

# This is the Law:

## Smart Snacks 2014 Nutrition Standards for Foods (*updated by USDA January 1, 2017*):

**All snacks, a la carte food\*** and **fundraising items** sold to a student in Middle School from midnight before school to one-half hour after the end of school shall meet the following standards.

### **Any food sold to a student in Middle Schools must:**

- 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 of fruit and/or vegetable;

### **Foods must also meet these nutrient requirements:**

#### **Calorie Limits:**

- ✓ Snack items: ≤ 200 calories
- ✓ A la Carte Entrée items: ≤ 350 calories

#### **Sodium Limits:**

- ✓ Snack items: ≤ 200 mg
- ✓ A la Carte Entrée items: ≤ 480 mg

#### **Fat Limits:**

- ✓ Total fat: ≤35% of calories\*\*
- ✓ Saturated fat: < 10% of calories
- ✓ Trans fat: zero grams

#### **Sugar Limits:**

- ✓ ≤ 35% of weight from total sugars in foods\*\*\*

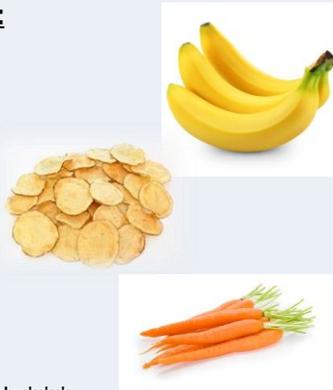
### **School Meals:**

The Health Department guidelines states that all school meals should be eaten on campus. No perishable foods should be taken from the cafeteria.

### **Fundraising:**

We are focused on the health of our school environment, following standards for all foods and beverages sold in school by any entity including student organizations. The following criteria apply to sales by student organizations:

- Up to three categories of foods or beverages may be sold each day
- Food and beverages must be pre-approved by Nutrition Services
- Only one student organization is allowed to sell each day
- Food or beverages cannot be prepared on campus
- The food and beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
- In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.



**Per USDA Regulations:** The school may permit the sale of food items and beverages that do not comply with the Smart Snacks Standards as part of a school event/fundraiser if the sale of those items meets all of the following criteria:

- ✓ The sale of those items takes place off of and away from school premises.
- ✓ The sale of those items takes place on school premises at least one-half hour after the end of the school day.
- ✓ The sale of those items occurs during a school-sponsored student activity after the end of the school day.

## 2014 Nutrition Standards for Beverages:

**All beverages sold to a student in Middle School from midnight before school to one-half hour after the end of school shall meet the following criteria:**

Beverages Allowed	Size
Plain or carbonated water	Any size
Low fat milk (1%), unflavored	≤12oz
Non-fat milk (skim), flavored or unflavored*	≤12oz
100% fruit or vegetable juice (plain or carbonated) with no added sweeteners	≤12oz
100% fruit or vegetable juice, diluted with water (plain or carbonated) with no added sweeteners	≤12oz

### **Milk options must contain:**

- ✓ **Cow's milk** (or goat's milk): 1%, or nonfat; contains Vitamins A & D; contains at least 25% of the Daily Value (% DV) for calcium; contains no more than 28 grams of total sugar per 8 fluid ounces
- ✓ **Non-dairy milk** (soy or other): contains vitamins A & D; at least 25% of the Daily Value (% DV) for calcium; no more than 28 grams of total sugar and 5 grams of fat or less per 8 fluid ounces.

### **Beverages Not Allowed:**

Soda, Electrolyte Replacement, Caffeinated Beverages, and Flavored Water.

*\*If not part of the USDA meal program.*

*\*Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep-fried, or legumes are exempt.*

*\*\*Fruits and vegetables that have not been deep-fried are exempt.*

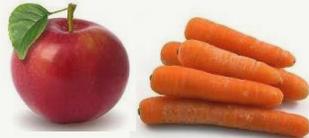
# healthy tips “1 - 2 - 3”

## 1 make half your grains whole

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product for half of your meals. For example, eat 100% whole-wheat bread or pasta instead of white bread or pasta, or choose brown rice or quinoa instead of white rice.



## 2 eat more fruits & veggies



They make good snacks: try baby carrots with hummus or simply enjoy an apple or a banana! For a quick meal, how about a blended smoothie with nonfat milk/yogurt, your favorite fresh/frozen fruit? At dinner you can dress up your green salad with chopped apples, oranges, or grapes!



## 3 more water—don't drink your calories!

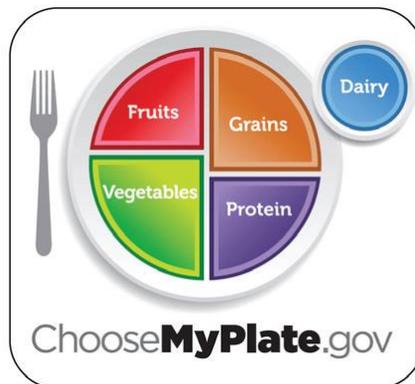
Chew on this: when we choose water instead of drinks that have calories, we spend less of our “budget” on empty calories that don’t satisfy us—and we can “afford” more of the satisfying foods we can sink our teeth into!



Find more tips online:

- ✓ ChooseMyPlate.gov
- ✓ MVUSD.net Nutrition Services!

NS Handout: Last Updated: July 2017.



# MVUSD NUTRITION SERVICES

## 2018-2019

# Middle School

## FOOD LAWS & NUTRITION STANDARDS

