

Eating Smart

Schools are in a powerful position to influence children's lifelong eating habits.

To support this role and help combat the childhood obesity crisis, the Texas Department of Agriculture created state nutrition guidelines for public schools participating in federally funded Child Nutrition Programs. This reference guide outlines the policies for Texas elementary, middle and high schools. The guidelines become effective August 1, 2004. **in FBISD schools.**



A special section concerning the new state mandated nutrition guidelines and how they will impact your student.

New Nutrition Guidelines

On March 2, 2004, the Texas Department of Agriculture issued the Texas Public School Nutrition Policy. According to the state, 35% of Texas children are considered obese or overweight. This is a 10% increase over the past decade, and a trend that needs to be addressed. Parents and students can access the most current version of the Texas Public School Nutrition Policy at www.squaremeals.org.

Fort Bend ISD's Child Nutrition Department would like to take this opportunity to inform you of new nutrition guidelines, and provide answers to important questions you might have.

In Fort Bend ISD, we strive to provide students with high quality meals that are nutritious, appealing and reasonably priced.

We look forward to serving your children—and you—throughout the school year.



As you review the information presented here, please be aware that the guidelines are specific to individual grade levels. For example, the guidelines that pertain to elementary school do not pertain to middle or high schools.

Definitions

Here are a few definitions that will help you better understand the language in the State Nutrition Policy.

Competitive food

A competitive food is any food or beverage sold or made available to students that is not provided by the school cafeteria as part of the school meal program. This includes items sold in vending machines, in school stores or through school fundraisers conducted by parents, administrators or other groups and organizations. Outside food and beverages provided for events such as pizza parties, etc., are also competitive foods.

Reimbursable meals

Reimbursable meals are the daily meals as published on the daily breakfast or lunch menu provided by the Child Nutrition Department.

School day

The school day is defined as beginning with the start of the first breakfast period and ending with the last instruction period of the day (last bell). School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy. If a school operates the federally-funded After School Snack Program, the policy will be in effect until the program concludes for the day.

FMNV

Foods of Minimal Nutritional Value.
(See column at right for breakdown)

FMNV-

Foods of Minimal Nutritional Value*

Soda Water

Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

Water Ices

Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

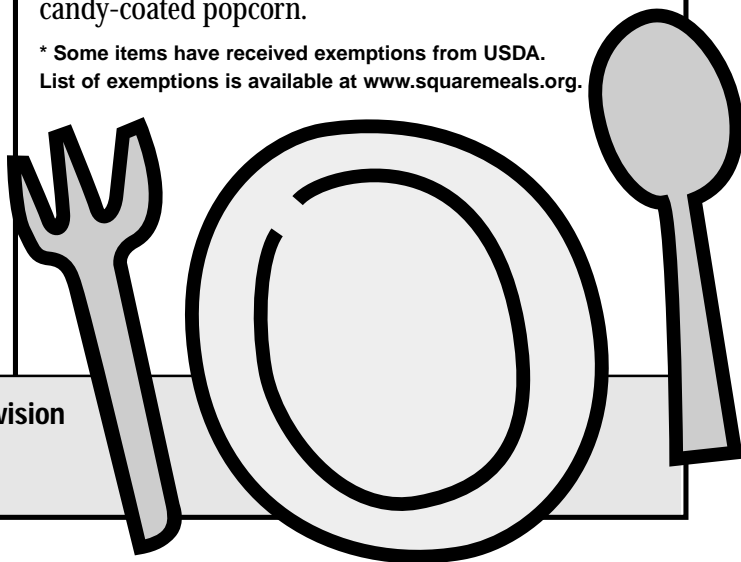
Chewing Gum

Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

Certain Candies

Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

* Some items have received exemptions from USDA. List of exemptions is available at www.squaremeals.org.



For more information contact the Texas Department of Agriculture, Food and Nutrition Division
P. O. Box 12847, Austin, Texas 78711 • (888) TEX-KIDS • healthykids@agr.state.tx.us

Guidelines Elementary



FOOD FROM HOME

This policy does not restrict the types of food that parents provide for their own child's consumption at school.



