



District Nutritional Guidelines July 1, 2014

Proper nutrition is important for both physical and educational development. Offering nourishing foods will assist students in making the most of their educational opportunities. The District Nutritional Guidelines reflect the standards in compliance with the Healthy Hunger Free Kids Act of 2010. Foods and beverages sold on school grounds during the school day must now meet both the general standards and the nutrient standards outlined in the interim final rule if they do not qualify for an exemption.

Foods

General Standards:

Entrees, snacks, and sides must meet one of the following:

- Be a whole grain-rich product
- Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.) as the first ingredient
- Be a combination food with at least $\frac{1}{4}$ cup fruit and/or vegetable
- Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber (only allowable through June 30, 2016)

Nutrient Standards:

Entrees, snacks, and sides must meet all of the following per serving size for sale with accompaniments:

- *Calories*
 - Entrée: ≤ 350 calories
 - Snack or Side: ≤ 200 calories
- *Fat*
 - $\leq 35\%$ of total calories from fat
 - Exemptions: reduced-fat cheese, part-skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners or fat), and seafood with no added fat.
 - $< 10\%$ of total calories from saturated fat
 - Exemptions: reduced-fat cheese, part-skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners of fat), and seafood with no added fat.
 - 0 g of trans fat (< 0.5 g)
- *Sodium*
 - Entrée: ≤ 480 mg
 - Snack or side:
 - ≤ 230 mg (July 1, 2014 – June 30, 2016)
 - ≤ 200 mg (as of July 1, 2016)
- *Sugar*
 - $\leq 35\%$ of weight from total sugar
 - Exemptions: dried fruit or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)

Exemptions from general and nutrient standards:

The following items are exempt from all of the general nutrient standards:

- Entrees the day of and the day after they are served as part of reimbursable meals
- Fresh, canned, and frozen fruits with no added ingredients except water, or packed in 100 percent juice, extra light, or light syrup
- Fresh, canned, and frozen vegetables with no added ingredients except water or a small amount of sugar for processing purposes

Beverages

	Elementary School	Middle School	High School
<i>Water (plain), flat or carbonated</i>	All sizes	All sizes	All sizes
Low-fat milk (unflavored)	≤8 fl. oz	≤12 fl. oz	≤12 fl. oz
Fat-free milk (flavored or unflavored)	≤8 fl. oz	≤12 fl. oz	≤12 fl. oz
100% Juice <i>flat or carbonated</i>	≤8 fl. oz	≤12 fl. oz	≤12 fl. oz
Calorie-free beverages, <i>flat or carbonated</i>	Not allowable	Not allowable	≤20 fl. oz
Low-calorie beverages (≤5 kcal/oz), <i>flat or carbonated</i>	Not allowable	Not allowable	≤12 fl. oz
Caffeine	Not allowable	Not allowable	Allowable with no restriction

Definitions:

Combination foods: foods that contain more than one component representing more than one of the recommended foods groups (fruit, vegetable, dairy, protein, and grains)

Competitive foods: all foods and beverages sold to students on the school campus during the school day, other than reimbursable meals

School campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day

School day: the period from the midnight before to 30 minutes after the end of the official school day

Fundraisers:

The Wisconsin DPI will allow two fundraiser exemptions per student organization per school year. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule but may not compete directly with the sale of reimbursable meals.

While the Smart Snacks standards represent the minimum standards and the exemption policy represents the maximum exemptions allowed, school food authorities (SFAs) have the discretion to establish additional restrictions on competitive foods and further limit fundraiser exemptions through their Local School Wellness Policy as long as they are not inconsistent with Federal requirements.

Smart Snacks Product Calculator:

The Alliance for a Healthier created a Smart Snacks Product Calculator to assist SFAs in determining whether a product meets the general and nutrient standards outlined in the Smart Snacks interim final rule. It should be noted that products with exemptions, such as reimbursable meal entrees, will not be recognized by the calculator. Therefore, the calculator should not be used for products with exemptions. After a determination is made, an informational sheet can be printed and maintained for documentation. The calculator can be found at <http://tools.healthiergeneration.org/calc/calculator/>.