



THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FL

SCHOOL FOOD SERVICE DEPARTMENT
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Action By: Information Only

TO: All Principals, Assistant Principals, School Food Service Managers and Area Superintendents

FROM: Michael J. Burke, Chief Operating Officer *MJB*

SUBJECT: NUTRITION STANDARDS FOR ALL FOODS AND BEVERAGES SOLD IN SCHOOL – (SMART SNACKS)

The Healthy, Hunger-Free Kids Act of 2010 required the United States Department of Agriculture (USDA) to establish nutrition standards for all foods sold in schools, beyond the federally funded school meals programs. On July 1, 2014, the new legislation went into effect.

District policy (School Food Service Management - 6.185) allows for snacks and beverages, which meet the new *USDA Smart Snacks in School* nutrition standards, to be sold in middle and high schools one hour after the end of the last lunch period. No snacks or beverages may be sold in elementary schools throughout the school day. This policy meets the USDA and State requirements.

The *USDA Smart Snacks in School* nutrition standards apply to all foods and beverages sold to students through vending machines, school stores, snack bars, food/beverage related fundraisers, and afterschool snacks during the school day. USDA has defined the school day as the period from midnight before to 30 minutes after the end of the official school day and a school campus is defined as all areas of property under the jurisdiction of the school that is accessible to students during the school day. The *USDA Smart Snacks in School* nutrition standards do not apply to any foods or beverages sold 30 minutes after the official school day ends.

The *Smart Snacks in School* regulations add nutritional requirements to food and beverage related school-sponsored fundraisers. The State has recognized the need for schools to use these fundraisers as a source of income and has developed allowable exemptions to the nutritional requirements. These exemptions must be documented per State Board Rule 5P-1.003.

- Elementary Schools may have a maximum of five days of exemptions to the nutritional requirements and sell items for fundraisers that do not meet the nutritional requirements immediately after the school day ends.
- Middle Schools and Combination Schools may have a maximum of ten days of exemptions to the nutritional requirements and sell items for fundraisers that do not meet the nutritional requirements beginning one hour after the last lunch period ends.
- High Schools may have a maximum of 15 days of exemptions to the nutritional requirements and sell items for fundraisers that do not meet the nutritional requirements beginning one hour after the last lunch period ends.

Please note that vending machines, school stores, and/or snack bars are not included in the allowable exemptions as the snacks and beverages in vending machines, schools stores, and/or snack bars must always meet the nutritional requirements when operated during the school day.

Included with this bulletin is a pamphlet explaining the new nutrition standards and a list of fundraising ideas.

These documents may also be found on the School Food Service Department website:

www.palmbeachschools.org/sfs/downloads.asp. A Smart Snacks calculator tool can also be found on the School Food Service Department website: <http://www.palmbeachschools.org/sfs/menuinfo.asp> for evaluation of individual snack and beverage items for compliance.

Additionally, any activities after school in which students are paying for a snack or beverage, need to meet the nutritional standards if served within 30 minutes after the end of the official school day. Any Afterschool Program utilizing the School Food Service Department's snacks and beverages are in compliance with the new standards.


The goal of the new legislation is to improve the health and well-being of our nation's children, increase consumption of healthy foods during the school day, and create an environment that reinforces the development of healthy eating habits.

If you have any questions, please call the contact person listed above.

EWG/MJB/SGB/AM/JM/DC/PT:lm

Attachments

Approved: _____


E. Wayne Gent, Superintendent

FUNdraising Ideas

Type of Fundraiser	Ideas	Resources
Special Occasions/ Seasonal	<ul style="list-style-type: none"> Wrapping paper Decorations Wreaths Stockings Valentine flowers Mother's Day flowers 	<ul style="list-style-type: none"> www.Profitpotentials.com www.Fundrays.com www.Mrrosesfarms.com www.Fundraisingzone.com www.bigeventfundraising.com www.believekids.com www.charlestonwrap.com
Home/ Kitchen/ Gifts	<ul style="list-style-type: none"> Cookbooks Kitchen ware Candles/air fresheners Calendars/Books Tervis/Tumblers/Coffee cups Tupperware sale Monograms Magazine subscriptions Plants/flowers/bulbs Growums Garden Kits Fun Pasta fundraising (www.funpastafundraising.com) 	<ul style="list-style-type: none"> www.Believekids.com www.Fundrays.com www.Yankeecandlefundraising.com www.Fundraisingwithcandlefundraisers.com www.Abbeycandles.com www.Kringlecandle.com www.Fundraisingzone.com www.Tomwat.com www.Radakitchenstore.com www.Ordertupperware.com www.Flowerpowerfundraising.com www.growums.com www.Resourcefundraising.com www.Initiallyyoursandmore.com www.onesmallstep.com
Sports	<ul style="list-style-type: none"> Bike-a-thons Bowl-a-thons Walk-a-thons Jump rope-a-thons Dance-a-thons Skate-a-thons Golf tournament Fun Runs Frisbee golf tournament 	
At School	<ul style="list-style-type: none"> School Art Work product sale Dress down Friday School spirit gear (car magnets, Frisbees, lanyards, stadium seats, key chains, visors, water bottles, SpiritCups) Valentine's Day Flowers Basket Auction Carnivals/Festivals Book Fairs Shoe Drive (alone or with a walk/run) Children's clothing drive Garage Sale Car washes Booster-thons (www.boosterthon.com) Read-a-thons (www.read-a-thon.com) 	<ul style="list-style-type: none"> www.Square1art.com www.Fundraisingzone.com www.Bigeventfundraising.com www.Believekids.com www.funds2orgs.com/materials/ http://fuelupcups.com/ http://www.schoola.com/
Auctions	<ul style="list-style-type: none"> Community donations Gym memberships Gift cards Babysitting House cleaning Lawn care Car washing/waxing Sports tickets, etc. 	
Healthy food during the school day	<ul style="list-style-type: none"> Water Bottles Fruit/Vegetables Frozen Bananas 	
Other	<ul style="list-style-type: none"> Restaurant fundraisers 	



Other Requirements

Fundraisers

- Food items that meet nutrition requirements are not limited.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.



The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in school — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus.

The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage options already available in the marketplace.

For further information
about school meals go to:
<http://www.fns.usda.gov/>

SMART SNACKS IN SCHOOL



**“All Foods Sold in Schools”
Standards**

The health of today's school environment continues to improve. Students across the country are now offered healthier school meals with more fruits, vegetables and whole grains through the National School Lunch Program and the School Breakfast Program.

The Smart Snacks in School standards published by USDA will build on those healthy advancements by ensuring that all other snack foods and beverages available for sale to students in school are tasty and nutritious.

Nutrition Standards for Foods

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).*

* On July 1, 2016, foods may not qualify using the 10% DV criteria

Foods must also meet several nutrient requirements:

Calorie limits

Snack items: ≤ 200 calories
Entrée items: ≤ 350 calories

Sodium limits

Snack items: ≤ 230 mg**
Entrée items: ≤ 480 mg

Fat limits

Total fat: ≤ 35% of calories
Saturated fat: < 10% of calories
Trans fat: zero grams

Sugar limit

≤ 35% of weight from total sugars in foods

** On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Accompaniments

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

This helps control the amount of calories, fat, sugar and sodium added to foods.



Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools 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 ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.