Competitive Food and Beverage Rules

Smart Snacks in School and California Requirements

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CSNA Industry Seminar
May 6, 2014
Objectives

- Review key terms
- Review key dates
- Review CA & Smart Snacks in School rules
Objectives

• Analyze Products

• Review Quick Reference Cards
Overview

• **State**: Responsible for training and technical assistance

• **District**: Responsible to ensure compliance

• **Industry**: Can ensure products comply and help schools with compliance
Key Terms

Competitive Food

- Any food or beverage sold outside of the meal program to students on school campus during the school day.
  - Fundraisers
  - Vending machines
  - School stores
  - Snack bars
Key Terms

California Education Code

• A set of rules for schools that originate from California legislation.
  (EXAMPLE: AB 626 changed EC)

• Applies to any entity selling competitive foods or beverages

• Requires foods to meet restrictions for specific nutrients

• Only allows certain beverages
Key Terms

California Assembly Bill 626

- Effective on January 1, 2014, makes changes to current California Education Code competitive food and beverage rules.
Key Terms

California Code of Regulations

• A set of rules for schools that originates from the California Department of Education.

• Contains two sets of competitive food rules:
  ○ One set clarifies Education Code, applies to any entity
  ○ One set applies only to student organization food/beverage sales
Key Terms

Healthy, Hunger-Free Kids Act of 2010

• A law passed by Congress creating rules for schools.

• Requires all school districts that participate in a meal program to adopt, update, and implement a Local School Wellness Policy
Key Terms

Code of Federal Regulations

• A set of rules for schools that originates from the U. S. Department of Agriculture (USDA).
  (EXAMPLE: Smart Snacks in School)

• Requires all school districts that participate in a meal program to follow national Smart Snacks in School competitive food and beverage requirements
Key Terms

Smart Snacks in School

- Effective on **July 1, 2014**, name of the new national competitive food rules – found in the Code of Federal Regulations.
Key Dates

January 1, 2014
• Implementation of Assembly Bill 626

July 1, 2014
• Implementation of ALL provisions in the Smart Snacks in School Rule
Assembly Bill 626

• Updates the definition of “sold”
  o The exchange of food or beverages for money, coupons, vouchers, order forms AND when any part of the exchange occurs on campus

• Only compliant items can be “sold” from one-half hour before to one-half hour after the school day

• Two-percent milk no longer allowed
Assembly Bill 626

- No foods containing trans fat can be sold to students

- Noncompliant items can be sold by adults or students at elementary school after one-half hour after the end of the school day

Updated Quick Reference Cards reflecting these changes
Smart Snacks in School

California Requirements

- Work Together
- Blend
- Coordinate
- In Conjunction
- Integrate
- Mesh
Comparing USDA Smart Snacks in School Rule with California Requirements
Comparing USDA Smart Snacks in School Rule with California Requirements

DEFINITIONS
Definitions

Competitive Foods

All foods and beverages sold to students on school campus during the school day outside the reimbursable meal program.
Definitions

School Campus

All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
Definitions

School Day

From midnight to 30 minutes after the end of the school day.
Definitions

Entrée

A combination of:

• Meat/meat alternate and whole grain rich food, or

• Meat/meat alternate and fruit/vegetable, or

• Meat/meat alternate alone (not yogurt, nuts, seeds, cheese, meat snacks)
Comparing USDA Smart Snacks in School Rule with California Requirements

FOODS
Foods

Specific Nutrient Standards

Must meet standards for:

Snacks:
• Fat $\leq 35\%$ cal
• Sat Fat $< 10\%$ cal
• Trans Fat $< 0.5$ g/svg
• Sugar $\leq 35\%$ by weight
• Calories
  - Elem $\leq 175$ cal
  - Mid/High $\leq 200$ cal
• Sodium $\leq 230$ mg
  (through 6/30/16)

Entrées:
• Fat $\leq 35\%$ cal
• Sat Fat $< 10\%$ cal
• Trans Fat $< 0.5$ g/svg
• Sugar $\leq 35\%$ by wt
• Calories $\leq 350$ cal
• Sodium $\leq 480$ mg
  (through 6/30/16)
1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium

