


# Government Competitive Foods Ruling: Smart Snacks

## The School Day Just Got Healthier!

The final rule for competitive foods establishes new nutrition guidelines for all foods and beverages sold outside of the reimbursable meal.

<b>Starting School Year 14-15</b>
<b>All grade levels (K-12)</b>
<b>During the School Day</b>
Midnight before, to 30 minutes after the end of the official school day
<b>Anywhere on School Campus</b>
All areas of campus accessible to students during the day
<b>All Foods &amp; Beverages Sold</b>
<ul style="list-style-type: none"> <li>Fundraisers</li> <li>Vending Machines</li> <li>School Stores</li> <li>Snack Bars</li> </ul> 

Nutrition Guidelines For Snacks & Entrées Sold		
	Snack	Entrées
<b>Calories</b>	≤ 200 calories	≤ 350 calories
<b>Sodium</b>	≤ 230 mg	≤ 480 mg
<b>Total Fat</b>	≤ 35% calories	≤ 35% calories
<b>Saturated Fat</b>	≤ 10% calories	≤ 10% calories
<b>Sugar</b>	≤ 35% of total weight	≤ 35% of total weight
<b>Foods must also meet at least <u>one</u> of the following:</b>		
Be a whole grain rich product (Whole Grain listed as first ingredient)		
Have the first ingredient a fruit, vegetable, dairy product, or protein		
Be a combination food with at least ¼ cup fruit and/or vegetable		
Contain 10% of the DV of 1 nutrient of public health concern (Calcium, Potassium, Vitamin D, Fiber)		
<i>*There are some exceptions with cheese, nuts, seeds, dried fruit</i>		

Nutrition Guidelines for Beverages Sold			
	Kinder - 5th	6th - 8th	High School
<b>Plain water, carbonated or not</b>	No size limit	No size limit	No size limit
<b>Low fat milk, unflavored</b>	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
<b>Non fat milk, unflavored or flavored</b>	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
<b>100% fruit/vegetable juice</b>	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
<b>Calorie-free flavored water, with or without carbonation</b>	Not allowed	Not allowed	<b>Maximum 20 fl. oz.</b> Up to 5 calories/8 fl. oz. Up to 10 calories/20 fl. oz.
<b>Lower-Calorie Beverages</b>	Not allowed	Not allowed	<b>Maximum 12 fl. oz.</b> Up to 40 calories/8 fl. oz. Up to 60 calories/12 fl. oz.
<b>Isotonic Sport Drinks (Gatorade)</b>	Not allowed	Not allowed	Must meet above calorie requirements

Thank you for your support in our effort to create a healthier school environment for our children!  
Please feel free to contact The Food Service Department if you have any questions.