

## Summary

# Nutrition Standards for All Foods Sold in Schools as Required by the Healthy, Hunger-Free Kids Act of 2010

### What

The Healthy, Hunger-Free Kids Act provided USDA with the authority to establish nutrition standards for all foods and beverages sold outside of the Federal child nutrition breakfast and lunch programs in schools. The law specifies that the nutrition standards shall apply to all competitive foods sold: outside the school meal programs; on the school campus; and at any time during the school day. Further, applicability includes: a la carte in the cafeteria, in school stores, snack bars, vending machines, and other venues.

### When do the standards apply?

Implementation date: beginning July 1, 2014

**The definition of 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 school day.

### **Foods**

Any competitive food sold in school must:

- Meet all of the competitive food nutrient standards (listed below); and
- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- Have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods; or
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of a nutrient of public health concern (calcium, potassium, vitamin D, or dietary fiber)

Competitive food nutrient standards:

Calorie limits:

- Snack item:  $\leq 200$  calories
- Entrée item:  $\leq 350$  calories

Fat limits:

- Total fat:  $\leq 35\%$  of calories
- Saturated fat:  $< 10\%$  of calories
- Trans fat: zero grams

Sodium limits:

- Snack item:  $\leq 230$  mg
- Entrée item:  $\leq 480$  mg

Sugar limit:

- $\leq 35\%$  of weight from total sugars in foods

Accompaniments such as cream cheese, jelly, salad dressings and butter must be included in the nutrient profile as part of the food item sold.

### **Beverages**

Allowed at all school levels in the defined portion sizes:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with and without carbonation) and no added sweeteners.

Elementary schools may sell up to 8 ounce portions, while middle and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20 ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain  $< 5$  calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces.

- No more than 12 ounce portions of
  - Beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.

### **Fundraisers**

The standards would not apply to items sold outside of the defined school day, weekends, or off-campus fundraising events.

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