

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade K-5, Elementary Schools**  
**California School Nutrition Association, March 2005**

<b>Classroom Instruction</b>	<i>Formal Curriculum</i> -Comprehensive and sequential nutrition education and physical education are incorporated into the school classroom curriculum at all grade levels. Physical activity is promoted and supported. <sup>2</sup>
------------------------------	--

**Adults agree that school meals are supported & promoted as the foods & beverages of choice.**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted and supported. <sup>2</sup>				
<b>MEAL PROGRAM</b>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	EXCEEDS
<b>National School Lunch Program</b>  <i>Nutrition Standards Rationale (NSR)<sup>a</sup> – 1,2,3, &amp; 4<sup>b</sup></i>	<ul style="list-style-type: none"> <li>◦Not in compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦No whole grains</li> <li>◦Milk choices do not meet requirements</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 2 F/V<sup>c</sup> daily</li> <li>◦Offers fresh F/V 1X per week</li> <li>◦Offers foods containing whole grains 1X week</li> <li>◦Milk Choices meet requirements</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 2 F/V daily</li> <li>◦Offers fresh F/V 2X per week</li> <li>◦Offers food containing whole grains 2X week</li> <li>◦Milk Choices meet requirements</li> <li>◦2% milk choice(s) offered</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 2 F/V daily,</li> <li>◦Offers fresh F/V 3X per week</li> <li>◦Offers foods containing whole grains 3 week</li> <li>◦Milk Choices meet requirements</li> <li>◦1% &amp; 2% milk choice(s) promoted</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 2 or more F/V daily</li> <li>◦Offers fresh F/V 4X per week</li> <li>◦Offers foods containing whole grains daily</li> <li>◦Milk Choices meet requirements</li> <li>◦Nonfat &amp; 1% milk choice(s) promoted</li> </ul>
<b>Meal Supplement Programs &amp; After School Programs</b>  Both Reimbursable & Non-reimbursable  <i>NSR - 1,2,3, &amp; 4</i>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks do not meet the minimum NSLP guidelines, regardless of funding source</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10<sup>d</sup></li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 1X per week</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 2X per week</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 3X or more per week<sup>e</sup></li> </ul>

<sup>a</sup> Nutrition Standards Rationale (NSR) refers to the attached document, which provides the scientific context for how the Nutrition Standards were developed.

<sup>b</sup> The NSR #'s refer to the nutrient and/or food group cited in the NSR document.

<sup>c</sup> F/V = Fruit/Vegetable

<sup>d</sup> 30/10 = ≤ 30% calories from total fats and ≤ 10% calories from saturated fat

<sup>e</sup> The White Paper noted can be found at [www.csfsa.org](http://www.csfsa.org).

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade K-5, Elementary Schools**  
**California School Nutrition Association, March 2005**

**Adults agree that School Meals, rather than competitive foods, are promoted as the foods & beverages of choice.**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted and supported. <sup>2</sup>				
	STAGES OF IMPLEMENTATION				
<b>COMPETITIVE FOODS<sup>a</sup></b>	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	COMMENTS
<b>Beverages, Served or Sold</b>  School Nutrition Programs, Other groups & organizations  <i>NSR – 6, &amp; 9<sup>b</sup></i>	◦Groups selling beverages are not in compliance with all current federal & state regulations	◦Groups selling beverages are planning to comply with all current federal & state regulations	◦All groups selling beverages comply with all current federal & state regulations	◦All groups selling beverages comply with all current federal & state regulations ◦Nonfat & 1% milk choice(s) promoted	◦Refer to White Paper for implementation strategies & resources <sup>c</sup>
<b>Snacks, Served or Sold</b>  School Nutrition Programs, Other groups & organizations <i>NSR – 5, 6, 7, 8, &amp; 9</i>	◦< 50% of all product served or sold ≤ 150 calories	◦50% of all product served or sold ≤ 150 calories ◦Foods of Minimal Nutritional Value are not served or sold <sup>d</sup>	◦75% of all product served or sold ≤ 150 calories ◦Foods of Minimal Nutritional Value are not served or sold	◦100% of all product served or sold ≤ 150 calories ◦Foods of Minimal Nutritional Value are not served or sold	

**Snacks served or sold emphasize a variety of nutrient-dense foods within and among the basic food groups while choosing foods that limit the intake of fat, saturated and trans fats, cholesterol, added sugars, and salt.<sup>3</sup>**

<sup>a</sup> Competitive Foods refer to all other foods served or sold in competition with any meals or snacks served under the USDA School Meals Program.