FOOD AT SCHOOL

Item	Nutrition Policy
Foods of Minimal Nutritional Value (FMNVs)	The school may not provide FMNVs to students any time during the school day.**
Candy (including candy bars and packaged candies not included as FMNVs)	The school may not provide candy to students at any time during the school day.**
Competitive Foods (any foods and/or beverages that are not provided by the Child Nutrition Department.)	The school may not allow competitive foods at any time during the school day.** (see exemptions below)
Fried Potato Products (French fries, hash browns, etc.)	Servings cannot exceed 3 oz., may only be served once a week and may only be purchased one serving at a time.
Carbonated Beverages	The school may not provide access to carbonated beverages during the school day.

** Certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by school officials.

EXEMPTIONS INSIDE AND OUTSIDE THE CLASSROOM

Where & When	Nutrition Policy Exemption
Classroom: Daily	Elementary classrooms may serve one nutritious snack per day (not during lunchtime) under the teacher's guidance. The classroom snack may be provided by the Child Nutrition Department, the teacher, parents or other groups, and should be at no cost to students. At a teacher's option, parents may choose to use this snack time to provide healthy treats to celebrate birthdays or other special occasions. For nutritious snack ideas, see page 3 or www.squaremeals.org
Classroom: TAKS Test Days	Schools and/or parents may provide one nutritious snack per day for students taking the TAKS tests. For nutritious snack ideas, see page 3 or www.squaremeals.org
Outside the Class: Field Trips	School-approved field trips are exempt from the nutrition policy.
Outside the Class: Athletic, UIL & Band Competitions	The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

FREQUENTLY ASKED QUESTIONS:

Q: Are non-reimbursable snack lines and vending machines operated by the school Child Nutrition Department considered competitive foods?

A: No. Non-reimbursable snack lines and vending machines operated by the Child Nutrition Department are considered a la carte, not competitive. However, vended items operated by groups other than the Child Nutrition Department are considered competitive. Drink machines cannot be in operation during the school day unless operated by the Child Nutrition Department.

Q: Are snacks that are provided for the Head Start, After School Snack, Even Start and other federally-funded programs considered competitive?

A: No. If the programs receive reimbursement from a federal program, the snacks are not considered competitive. The FBISD Extended Day program is not federally funded.

Q: If a school operates the federally-funded After School Snack Program, is this considered part of the school day?

A: Yes. The policy will be in effect until after the After School Snack Program concludes for the day.

Q: Do the nutrition standards apply to class or schoolwide cultural heritage events?

A: Food provided for students as part of a class or schoolwide cultural heritage event for instructional or enrichment purpose is exempt from the policy. FMNV may not be served until after the school day ends.

Q: May food items be used in the classroom for instructional purposes?

A: For instructional purposes teachers may use food as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis.

Q: Do the nutrition standards apply to fundraising?

A: Food fundraising will not be allowed on an elementary campus during the school day, because no competitive foods or FMNV are allowed on an elementary campus. Popcorn, snow cones, candy, pickles, donuts, etc. sales cannot be conducted during the school day. School sponsored food sales activities may take place after the school day has ended (3:00 p.m.) as long as an After School Snack Program is not

in place. When there is an After School Snack Program in place, the sales can occur only after the end of this program. School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy.

Q: Why are French fry standards different by school level?

A: French fries are one of the most popular food items consumed by school children and are generally high in calories, fat, starch, and salt. Since one of the primary purposes of the new guidelines is to teach children to make better food choices for a lifetime, the policy is structured to provide elementary aged children a broader selection of fruits and vegetables and less access to fried potato products. Middle and high school aged students will be allowed greater access to fried potato products based upon the guidelines attempt to help students "phase in" better choices.

Q: If French fries served at school are baked, are they also limited?