AND

2. Can **ONLY** be a:
   - Fruit
   - Non-fried vegetable
   - Dairy food
   - Nuts, Seeds, Legumes, Eggs, Cheese (Protein)
   - Whole grain-rich item

OR...
Foods
General Standards
Middle/High School

1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium AND

2. Be a fruit, vegetable, dairy, protein, whole grain food, OR

3. Contain ≥ 10% DV for calcium, potassium, Vit D, or dietary fiber (through 6/30/2016 only), OR

4. Be a combo food containing ¼ cup fruit or vegetable.
Foods Exemptions

Foods may be exempt ONLY from:

• Fat

• Saturated Fat, and/or

• Sugar
Foods Exemptions

NO FOOD is exempt from:

• Trans fat
• Calories
• Sodium
Foods Exemptions

Exempt from fat standard:

• Reduced fat cheese
• Nuts, seeds, nut/seed butters
• Dried fruit with nuts/seeds, with no added sugar or fat
• Fruit: fresh, frozen, canned in 100% juice
• Non-fried vegetables: fresh, frozen, canned
Exempt from saturated fat standard:

• Reduced fat cheese

• Dried fruit with nuts/seeds, with no added sugar or fat
Exempt from sugar standard:

- Fruit: fresh, frozen, canned in 100% juice
- Non-fried vegetables: fresh, frozen, canned
- Dried fruit (can include sugar required for processing), or vegetables
- Dried fruit with nuts/seeds, with no added sugar or fat
Foods
NSLP/SBP A La Carte Exemptions

No foods are exempt from NSLP/SBP A La Carte Standards

Entrées served in NSLP/SBP day of or day after must meet California entrée standards:

• ≤ 400 calories
• ≤ 4 grams of fat per 100 calories

Any other NSLP/SBP entrée or entrée sold by another entity must meet SSIS entrée requirements.
Foods

Accompaniments
(condiments, spreads, etc.)

Condiments, spreads, etc. shall be:

• Included in the nutrient profile of the item(s) in which they are served

• Types and amounts shall be estimated or averaged for the item(s) in which they are provided

• Accompaniment(s) plus food item(s) must meet applicable standards
Can a high school sell Flaming Hot Cheetos as a competitive food?

- Fat $\leq 35\%$ cal
- Saturated Fat $< 10\%$ cal
- Trans Fat $< 0.5$ g/svg
- Sugar $\leq 35\%$ by weight
- Calories $\leq 200$ cal
- Sodium $\leq 230$ mg
- Whole grain food, or
- Food containing $\geq 10\%$ DV for calcium, potassium, vitamin D, or dietary fiber
ACTIVITY

READING FOOD LABELS:

IS IT COMPLIANT?
ACTIVITY

READING FOOD LABELS

Step 1: Determine if food is exempt from fat, saturated fat, and/or sugar

Step 2: Measure food against non-exempt nutrients

Step 3: Determine if food meets one of the general food standards
≤ 35% calories from fat: \[
\frac{45}{130} \times 100 = 34.6\% \]

≤ 10% calories from saturated fat
\[
\frac{9 \times 0}{130} \times 100 = 0.0\%
\]

< 0.5 g/serving trans fat

≤ 175 calories per package/container
130 cal x 1 serving in the package = 130 cal

≤ 230 mg sodium per package/container
130 mg x 1 serving in the package = 130 mg

≤ 35% sugar by weight
\[
\frac{6}{28} \times 100 = 21.4\% \text{ sugar by weight}
\]
Foods

General Standards

Elementary School

1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium

AND

2. Can ONLY be a:
   • Fruit
   • Non-fried vegetable
   • Dairy food
   • Nuts, Seeds, Legumes, Eggs, Cheese (Protein)
   • Whole grain-rich item

OR…
Foods
General Standards
Middle/High School

1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium
   AND
2. Be a fruit, vegetable, dairy, protein, whole grain food,
   OR
3. Contain ≥ 10% DV for calcium, potassium, Vit D, or dietary fiber (through 6/30/2016 only),
   OR
4. Be a combo food containing ¼ cup fruit or vegetable.
Total calories: 150 + 110 + 10 + 3 = 273