<sup>b</sup> The NSR #'s refer to the nutrient and/or food group cited in the NSR document.

<sup>c</sup> The White Paper noted can be found at [www.csfsa.org](http://www.csfsa.org).

<sup>d</sup> Foods of Minimal Nutritional Value as defined by USDA Federal Regulations for Competitive Foods.

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade K-5, Elementary Schools**  
**California School Nutrition Association, March 2005**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted & supported. <sup>2</sup>				
	STAGES OF IMPLEMENTATION				
<b>Events</b> During the school day <sup>a</sup>	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	COMMENTS
Classroom <sup>b</sup> &/or school wide snacks, meetings, celebrations, intramural events, etc. NSR – 5, 6, 7, & 8 <sup>c</sup>	◦No local policy	◦Local policy using sound nutrition principles is developed but not in place ◦Foods of Minimal Nutritional Value are not served or sold <sup>d</sup>	◦50% of events follow local policy guided by sound nutrition principles ◦Foods of Minimal Nutritional Value are not served or sold	◦75% of events follow local policy guided by sound nutrition principles ◦Foods of Minimal Nutritional Value are not served or sold	◦Refer to White Paper for implementation strategies & resources <sup>e</sup>
<b>School Day</b>	<i>Parallel Curriculum</i> - Non-formal curricula outside the school day: this comprises all external factors including the home, neighborhood & community norms, & mass media. This level underscores the importance of family & community involvement in providing consistent messages, a healthy environment, & positive role modeling. Physical activity is promoted & supported. <sup>2</sup>				
	STAGES OF IMPLEMENTATION				
<b>Events</b> Outside the school day <sup>f</sup>	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	COMMENTS
Meetings, celebrations, intramural events, concessions, fundraisers, etc. NSR – 5, 6, 7, & 8	◦No local policy	◦Local policy using sound nutrition principles <sup>g</sup> is developed but not in place	◦50% of events follow local policy guided by sound nutrition principles	◦75% of events follow local policy guided by sound nutrition principles	◦Refer to White Paper for implementation strategies & resources

<sup>1</sup> Satter, E. Your Child's Weight; Helping Without Harming. Appendix G, Feeding and Parenting in the School Setting, Madison, WI: Kelcy Press; Publication date Spring 2005.

<sup>2</sup> Dixey R, Heindl I, Loureiro I, Preez-Rodrigo C, Snel J, and Warnking P. 1999. Healthy Eating for Young People in Europe. International Planning Committee of the European Network of Health Promoting Schools.

<sup>3</sup> Dietary Guidelines, 2005. www.healthierus.gov/dietary guidelines.

<sup>a</sup> During the school day is defined as the time between ½ hour before school and ½ hour after school.

<sup>b</sup> Does not include food preparation classroom instruction, &/or food prepared during nutrition education instruction.

<sup>c</sup> The NSR #'s refer to the nutrient and/or food group cited in the NSR document.

<sup>d</sup> Foods of Minimal Nutritional Value as defined by USDA Federal Regulations for Competitive Foods.

<sup>e</sup> The White Paper noted can be found at www.csfsa.org.

<sup>f</sup> Outside the school day is defined as the time between ½ after school and ½ before school.

<sup>g</sup> Sound Nutrition Principles are considered the key recommendations of the Dietary Guidelines, 2005.