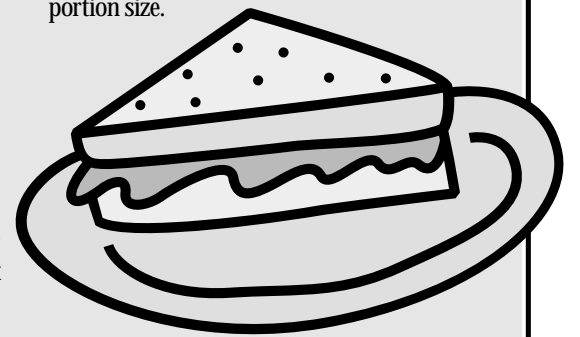
A: Yes. Although baked fries may be lower in fat, they are also limited by this policy because the intent is to encourage the consumption of a variety of fruits and vegetables. A variety of fruits and vegetables have been offered to the students in FBISD for the past 20 years.

Q: If schools serve hash browns (a fried potato product) at breakfast, is this item limited?

A: Yes. The limitations on the frequency of French fries and other fried potato products include both breakfast and lunch. Example: If an elementary school serves hash browns for breakfast, they cannot serve French fries or other fried potato products for the rest of the week for either breakfast or lunch.

Q: Why are potato chips not limited?

A: Potato chips are limited by portion size as a snack. However, when served as part of the reimbursable meal which is governed by USDA regulations, the USDA regulations supersede this portion size.



Guidelines Middle School



FOOD FROM HOME

This policy does not restrict the types of food that parents provide for their own child's consumption at school.



FOOD AT SCHOOL

Item	Nutrition Policy
Foods of Minimal Nutritional Value (FMNVs)	The school may not provide access to FMNVs until after the last lunch period.**
Candy (including candy bars and packaged candies not included as FMNVs)	The school may not provide access to candy until after the last lunch period.**
Competitive Foods (any foods and/or beverages that are not provided by the Child Nutrition Department)	The school may not allow competitive foods during meal periods.** (see exemptions below)
Fried Potato Products (French fries, hash browns, etc.)	Servings cannot exceed 3 oz., may only be served three times a week and may only be purchased one serving at a time.
Carbonated Beverages	The school may not provide access to carbonated beverages until after the last lunch period.

**Certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by school officials.

EXEMPTIONS INSIDE AND OUTSIDE THE CLASSROOM

Where & When	Nutrition Policy Exemption
Classroom: TAKS Test Days	Schools and/or parents may provide one nutritious snack per day for students taking the TAKS tests. For nutritious snack ideas, see page 3 or www.squaremeals.org
Outside the Class: Field Trips	School-approved field trips are exempt from the nutrition policy.
Outside the Class: Athletic, UIL & Band Competitions	The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

FREQUENTLY ASKED QUESTIONS:

Q: Are non-reimbursable snack lines and vending machines operated by the Child Nutrition Department considered competitive foods?

A: No, non-reimbursable snack lines and vending machines operated by the Child Nutrition Department are considered a la carte, not competitive. However, vended items operated by groups other than the Child Nutrition Department are considered competitive. Drinks and ice cream machines cannot be in operation during the meal periods unless operated by the Child Nutrition Department.

Q: Can students have access to food in the classroom during the school day, such as a birthday party or a pizza party?

A: Middle school students may have access to food in the classroom except **during meal periods**. To have food in the classroom during meal periods, it must be catered/provided by the Child Nutrition Department. FMNVs are not allowed until after the last lunch period. Pizza parties or other food served **during lunch periods** may not be provided by outside vendors.

Q: Do the nutrition standards apply to fundraising?

A: Yes, for middle schools. Competitive Foods may not be served to students anywhere on school premises during meal periods. However, *any items sold on campus during the school day* by any organization or group shall be in compliance with the FMNV and the nutrition standards pertaining to portion size, grams of fat and sugar. **School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy.**

Q: Do the nutrition standards apply to class or schoolwide cultural heritage events?

A: Food provided for students as part of a class or schoolwide cultural heritage event for instructional or enrichment purpose is exempt from the policy. FMNV may not be served until after the last lunch period.

Q: May food items be used in the classroom for instructional purposes?

A: For instructional purposes teachers may use food as long as the food items are not considered FMNV or candy. Students may consume food

prepared in class for instructional purposes. However, this should be on an occasional basis.

Q: Why are French fry standards different by school level?

