold:
  - outside the school meal programs;
  - on the school campus; and
  - at any time during the school day.



# Interim Final Rule

- Published: June 28, 2013
- Requirements take effect July 1, 2014

# State and Local Flexibility

- The nutrition standards included in the interim final rule for all foods sold in school are minimum standards.
- State agencies and school districts may establish additional standards.
- State or local standards must be consistent with Federal standards.

# What are competitive foods?

Competitive food: all food and beverages sold to students on the School campus during the School day, other than those meals reimbursable under school meal programs.

# When do the standards apply?

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



# Where do the standards apply?

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



# Fundraisers

- All foods that meet the regulatory standards may be sold as fundraisers on the school campus during school hours.
- The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events.
- State agencies establish the number of infrequent exempt fundraisers that may be held during the school year.



# Fundraiser Exemption

- State agencies establish the number of infrequent exempt fundraisers that may be held during the school year.
- If the State agency does not establish limits, no fundraisers may take place in the schools.
- School districts may institute additional standards.
- No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

# State Agency Options

- Policy Memo SP 36-2014 clarifies that State agencies may not delegate authority to LEAs or to SFAs on the upper limits on the number of fundraisers allowed.
- State agencies may establish a procedure for LEAs to request approval for more frequent fundraisers than allowed by the State.
- It is up to the State to decide whether or not they wish to institute such a procedure in their State.

# Standards for Foods

- Apply to All Grade Levels
- Include General Standards and Specific Nutrient Standards
- Provide exemptions to Nutrient Standards for Specific Foods
- Allow broader exemptions for fruits and vegetables and some NSLP/SBP foods



# General Standard for Food

To be allowable, a food item must meet all of the competitive food nutrient standards

**AND**

# General Standard (cont'd)

- 1) Be a whole grain rich product; **OR**
- 2) Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**
- 3) Be a “combination food” with at least  $\frac{1}{4}$  cup fruit and/or vegetable; **OR**
- 4) Contain 10% of the Daily Value of one nutrient of public health concern (only through June 30, 2016)
  - Calcium, potassium, vitamin D, dietary fiber

# Fruit and Vegetable Exemption

The following are exempt from meeting all nutrient standards:

- Fresh, frozen and canned fruit packed in water, 100 percent juice, light syrup or extra light syrup
- Fresh, frozen and canned vegetables with no added ingredients except water
- Canned vegetables with small amount of sugar for processing purposes



# NSLP/SBP Entrée Exemption

- Exemptions for entrée items only
- Side dishes sold as competitive food must meet all standards
- Entrée exemption for the day of service and the school day after



# Standards for Beverages

- Vary by Grade Level
- Identify Specific Types of Beverages Allowed
- Address Container Size



# Beverages for All

- Water
- Milk
- Juice



# Caffeine

## Elementary and 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.

# Recordkeeping

- LEAs and SFAs maintain records such as receipts, nutrition labels and product specifications
- SFAs maintain records for competitive foods sold under the nonprofit school food service account
- LEAs maintain records for all other competitive food sales



# Flexibilities

- Phased-in Breakfast implementation
- Option to offer a daily meat/meat Alternate at breakfast
- Allowed students to take just one-half cup of fruit or vegetables under OVS
- Removed the starchy vegetable limit
- Pushed out the second sodium target by an additional year
- Lifted the weekly maximums on grain and meat/meat alternates
- Allowed frozen fruit with added sugar
- Clarified allowable whole grain-rich corn products
- Provided two-year flexibility for schools that cannot obtain acceptable whole grain-rich pasta
- Provided Smart Snack exemption for grain-only entrees served at breakfast

# Smart Snacks Tools and Resources

USDA Food and Nutrition Service  
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2014



# Nutrition Facts Panel

- The Nutrition Facts Panel contains all the information necessary to evaluate against the nutrient standards:
  - Calories
  - Total Fat
  - Saturated Fat
  - Trans Fat
  - Sodium
  - Sugars

<b>Nutrition Facts</b>	
Serving Size 1 pouch (29g)	
Serving Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 35
<b>% Daily Values*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein</b> 2g	<b>4%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	



# Smart Snacks Tools

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## Alliance Smart Snacks Calculator