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade 6-9, Middle, Junior High or Intermediate Schools**  
**California School Nutrition Association, March 2005**

<b>Classroom Instruction</b>	<i>Formal Curriculum</i> -Comprehensive and sequential nutrition education and physical education are incorporated into the school classroom curriculum at all grade levels. Physical activity is promoted and supported. <sup>2</sup>
------------------------------	--

**Adults agree that school meals are supported & promoted as the foods & beverages of choice.**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted and supported. <sup>2</sup>				
<b>MEAL PROGRAM</b>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	EXCEEDS
<b>National School Lunch Program</b>  <i>Nutrition Standards Rationale (NSR)<sup>a</sup> – 1,2,3, &amp; 4<sup>b</sup></i>	<ul style="list-style-type: none"> <li>◦Not in compliance with USDA School Meals Initiative 7CFR210 &amp; 220</li> <li>◦No whole grains</li> <li>◦Milk choices do not meet requirements</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR210 &amp; 220</li> <li>◦Offers 2 F/V<sup>c</sup>daily</li> <li>◦Offers fresh F/V 1-2X per week</li> <li>◦Offers foods containing whole grains 1X week</li> <li>◦Milk Choices meet requirements</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR210 &amp; 220</li> <li>◦Offers 2 F/V daily, Including 1 fresh F or 1 fresh V daily</li> <li>◦Offers food containing whole grains 2X week</li> <li>◦Milk Choices meet requirements</li> <li>◦2% milk choice(s) offered</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR210 &amp; 220</li> <li>◦Offers 3 F/V daily, Including 1 fresh F &amp; 1 fresh V daily</li> <li>◦Offers foods containing whole grains 3X week</li> <li>◦Milk Choices meet requirements</li> <li>◦1% &amp; 2% milk choice(s) promoted</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR210 &amp; 220</li> <li>◦Offers 3 or more F/V daily, Including 1 fresh F &amp; 1 fresh V daily</li> <li>◦Offers foods containing whole grains daily</li> <li>◦Milk Choices meet requirements</li> <li>◦Nonfat &amp; 1% milk choice(s) promoted</li> </ul>
<b>Meal Supplement Programs &amp; After School Programs</b>  Both Reimbursable & Non-reimbursable  <i>NSR –1,2,3, &amp; 4</i>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks do not meet the minimum NSLP guidelines, regardless of funding source</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10<sup>d</sup></li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 1X per week</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 2X per week</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 3X or more per week</li> </ul>

<sup>a</sup> Nutrition Standards Rationale (NSR) refers to the attached document, which provides the scientific context for how the Nutrition Standards were developed.

<sup>b</sup> The NSR #'s refer to the nutrient and/or food group cited in the NSR document.

<sup>c</sup> F/V = Fruit/Vegetable

<sup>d</sup> 30/10 = ≤ 30% calories from total fats and ≤ 10% calories from saturated fat

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade 6-9, Middle, Junior High or Intermediate Schools**  
**California School Food Service Association**

**Adults agree that school meals, rather than competitive foods, are promoted as the foods & beverages of choice.**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted & supported. <sup>2</sup>				
<b>COMPETITIVE FOODS<sup>a</sup></b>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	EXCEEDS
<b>Entrees, Served or Sold</b>  School Nutrition Programs, Other groups & organizations  <i>NSR – 5, 7, &amp; 8<sup>b</sup></i>	◦ <50% of entrees are ≤390 calories & recommend low fat &/or moderate fat entrees be offered & promoted	◦ 50% of entrees are ≤390 calories & recommend low fat &/or moderate fat entrees be offered & promoted	◦ 75% of entrees are ≤390 calories & recommend low fat &/or moderate fat entrees be offered & promoted	◦ 100% of entrees are ≤390 calories & recommend low fat &/or moderate fat entrees be offered & promoted	◦ Entrees are served only as part of a reimbursable meal
<b>Beverages, Served or Sold</b>  School Nutrition Programs, Other groups & organizations  <i>NSR – 6, 7, &amp; 9</i>	◦ Beverages served or sold are not in compliance with all current federal & state regulations	◦ Groups selling beverages are planning to comply with all current federal & state regulations	◦ Groups selling beverages comply with all current federal & state regulations	◦ Groups selling beverages comply with all current federal & state regulations ◦ Nonfat & 1% milk choice(s) promoted	
<b>Snacks, Served or Sold</b>  School Nutrition Programs, Other groups & organizations  <i>NSR – 5, 6, 7, 8, &amp; 9</i>	◦ < 50% of all product served or sold ≤ 200 calories	◦ 50% of all product served or sold ≤ 200 calories ◦ Foods of Minimal Nutritional Value are not served or sold <sup>c</sup>	◦ 75% of all product served or sold ≤ 200 calories ◦ Foods of Minimal Nutritional Value are not served or sold	◦ 100% of all product served or sold ≤ 200 ◦ Foods of Minimal Nutritional Value are not served or sold	