A: French fries are one of the most popular food items consumed by school children and are generally high in calories, fat, starch, and salt. Since one of the primary purposes of the new guidelines is to teach children to make better food choices for a lifetime, the policy is structured to provide elementary aged children a broader selection of fruits and vegetables and less access to fried potato products. Middle and high school aged students will be allowed greater access to fried potato products based upon the guidelines attempt to help students "phase in" better choices.

Q: May students go through the line multiple times to purchase additional servings of fries?

A: Yes, but the intent of the policy is to discourage multiple servings of fries and to encourage schools to offer a greater variety of fruits and vegetables in order to promote a healthy nutrition environment. Based on meal period time frames, students may not have enough time to make multiple trips through the serving lines.

Q: If French fries served at school are baked, are they also limited?

A: Yes, although baked fries may be lower in fat, they are also limited by this policy because the intent is to encourage the consumption of a variety of fruits and vegetables. For the past 20 years a variety of fruits and vegetables have been offered to the students in FBISD.

Q: If schools serve hash browns (a fried potato product) at breakfast, is this item limited?

A: Yes, the limitations on the frequency of French fries and other fried potato products include both breakfast and lunch. Example: If a middle school serves hash browns for breakfast, they may offer French fries or other fried potato products two more times during the week at either breakfast or lunch.

Q: Why are potato chips not limited?

A: Potato chips are limited by portion size as a snack. However, when served as part of the reimbursable meal which is governed by USDA regulations, the USDA regulations supersede this portion size.

Suggestions for Nutritious Snacks

Beverages
Fruit Juices
Milk, non-fat or low fat, plain or flavored
Approved Sparkling or Plain Water

Low-Fat Grain Foods
Mini-bagel bread sticks
Graham Crackers
English Muffin
Mini rice cakes, flavored
Fig Newtons
Low-fat fruit or grain muffin (3 oz)

Dry cereal, individual servings
Animal Crackers
Soft pretzel, plain or flavored
Pretzels
Low-fat sports bars
Baked tortilla chips with salsa
Vanilla Wafers

Additional Treats

100% fruit snacks
Frozen low-fat yogurt
Low-fat pudding, plain or as a parfait

Yogurt splits (yogurt, banana with toppings) or parfaits
Beef jerky- 95% fat free
Low-fat string cheese
Fruit bars
Frozen fruit bars
Fat free popcorn
Low-fat sandwich cookies (chocolate or vanilla)
Peanut butter and crackers
Fruit, nut and/or grain trail mixes

Fresh Fruits & Vegetables

In Season fresh fruit
Carrots, broccoli, cauliflower with low-fat dip or salad dressing

Entree Suggestions for School Parties

Salads made with pasta, meat, and/or vegetables
Pasta with marinara sauce
Grill or baked vegetable or cheese quesadilla

Bean burrito
Baked potato with vegetable or chili topping
Pizza bagels (or English muffins)
Tortilla wraps filled with meat and/or vegetables

Guidelines High School



FOOD FROM HOME

This policy does not restrict the types of food that parents provide for their own child's consumption at school.



FOOD AT SCHOOL

Item	Nutrition Policy
Foods of Minimal Nutritional Value (FMNVs)	The school may not provide access to FMNVs during meal periods in areas where school meals are served and/or consumed.**
Candy (including candy bars and packaged candies not included as FMNVs)	Access to candy is allowed
Competitive Foods (any foods and/or beverages that are not provided by the Child Nutrition Department)	The school may not allow competitive foods during meal periods in areas where school meals are served and/or consumed.** (see exemptions below)
Fried Potato Products (French fries, hash browns, etc.)	Servings cannot exceed 3 oz., and may only be purchased one serving at a time.
Carbonated Beverages	Sugared, carbonated beverages may not be provided during meal periods in areas where school meals are served and/or consumed. By the 2005-06 school year, no more than 30% of beverages in vending machines should be sugared, carbonated drinks.

**Certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by school officials.

EXEMPTIONS INSIDE AND OUTSIDE THE CLASSROOM

Where & When	Nutrition Policy Exemption
Outside the Class: Field Trips	School-approved field trips are exempt from the nutrition policy.
Outside the Class: Athletic, UIL & Band Competitions	The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

The Fort Bend ISD Child Nutrition Department

What do we do?