Take the guesswork out of the standards

[HealthierGeneration.org/smartsnacks](http://HealthierGeneration.org/smartsnacks)



# Examples

ALLIANCE FOR A HEALTHIER GENERATION

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Visit healthiergeneration.org

## healthy schools program

Home

**Focus Areas**

- Wellness Councils and Policies
- Snacks and Beverages ▶
- Breakfast and Lunch
- Health Education
- Physical Education
- Physical Activity
- Employee Wellness





6 Step Process

Resources & Tools

New & Notable

STUCK?  
[Get Online Support](#)

### Alliance Product Calculator

Share    

Smart Snacks Fundraisers Celebrations Non-Food Rewards

#### Is Your Snack a Smart Snack?

Take the guesswork out of nutrition guidelines with the new Alliance Product Calculator for Smart Snacks! Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines. You can also [add a link to the Alliance Product Calculator to your website](#). Click the button below to launch the Alliance Product Calculator.

**Launch the Product Calculator**



## Product Information

Take the guess work out of your day! Our Smart Snacks Product Calculator will help you determine if your product meets the USDA Smart Snacks in School nutrition standards\*. Answer the following series of questions to see whether your product is compliant. Then save and print for your records!

\*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools.

**NOTE:** Please enter information for the product as SOLD (both amount actually portioned, as well as how it is eaten, such as a beef patty on a bun with all of the accompaniments as opposed to just the beef patty).





### My Product is a ...

- a) Snack [i](#)
- b) Side [i](#)
- c) Entree [i](#)
- d) Beverage

START OVER

NEXT STEP

Is the first ingredient\* of your product a ...

- a) Fruit
- b) Vegetable 
- c) Dairy 
- d) Protein food 
- e) Whole Grain 
- f) None of the above

\* Refer to the label's ingredient statement. If the first ingredient is water, is the second ingredient one of the options above.

START OVER

NEXT STEP

What type of vegetable is your product?

- a) Fresh vegetable **i**
- b) Canned vegetables with no added ingredients except water **i**
- c) Frozen Vegetables with no added ingredients except water
- d) Dried vegetables with no added nutritive sweeteners
- e) Potato is the first ingredient **i**
- f) Other

START OVER

NEXT STEP



### USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-16-2013)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

#### 100357 – POTATOES, FROZEN, OVEN FRY, 5 LB

#### Nutrition Information


Potatoes, French fried, crinkle cut, oven-heated

	3 oz (about 13 pieces) (84 g)
Calories	120
Protein	2 g
Carbohydrate	20 g
Dietary Fiber	2 g
Sugars	.18 g
Total Fat	3.5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	2 %
Calcium	0 %
Sodium	20 mg
Vitamin A	0 %
Potassium	350 mg
Vitamin C	10 %

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables: Subgroup – Starchy</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A, low moisture, frozen French fried potatoes that have been crinkle cut. Potato strips will be from 3/8 inch to 1/2 inch across.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb pkgs per case.</li> <li>One 5 lb pkg AP yields about 20 1/4 cups baked crinkle cut French fries and provides about 81.0 1/4-cup servings baked vegetable.</li> <li>One lb AP yields 0.92 lb (about 4 cups) baked crinkle cut French fries and provides about 16.2 1/4-cup servings baked vegetable.</li> <li>CN Crediting: 1/4 cup baked crinkle cut French fries provides 1/4 cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time.</li> </ul>

Enter your product's nutrition information per amount SOLD (including all components and accompaniments).

## Nutrition Facts

Serving Size oz  (about g)  

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Amount Per Serving

---

Calories

Calories from Fat

---

Total Fat (g)

---

Saturated Fat (g)

---

Trans Fat (g)

---

Sodium (mg)

---

**Carbohydrates**

---

Sugars (g)

---

START OVER

NEXT STEP

## ✔ Your product is compliant!

- Your vegetable product meets all nutrient standards.

Wait! There's just a little more! We are going to help make your life easier. Enter your product information in the fields below and save and/or print. This will help with record-keeping to show your product's compliance when you need to refer to it at a later date. It's worth it!