Fat in hamburger: 6 + 1 + 0 + 0.2 = 7.2 grams

Max fat grams = 4 x calories
\[
\frac{4(273)}{100} = \text{cannot exceed 10.92 g}
\]
Foods

NSLP/SBP A La Carte Exemptions

No foods are exempt from NSLP/SBP A La Carte Standards

Entrées served in NSLP/SBP day of or day after must meet California entrée standards:

- ≤ 400 calories
- ≤ 4 grams of fat per 100 calories

Any other NSLP/SBP entrée or entrée sold by another entity must meet SSIS entrée requirements.
### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 piece (28 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>36</td>
</tr>
</tbody>
</table>

#### Amount Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110 cal</td>
<td></td>
</tr>
<tr>
<td>From Fat</td>
<td>0 cal</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27 g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>12 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### Nutritional Values

- **≤ 35% calories from fat**
  \[
  \frac{0}{110} \times 100 = 0.0\%
  \]

- **< 10% calories from saturated fat**
  \[
  \frac{9 \times 0}{110} \times 100 = 0.0\%
  \]

- **< 0.5 g/serving trans fat**

- **≤ 175 calories per package/container**
  \[
  110 \text{ cal} \times 1 \text{ piece} = 110 \text{ cal}
  \]

- **≤ 230 mg sodium per package/container**
  \[
  0 \text{ mg} \times 1 \text{ piece} = 0 \text{ mg}
  \]

- **≤ 35% sugar by weight**
  \[
  \frac{12}{28} \times 100 = 42.8\% \text{ sugar by weight}
  \]
### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 popsicle (93g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>12</td>
</tr>
</tbody>
</table>

#### Amount Per Serving

<table>
<thead>
<tr>
<th><strong>Calories</strong></th>
<th>70</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Total Fat</strong></th>
<th>1g</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cholesterol</strong></th>
<th>5mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sodium</strong></th>
<th>55mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Total Carbohydrate</strong></th>
<th>12g</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>12g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Protein</strong></th>
<th>4g</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Vitamin A</strong></th>
<th>4%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamin C</strong></td>
<td>40%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Calcium</strong></th>
<th>10%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Iron</strong></td>
<td>0%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

#### Calories per gram:

- Fat: 9
- Carbohydrate: 4
- Protein: 4

#### Calculations:

- **≤ 35% calories from fat**
  \[
  \frac{10}{70} \times 100 = 14\%
  \]

- **< 10% calories from saturated fat**
  \[
  \frac{9 \times \text{grams of sat fat}}{70} \times 100 = 6.4\%
  \]

- **< 0.5 g/serving trans fat**

- **≤ 175 calories per package/container**
  70 cal x 1 popsicle = 70 cal

- **≤ 230 mg sodium per package/container**
  55 mg x 1 popsicle = 55 mg

- **≤ 35% sugar by weight**
  \[
  \frac{12}{93} \times 100 = 12.9\% \text{ sugar by weight}
  \]
Comparing USDA Smart Snacks in School Rule with California Requirements
Beverages
Elementary School

Water
- Plain
- No serving size

Milk
- Unflavored (1%/nonfat)
- Flavored (nonfat)
- ≥ 25% DV for calcium
- Vitamins A and D
- ≤ 28 grams sugar per 8 fl. oz.
- ≤ 8 fl. oz. serving size
Beverages
Elementary School

Non-dairy Milk
Per 8 fl. oz.:
• ≥ 276 mg calcium
• ≥ 8 g protein
• ≥ 500 IU Vit A
• ≥ 100 IU Vit D
• ≥ 24 mg magnesium
• ≥ 222 mg phosphorus
• ≥ 349 mg potassium
• ≥ 0.44 mg riboflavin
• ≥ 1.1 mcg Vit B12
• ≤ 28 grams sugar
• ≤ 5 grams fat
• ≤ 8 fl. oz. serving size