**Snacks served or sold emphasize a variety of nutrient-dense foods within and among the basic food groups while choosing foods that limit the intake of fat, saturated and trans fats, cholesterol, added sugars, and salt.<sup>3</sup>**

<sup>a</sup> Competitive Foods refer to all other foods served or sold in competition with any meals or snacks served under the USDA School Meals Program.  
<sup>b</sup> Nutrition Standards Rationale (NSR) refers to the attached document, which provides the scientific context for how the Nutrition Standards were developed.  
<sup>c</sup> Foods of Minimal Nutritional Value as defined by USDA Federal Regulations for Competitive Foods.

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade 6-9, Middle, Junior High or Intermediate Schools**  
**California School Food Service Association**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted & supported. <sup>2</sup>				
<b>EVENTS</b> During the school day. <sup>a</sup>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	COMMENTS
Classroom <sup>b</sup> &/or school wide snacks, meetings, intramural events, celebrations, etc. NSR – 5, 6, 7, & 8 <sup>c</sup>	◦No local policy	◦Local policy using sound nutrition principles is developed but not in place ◦Foods of Minimal Nutritional Value are not served or sold <sup>d</sup>	◦50% of events follow local policy guided by sound nutrition principles ◦Foods of Minimal Nutritional Value are not served or sold	◦75% of events follow local policy guided by sound nutrition principles ◦Foods of Minimal Nutritional Value are not served or sold	◦Refer to White Paper for implementation strategies & resources <sup>e</sup>
<b>School Day</b>	<i>Parallel Curriculum</i> -Non-formal curricula outside the school day: this comprises all external factors including the home, neighborhood & community norms, & mass media. This level underscores the importance of family & community involvement in providing consistent messages, a healthy environment, & positive role modeling. Physical activity is promoted & supported. <sup>2</sup>				
<b>EVENTS</b> Outside the school day <sup>f</sup>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	COMMENTS
Meetings, celebrations, intramural events, concessions, fundraisers, etc. NSR – 5, 6, 7, & 8	◦No local policy	◦Local policy using sound nutrition principles <sup>g</sup> is developed but not in place	◦50% of events follow local policy guided by sound nutrition principles	◦75% of events follow local policy guided by sound nutrition principles	◦Refer to White Paper for implementation strategies & resources

<sup>1</sup> Satter, E. Your Child's Weight; Helping Without Harming. Appendix G, Feeding and Parenting in the School Setting, Madison, WI: Kelcy Press; Publication date Spring 2005.

<sup>2</sup> Dixey R, Heindl I, Loureiro I, Preez-Rodrigo C, Snel J, and Warnking P. 1999. Healthy Eating for Young People in Europe. International Planning Committee of the European Network of Health Promoting Schools.

<sup>3</sup> Dietary Guidelines, 2005. www.healthierus.gov/dietary guidelines.

<sup>a</sup> During the school day is defined as the time between ½ hour before school and ½ hour after school.

<sup>b</sup> Does not include food preparation classroom instruction, &/or food prepared during nutrition education instruction.

<sup>c</sup> The NSR #'s refer to the nutrient and/or food group cited in the NSR document.

<sup>d</sup> Foods of Minimal Nutritional Value as defined by USDA Federal Regulations for Competitive Foods.

<sup>e</sup> The White Paper noted can be found at www.csfsa.org.