Breakfast is offered daily in all schools before the start of classes. Students may select from a variety of hot items, cereals, juice, and milk to make a complete nutritious breakfast. A healthy breakfast provides energy for the mind and body.



Lunch includes the selection of an entree, fruits, vegetables, salads, breads and milk. Menus follow the nutrition guidelines established by the USDA and the Texas Public School Nutrition Policy.

Contact us: FBISD Child Nutrition Dept.
555 Julie Rivers Drive
Sugar Land, Texas 77478
Phone: (281) 634-1190 Fax: (281) 634-1862

FREQUENTLY ASKED QUESTIONS:

Q: Can students have access to food in the classroom during the school day, such as a birthday party or a pizza party?

A: High School students may have access to food in the classroom as long as the classroom has not been designated as a food service area where reimbursable meals are served and/or consumed. This would apply to In School Suspension (ISS) classrooms since meals are consumed in the classroom.

Q: Are non-reimbursable snack lines and vending machines operated by the Child Nutrition Department considered competitive foods?

A: No, non-reimbursable snack lines and vending machines operated by the Child Nutrition Department are considered a la carte, not competitive. However, vended items operated by groups other than the Child Nutrition Department are considered competitive. Drinks, candy and ice cream machines cannot be in operation during the meal periods in areas where reimbursable meals are served and/or consumed (Commons, Patio and Hallway) unless operated by the Child Nutrition Department.

Q: Do the nutrition standards apply to fundraising?

A: Yes, for high schools. Competitive foods may not be served or sold in areas where school meals are served and consumed. However, any items sold on campus during the school day by any organization or group shall be in compliance with the FMNV and nutrition standards of portion size, grams of fat and sugar. **School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy.**

Q: Why are French fry standards different by school level?

A: French fries are one of the most popular food items consumed by school children and are generally high in calories, fat, starch, and salt. Since one of the primary purposes of the new guidelines is to teach children to make better food choices for a lifetime, the policy is structured to provide elementary aged children a broader selection of fruits and vegetables and less access to fried potato products. Middle and high school aged students will be allowed greater access to fried potato products based upon the guidelines attempt to help students "phase in" better choices.

Q: May students go through the line multiple times to purchase additional servings of fries?

A: Yes, but the intent of the policy is to discourage multiple servings of fries and to encourage schools to offer a greater variety of fruits and vegetables in order to promote a healthy nutrition environment. Based on meal period time frames, students may not have enough time to make multiple trips through the serving lines.

Q: If French fries served at school are baked, are they also limited?

A: Yes, although baked fries may be lower in fat, they are also limited by this policy because the intent is to encourage the consumption of a variety of fruits and vegetables. For the past 20 years a variety of fruits and vegetables have been offered to the students in FBISD.

Q: Why are potato chips not limited?

A: Potato chips are limited by portion size as a snack. However, when served as part of the reimbursable meal which is governed by USDA regulations, the USDA regulations supersede this portion size.

Q: What does 30 percent beverages made available through vending machines mean?

A: The goal of this policy is that each vending machine in a high school will contain no more than 30 percent sugared, carbonated drinks by the 2005-06 school year.

Q: Do the nutrition standards apply to class or schoolwide cultural heritage events?

A: Food provided for students as part of a class or schoolwide cultural heritage event for instructional or enrichment purpose would be exempt from the policy. FMNV may not be served until after the last lunch period.

Q: May food items be used in the classroom for instructional purposes?

A: For instructional purposes teachers may use food as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis.

Resources:

Office of Disease Prevention and Health Promotion,
U.S. Department of Health and Human Services,
A Guide to Reliable Health Information - www.healthfinder.gov
Healthy People 2010 - www.healthypeople.gov
Action for Healthy Kids - www.actionforhealthykids.org
Grant Information: The Catalog of Federal
Domestic Assistance - www.cfa.gov
For Information on Fresh Texas Fruits and Vegetables:
Texas Department of Agriculture - www.PickTexas.com

