



# New Rules for Foods

Sold in Schools

*For the 2014-2015 School Year  
As part of the USDA's  
Healthy, Hunger Free Kids Act*



June 2014

Islip UFSD

Department of Food and Nutrition



Is your  
**snack**  
a smart snack?

**(Find out here!)**



Smart Snacks are entering schools across the country for the 2014-2015 school year!

## What's Coming Next Year...

The USDA's Healthy, Hunger Free Kids act of 2010 strives to improve child nutrition across the country. In recent years, the USDA has been implementing new rules to provide our children with better quality meals. For the 2014-2015 school year, new guidelines will go into place that aim to increase the amount of whole grains, fruits and vegetables while decreasing the amount of sodium, fat and sugar in our children's diets. The new rules apply to all items sold on a school campus including: Entrees, snacks, drinks, vending machines and a la Carte items. Referred to as "competitive foods" because they compete with meals served through the National School Lunch Program, snacks and beverages are the main focus of the new regulations, aiming to offer items of greater nutritional value on campus.



## Foods must fall into *one* of these categories:

- Be whole-grain rich (at least 50% whole grain, or have whole grain be listed as the first ingredient).
- First ingredient must be a fruit, vegetable, dairy or protein.
- Contain at least ¼ cup fruit and/or vegetable.
- Contain at least 10% of the Daily Value of calcium, potassium, vitamin D or fiber.

If an item falls into one of the categories above, it must also meet *all* of the following guidelines:

Calories		Sodium		Fats			Sugar
Snacks/ Sides	Entrees	Snack/ Sides	Entrees	Total Fat	Saturated Fat	Trans Fat	Weight Sugar Total Weight
200 or less	350 or less	230 mg or less	480 mg or less	35% or less	10% or less	Zero grams	35% or less of total weight from sugar

### What does this all mean?

- Middle School students will be offered any size water, 100% fruit/vegetable juice, or fat-free or non-fat milk (plain or flavored) in 12 oz portions or less.
- High School Students will be offered the same options listed for Middle School students, with the addition of other Flavored &/or carbonated beverages that are low in calories.

## Beverages must meet these standards:

	Elementary	Middle School	High School
Plain Water, Carbonated Water	Any Size	Any Size	Any Size
Low-Fat, Non-Fat milk (Flavored or Unflavored)	8 oz or less	12 oz or less	12 oz or less
100% Fruit/ Vegetable Juice	8 oz or less	12 oz or less	12 oz or less
Other Flavored &/or Carbonated Beverages 20 oz or larger	Not Allowed	Not Allowed	Must be: 5 calories or less per 8 oz  10 calories or less per 20 oz
Other Flavored &/or Carbonated	Not	Not	Must be: 40 calories