Juice
• ≥ 50% fruit/vegetable juice
• No added sweeteners
• ≤ 8 fl. oz. serving size
Beverages
Middle School

Water
• Plain
• No serving size

Milk
• Unflavored (1%/nonfat)
• Flavored (nonfat)
• \(\geq 25\%\) DV for calcium
• Vitamins A and D
• \(\leq 28\) grams sugar per 8 fl. oz.
• \(\leq 12\) fl. oz. serving size
Beverages  
Middle School

Non-dairy Milk

Per 8 fl. oz.:
- ≥ 276 mg calcium
- ≥ 8 g protein
- ≥ 500 IU Vit A
- ≥ 100 IU Vit D
- ≥ 24 mg magnesium
- ≥ 222 mg phosphorus
- ≥ 349 mg potassium
- ≥ 0.44 mg riboflavin
- ≥ 1.1 mcg Vit B12
- ≤ 28 grams sugar
- ≤ 5 grams fat
- ≤ 12 fl. oz. serving size

Juice

- ≥ 50% fruit/vegetable juice
- No added sweeteners
- ≤ 12 fl. oz. serving size
Beverages
Middle School

No other beverages allowed in Middle Schools besides

• Water
• Milk
• Juice
Beverages
High School

Water
• Plain
• No serving size

Milk
• Unflavored (1%/nonfat)
• Flavored (nonfat)
• ≥ 25% DV for calcium
• Vitamins A and D
• ≤ 28 grams sugar per 8 fl. oz.
• ≤ 12 fl. oz. serving size
Beverages
High School

Non-dairy Milk

Per 8 fl. oz.:
- ≥ 276 mg calcium
- ≥ 8 g protein
- ≥ 500 IU Vit A
- ≥ 100 IU Vit D
- ≥ 24 mg magnesium
- ≥ 222 mg phosphorus
- ≥ 349 mg potassium
- ≥ 0.44 mg riboflavin
- ≥ 1.1 mcg Vit B12
- ≤ 28 grams sugar
- ≤ 5 grams fat
- ≤ 12 fl. oz. serving size

Juice

- ≥ 50% fruit/vegetable juice
- No added sweeteners
- ≤ 12 fl. oz. serving size
No-calorie Electrolyte Replacement Beverage

- Water as first ingredient
- \( \leq 16.8 \text{ grams added sweetener/8 fl. oz.} \)
- 10-150 mg \( \text{Na}^+ / 8 \text{ fl. oz.} \)
- 10-90 mg \( \text{K}^+ / 8 \text{ fl. oz.} \)
- No added caffeine
- \( \leq 5 \text{ calories/8 fl. oz.} \) (or \( \leq 10 \text{ cal/20 fl. oz.} \))
- \( \leq 20 \text{ fl. oz. serving size} \)
Beverages
High School

Low-calorie Electrolyte Replacement Beverage

- Water as first ingredient
- $\leq 16.8$ grams added sweetener/8 fl. oz.
- 10-150 mg $Na^+$/8 fl. oz.
- 10-90 mg $K^+$/8 fl. oz.
- No added caffeine
- $\leq 40$ calories/8 fl. oz.
- $\leq 12$ fl. oz. serving size
READING BEVERAGE LABELS:  
IS IT COMPLIANT?
100 percent juice
No added sweetener

<table>
<thead>
<tr>
<th>Peach Pear Apricot</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>Serving Size: 8 fluid ounces</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories: 130</td>
</tr>
<tr>
<td>Total Fat: 0 g</td>
</tr>
<tr>
<td>Saturated Fat: 0 g</td>
</tr>
<tr>
<td>Trans Fat: 0 g</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td>Sodium: 5 mg</td>
</tr>
<tr>
<td>Potassium: 80 mg</td>
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<tr>
<td>Total Carbohydrate: 33 g</td>
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<td>Dietary Fiber: 1 g</td>
</tr>
<tr>
<td>Sugars: 30 g</td>
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<tr>
<td>Protein: 1 g</td>
</tr>
<tr>
<td>Vitamin A: 10%</td>
</tr>
<tr>
<td>Calcium: 2%</td>
</tr>
<tr>
<td>Vitamin E: 10%</td>
</tr>
<tr>
<td>Niacin B3: 25%</td>
</tr>
<tr>
<td>Folic Acid: 10%</td>
</tr>
<tr>
<td>Chromium: 4%</td>
</tr>
</tbody>
</table>

* Percent daily values are based on a 2,000 calorie diet.