<sup>f</sup> Outside the school day is defined as the time between ½ after school and ½ before school.

<sup>g</sup> Sound Nutrition Principles are considered the key recommendations of the Dietary Guidelines, 2005.

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade 8 -12, High Schools**  
**California School Nutrition Association, March 2005**

<b>Classroom Instruction</b>	<i>Formal Curriculum</i> -Comprehensive and sequential nutrition education and physical education are incorporated into the school classroom curriculum at all grade levels. Physical activity is promoted and supported. <sup>2</sup>
------------------------------	--

**Adults agree that school meals are supported & promoted as the foods & beverages of choice.**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted and supported. <sup>2</sup>				
<b>MEAL PROGRAM</b>	STAGES OF IMPLEMENTATION				
<b>MEAL PROGRAM</b>	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	EXCEEDS
<b>National School Lunch Program</b>  <i>Nutrition Standards Rationale (NSR)<sup>a</sup> – 1,2,3, &amp; 4<sup>b</sup></i>	<ul style="list-style-type: none"> <li>◦Not in compliance with USDA School Meals Initiative 7CFR210 &amp; 220</li> <li>◦No whole grains</li> <li>◦Milk choices do not meet requirements</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 2 F/V<sup>c</sup>daily</li> <li>◦Offers foods containing whole grains 1X week</li> <li>◦Milk Choices meet requirements</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 2 F/V daily, Including 1 fresh F or 1 fresh V daily</li> <li>◦Offers food containing whole grains 2X week</li> <li>◦Milk Choices meet requirements</li> <li>◦2% milk choice(s) offered</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 4 F/V daily</li> <li>◦Offers 1 fresh F &amp; 1 fresh V daily</li> <li>◦Offers foods containing whole grains 3X week</li> <li>◦Milk Choices meet requirements</li> <li>◦1% &amp; 2% milk choice(s) promoted</li> </ul>	<ul style="list-style-type: none"> <li>◦In compliance with USDA School Meals Initiative 7CFR 210 &amp; 220</li> <li>◦Offers 4 or more F/V daily</li> <li>◦Offers 2 fresh F &amp; 2 fresh V daily</li> <li>◦Offers foods containing whole grains daily</li> <li>◦Milk Choices meet requirements</li> <li>◦Nonfat &amp; 1% milk choice(s) promoted</li> </ul>
<b>Meal Supplement Programs &amp; After School Programs</b>  Both Reimbursable & Non-reimbursable  <i>NSR - 1,2,3, &amp; 4</i>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks do not meet the minimum NSLP guidelines, regardless of funding source</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10<sup>d</sup></li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 1X per week</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 2X per week</li> </ul>	<ul style="list-style-type: none"> <li>◦Beverages &amp; snacks meet the minimum NSLP guidelines, regardless of funding source</li> <li>◦Snacks meet NSLP weekly average for 30/10</li> <li>◦Fresh F/V &amp;/or whole grains offered 3X or more per week</li> </ul>

<sup>a</sup> Nutrition Standards Rationale (NSR) refers to the attached document, which provides the scientific context for how the Nutrition Standards were developed.

<sup>b</sup> The NSR #'s refer to the nutrient and/or food group cited in the NSR document.

<sup>c</sup> F/V = Fruit/Vegetable

<sup>d</sup> 30/10 = ≤ 30% calories from total fats and ≤ 10% calories from saturated fat

**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade 8 -12, High Schools**  
**California School Nutrition Association, March 2005**