**Brand**

**Serving Size**

84.00 g

**Product**

**First Ingredient**

[START OVER](#)

[NEXT STEP](#)

## ✔ Your product is compliant!

- Your vegetable product meets all nutrient standards.

Wait! There's just a little more! We are going to help make your life easier. Enter your product information in the fields below and save and/or print. This will help with record-keeping to show your product's compliance when you need to refer to it at a later date. It's worth it!

**Brand**

USDA Foods

**Serving Size**

84.00 g

**Product**

100357 - Potatoes, Frozen, Oven Fry, 5 LB

**First Ingredient**

potatoes

START OVER

NEXT STEP



### Smart Snacks Product Calculator Results

Brand:  
**USDA Foods**

Product Name:  
**100357 - Potatoes, Frozen, Oven Fry,  
5 LB**

Serving Size:  
**84.00 g**

First Ingredient:  
**potatoes**

• Your vegetable product meets all nutrient standards.

## Nutrition Facts

Serving Size 84.00 g ⓘ

Amount Per Serving

Calories 120

Calories from Fat NA

Total Fat (g) 3.5

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 20

Carbohydrates

Sugars (g) 0.18

Vitamin D (%) NA

Potassium (%) NA

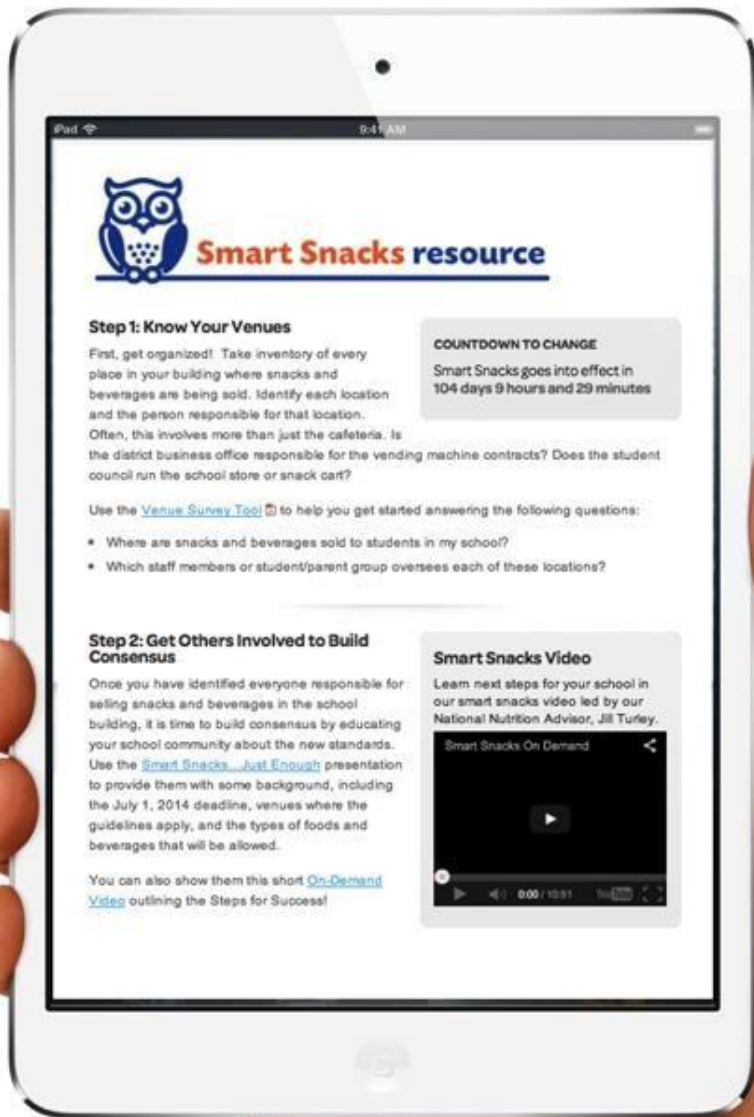
Calcium (%) NA

Dietary Fiber (%) NA

START OVER

PRINT FOR YOUR RECORDS





# Smart Snacks Tools

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## Smart Snacks Toolkit

Step-by-Step guide for implementing Smart Snacks in your school

[HealthierGeneration.org/smartsnacks](http://HealthierGeneration.org/smartsnacks)



Questions?