**Ingredients:** Fruit (Peach Puree, Pear Puree, Apricot Puree), White Grape Juice Concentrate, Pear Juice Concentrate, Apple Juice Concentrate, Natural Flavors, Vitamins and Minerals, Locust Bean and Guar Gum.

**Vitamins and Minerals:** Vitamin A Palmitate, Calcium Phosphate, dl-Alpha Tocopheryl Acetate, Folic Acid, Selenomethionine, Chromium Chloride, Sodium Molybdate, Ascorbic Acid.
Requirements:
1. Water as first ingredient
2. \( \leq 16.8 \) grams added sweetener/8 fl. oz.
3. 10-150 mg Na+/8 fl. oz.
4. 10-90 mg K+/8 fl. oz.
5. No added caffeine
6. \( \leq 40 \) calories/8 fl. oz.
7. \( \leq 12 \) fl. oz. serving size
Comparing USDA Smart Snacks in School Rule with California Requirements

FUNDRAISING & RECORD KEEPING
Fundraising

No exempted fundraisers allowed during the school day (midnight to 30 min. after school)
Recordkeeping

7 CFR 210.11(b)(2)

“The local educational agency is responsible for the maintenance of records that document compliance with the nutrition standards for all competitive food available for sale to students in areas under its jurisdiction that are outside of the control of the school food authority...”

“In addition, the local educational agency is responsible for ensuring that organizations designated as responsible for food service at the various venues in the schools maintain records in order to ensure and document compliance with the nutrition requirements for the foods and beverages sold to students at these venues during the school day as required by this section...”

“At a minimum, records must include receipts, nutrition labels and/or product specifications for the competitive food available for sale to students.”
PUTTING IT ALL TOGETHER:
USING THE QUICK REFERENCE CARDS
Scenario A

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).
Scenario A

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).
**Scenario A**

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).

**ELEMENTARY SCHOOL - STUDENT ORGANIZATIONS**

Reference: California Code of Regulations Section 15500

Effective during school hours. Applies to food and beverage sales by student organizations.

Student organization sales must meet all of the following:

1. Only one food or beverage item per sale.
2. The food or beverage item must be pre-approved by the governing board of the school district.
3. The sale must occur after the lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school is allowed four sales per year.
6. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.
Scenario A

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).
Scenario B

The public high school (on the federal meal program) Parent/Teacher Organization is selling fruit smoothies outside of the lunchroom during the lunch period.

FOOD RESTRICTIONS

START HERE, and then continue clockwise.

MIDDLE/HIGH SCHOOL


A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10. A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

1. “Snack” food items must be:
   a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and
   b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and
   c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and
   d. < 0.5 grams trans fat per serving (no exceptions), and
   e. ≤ 230 milligrams sodium (no exceptions), and
   f. ≤ 200 calories per item/container (no exceptions)

2. “Entrée” food items must be:
   a. Meat/meat alternate and whole grain rich food; or
   b. Fruit or non-fried vegetable and meat/meat alternate; or
   c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks, and
   d. ≤ 35% calories from fat, and
   e. < 10% calories from saturated fat, an
   f. ≤ 35% sugar by weight, and
   g. < 0.5 grams trans fat per serving, and
   h. ≤ 480 milligrams sodium, and
   i. ≤ 350 calories

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

*“Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Non-compliant foods may be sold from one-half hour after school through midnight.
Scenario B

The public high school (on the federal meal program) Parent/Teacher Organization is selling fruit smoothies outside of the lunchroom during the lunch period.
Scenario B

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What’s Next?

• Updating all resources
• Additional Communications from NSD
• Ongoing Technical Assistance
• Training (Webinars and Face-to-Face)
Comparing USDA Smart Snacks in School Rule with California Requirements

QUESTIONS?

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