**Adults agree that school meals, rather than competitive foods, are promoted as the foods & beverages of choice**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted & supported. <sup>2</sup>				
<b>COMPETITIVE FOODS<sup>a</sup></b>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	EXCEEDS
Entrees, Served or Sold  <i>NSR – 5, 7, &amp; 8<sup>b</sup></i>	◦<50% of entrees are ≤435 calories & recommend low fat &/or moderate fat entrees be offered & promoted	◦50% of entrees are ≤435 calories & recommend low fat &/or moderate fat entrees be offered & promoted	◦75% of entrees are ≤435 calories & recommend low fat &/or moderate fat entrees be offered & promoted	◦100% of entrees are ≤435 calories & recommend low fat &/or moderate fat entrees be offered & promoted	
Beverages, Served or Sold by  School Nutrition Program <i>NSR – 5 &amp; 6</i>	◦No local policy being considered, beverages not being monitored	◦No local policy ◦33% of beverages offered meet beverage descriptions below <sup>c</sup>	◦Local policy under development ◦50% of beverages offered meet beverage descriptions below	◦Local policy developed & in place ◦66% of beverages offered meet beverage descriptions below	◦Local policy in place ◦100% of beverages meet beverage descriptions below
<b>Beverages, Served or Sold by Groups &amp; other organizations</b> <i>NSR – 5 &amp; 6</i>	◦No local policy being considered ◦Beverages not being monitored	◦No local policy ◦33% of beverages offered meet list below*	◦Local policy under development ◦50% of beverages offered meet list below	◦Local policy developed & in place ◦66% of beverages offered meet list below	◦Local policy in place ◦100% of beverages meet below
<b>Snacks, Served or Sold by School Nutrition Program</b> <i>NSR – 5, 6, 7, &amp; 8</i>	◦< 50% of all products served or sold ≤ 250 calories	◦50% of all products served or sold ≤ 250 calories	◦75% of all products served or sold ≤ 250 calories	◦100% of all products served or sold ≤ 250 calories	
<b>Snacks, Served or Sold by Groups &amp; other organizations</b> <i>NSR – 5, 6, 7, &amp; 8</i>	◦Meets the above criteria ◦Does not follow current federal & state regulations on Competitive Food Sales	◦Meets the above criteria ◦Plans to follow current federal & state regulations on Competitive Food Sales	◦Meets the above criteria ◦Follows current federal & state regulations on Competitive Food Sales	◦Meets the above criteria ◦Follows current federal & state regulations on Competitive Food Sales	

Snacks served or sold emphasize a variety of nutrient-dense foods within and among the basic food groups while choosing foods that limit the intake of fat, saturated and trans fats, cholesterol, added sugars, and salt.<sup>3</sup>

<sup>a</sup> Competitive Foods refer to all other foods served or sold in competition with any meals or snacks served under the USDA School Meals Program.

<sup>b</sup> Nutrition Standards Rationale (NSR) refers to the attached document, which provides the scientific context for how the Nutrition Standards were developed.

<sup>c</sup> Beverage list: Milk, 100% fruit & vegetable juices, Water with no added nutritive sweeteners, fruit based beverages with no less than 50% fruit or vegetable juice with no added nutritive sweeteners, electrolyte replacement beverages with no more than 42 grams of added sweetener per 20 oz. serving, other non-caloric beverages sweetened with non-nutritive sweeteners.



**School-Nutrition-as-Education-Programs<sup>1</sup>**  
**Nutrition Standards for Grade 8 -12, High Schools**  
**California School Nutrition Association, March 2005**

<b>School Day</b>	<i>Hidden Curriculum</i> -Non-formal curricular activities during the school day: this level highlights the importance of the school environment, consistent messages, positive role models, policy and norms, and sense of responsibility by students and staff. Physical activity is promoted & supported. <sup>2</sup>				
<b>EVENTS</b> During the school day <sup>a</sup>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	COMMENTS
	◦No local policy	◦Local policy using sound nutrition principles is developed but not in place	◦50% of events follow local policy guided by sound nutrition principles	◦75% of events follow local policy guided by sound nutrition principles	◦Refer to White Paper for implementation strategies & resources <sup>d</sup>
Classroom <sup>b</sup> &/or school wide snacks, meetings, intramural events, celebrations, etc.  <i>NSR – 5, 6, 7, &amp; 8<sup>c</sup></i>					

<b>School Day</b>	<i>Parallel Curriculum</i> -Non-formal curricula outside the school day: this comprises all external factors including the home, neighborhood & community norms, & mass media. This level underscores the importance of family & community involvement in providing consistent messages, a healthy environment, & positive role modeling. Physical activity is promoted & supported. <sup>2</sup>				
<b>EVENTS</b> Outside the school day <sup>e</sup>	STAGES OF IMPLEMENTATION				
	NOT IN PLACE	UNDER DEVELOPMENT	PARTIALLY IN PLACE	FULLY IN PLACE	COMMENTS
	◦No local policy	◦Local policy using sound nutrition principles <sup>f</sup> is developed but not in place	◦50% of events follow local policy guided by sound nutrition principles	◦75% of events follow local policy guided by sound nutrition principles	◦Refer to White Paper for implementation strategies & resources.
Meetings, celebrations, intramural events, concessions, fundraisers, etc. <i>NSR – 5, 6, 7, &amp; 8</i>					

<sup>1</sup> Satter, E. *Your Child's Weight: Helping Without Harming*. Appendix G, Feeding and Parenting in the School Setting, Madison, WI: Kelcy Press; Publication date Spring 2005.

<sup>2</sup> Dixey R, Heindl I, Loureiro I, Preez-Rodrigo C, Snel J, and Warnking P. 1999. Healthy Eating for Young People in Europe. International Planning Committee of the European Network of Health Promoting Schools.

<sup>3</sup> Dietary Guidelines, 2005. [www.healthier.us.gov/dietaryguidelines](http://www.healthier.us.gov/dietaryguidelines).

<sup>a</sup> During the school day is defined as the time between ½ hour before school and ½ hour after school.

<sup>b</sup> Does not include food preparation classroom instruction, &/or food prepared during nutrition education instruction.

<sup>c</sup> The NSR #'s refer to the nutrient and/or food group cited in the NSR document.

<sup>d</sup> The White Paper noted can be found at [www.cfsa.org](http://www.cfsa.org).

<sup>e</sup> Outside the school day is defined as the time between ½ after school and ½ before school.

<sup>f</sup> Sound Nutrition Principles are considered the key recommendations of the Dietary Guidelines, 2005.

## Nutrition Standards Rationale - Kindergarten through Grade 12 California School Nutrition Association, March 2005

The Nutrition Standards Committee consisted of registered dietitians and educated nutrition professionals. Our committee understood that the foundation for nutrition guidelines must be research based, address the nutrient needs & developmentally appropriate eating capabilities<sup>a</sup> of a diverse population of students, and support the health of school aged children. The committee utilized authoritative statement(s)<sup>b</sup> and/or source(s) to enhance the current nutrition standards for the School Meals Program and to develop Nutrition Standards for Competitive Foods. ***The information in the following tables provides the context for how the Nutrition Standards were developed utilizing the authoritative statement(s) and/or source(s) listed below.***

#	Food Group(s) &/or Nutrient(s)	Authoritative Statement(s) &/or Source(s)	Citation
1	Fruit &/or Vegetable	“Consume a sufficient amount of fruits and vegetables while staying within energy needs.” “Choose a variety of fruits and vegetables.”	Dietary Guidelines for Americans 2005, <sup>c</sup> (DGA 2005), page24
2	Whole grains	“Children and adolescents. Consume whole-grain products often; at least half the grains should be whole grains.”	DGA 2005, page 24
3	Milk	“When selecting ...milk & milk products, make choices that are lean, low-fat or fat-free.”	DGA 2005, page 30
4	Nutrients of Concern	“Nutrients of Concern...Children and adolescents: calcium, potassium, fiber, magnesium, and vitamin E.”	DGA 2005, page 7
5	Calories	“Table 3. Estimated Calorie Requirements (in Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity.”  “Choose a variety of nutrient-dense foods...within & among the basic food groups while choosing foods that limit the intake of saturated & trans fats, cholesterol, added sugars, salt, and...”  “Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the USDA Food Guide or the DASH Eating Plan.”	DGA 2005, page 12  DGA 2005 page 6  DGA 2005 page 6
6	Added sugar(s)	“A maximal intake of 25 percent or less of energy from added sugars is suggested.”  “Choose ...beverages with little added sugars or caloric sweeteners,”	Institute Of Medicine, National Academy of Sciences (IOM/NAS) <sup>d</sup> DGA 2005, page 36
7	Total fat	“The Acceptable Macronutrient Distribution Range (AMDR) ...for fat is 25 to 35 percent of energy for children 4 to 18 years.”	IOM/NAS, 2002
8	Saturated fat, <i>trans</i> fat, cholesterol	“Consume less than 10% of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep <i>trans</i> fatty acid consumption as low as possible.”	DGA 2005, page 30
9	FMNV	“Foods of Minimal Nutritional Value” FMNV as defined by federal regulation, cannot be sold in food service areas during the school meal periods. The four categories of foods defined as FMNV are: soda water, water ices, chewing gum, and certain candies.	7CFR Appendix B to Part 210 & 211

<sup>a</sup> Feeding with Love and Good Sense, Eating Competence: Elyn Satter, <http://www.elynsatter.com/Files/EatingCompetence.pdf>, Accessed September 15, 2004.

<sup>b</sup> Authoritative Statements as provided for in the Food & Drug Administration Act, 1997, and as described in Dietary Guidelines for Americans 2005 page 3.

<sup>c</sup> [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

<sup>d</sup> Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids. Institute of Medicine, National Academy of Sciences (2002).

California School Nutrition Association, Nutrition Standards Committee

The members of the nutrition subcommittee met for two daylong meetings and eight conference calls from September 28, 2004 to date. In addition, work continued between meetings and conference calls via email. The primary task of the committee was to review and revise the CSNA Nutrition Standards developed in 2003-2004 utilizing research based literature.

*Process*

During the first meeting a work plan and timeline, drafted by the co-chairs, was reviewed and approved. The committee was introduced to the consensus model provided below. The model provided the framework for the consensus process. It was presented and agreed upon by members. All decisions made utilized this model. The co-chairs expectations were 85% or more of committee members would support decisions with a ranking of either four or five, and that no committee member would be at a one. A quorum of committee members was present at all meetings and in all conference calls.

During the first meeting the focus was to review the six to seven nutrition standards documents gathered by the co-chairs. These documents were confirmed by CDE, NSD to be the nationally recognized nutrition standards available at that time. Considerable time was spent to review, discuss, and compare the nutrition standards of each document. (Several nutrition standards documents, released during the time period noted above were also reviewed and considered.)

After this review process the committee began the work of revising the current CSNA standards. A draft template was developed over the next month; in addition classification systems for the standards were determined and agreed upon. At this point, subcommittees were formed to continue work on the continued development of nutrition standards by category (school meals, competitive foods) and by grade grouping. The committee agreed that working in subgroups would allow for a greater number of ideas, views, considerations and solutions to be developed. The subcommittee members also worked in their areas of expertise (elementary, middle or high school).

After the work of subcommittees was completed, a comparison-working document was developed for all grade groupings. The entire committee then reviewed, discussed, reflected, and agreed upon a first draft for each grade grouping; elementary school, middle school and high school. These drafts were presented at the CSFSA Executive Board Meeting on February 5, 2005. The drafts were approved as working documents for our association. The nutrition standards were presented and approved by the CSNA House of Delegates in March 2005.

*California School Nutrition Association  
Nutrition Standards Committee, 2004-2005*

*Co-Chairs*

Terri Soares, RD & Mary Tolan-Davi, RD

*Committee Members*

Kathleen Corrigan, MBA, RD  
Rhonda DeVaux, BS, SFNS  
Denise Garland-Ohm, BA  
Lynnelle Grumbles, MS, RD, SFNS  
Teresa Mee, BA in Foods & Nutrition  
Janine Newell, MS, CAE, CPL and  
Lia Robinson, MA, RD, SFNS

*Consensus Model Utilized by the Nutrition Standards Committee*

- 5 I wholeheartedly agree.
  - 4 I agree, it's OK.
  - 3 I'm neutral
  - 2 I disagree but will go along with it.
  - 1 I hate this and will work to stop it.
- Decision Rule: 85% support as 4's & 5's, with no 1's.

3/25/2005