



2014-2015 School Year

New Public School Nutrition Standards

Changes and Guidelines that Impact School Fundraising & A-La-Carte Sales

What are competitive foods?

All food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under programs authorized by the National School Lunch Act and the Child Nutrition Act.

How do Competitive Foods Qualify?

To be allowable, a food item must meet all the competitive food nutrient standards.

(more info inside)

School fundraisers are time-honored traditions that help support our school activities across the nation and here in Fort Bend ISD. Under new nutrition standards established by the U.S. Department of Agriculture as part of the Healthy, Hunger-Free Kids Act, we will strive to balance the needs of schools to conduct occasional fundraisers, while still ensuring the students have access to healthier food and beverages during the school day.

Fort Bend ISD's Child Nutrition Department has worked diligently to ensure that the District's menus comply with the new standards, which have an implementation date of **July 1, 2014**.

As part of these new standards, FBISD's **competitive foods** fundraising and a la carte sales will be impacted. Per the Texas Department of Agriculture, no school fundraisers will be exempt from following the new program regulations, and all fundraising efforts are required to meet the new standards.

New Nutrition Standards Apply to All Food Sold or Served:

- Outside the school meal program
- On the school campus
- A la carte in the cafeteria
- In school stores
- Snack bars
- Vending Machines
- All other venues on campus
- At any time during the school day



The **school day** is defined as the period from midnight of that day to 30 minutes after the end of the official school day.

What are the Competitive Food Nutrient Standards?

- Must be a whole grain rich product, include 50% or more whole grains by weight or have a whole grain as the first ingredient;

OR

- Must have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.);






OR

- Must be a “combination food” with at least ¼ cup fruit and/or vegetable;

OR

- Must contain 10% of the Recommended Daily Allowance of one nutrient of public health concern—calcium, potassium, vitamin D, or dietary fiber.

Nutrient Breakdown Chart

	NUTRIENT	ENTRÉE	SNACK / SIDE
	Calories	≤350	≤200
	Sodium <i>Effective Dates *</i>	≤480 mg	≤230 mg / ≤200 mg <i>* 6/2016 7/2016</i>
	Total Sugar	≤35% of weight	≤35% of weight
	Total Fat	≤35% total calories	≤35% total calories
	Saturated / Trans Fat	≤10% total calories Zero grams (<0.5g)	≤10% total calories Zero grams (<0.5g)

Lauren’s Law Exemption: TAC-I-3*

In honoring the long-time celebration of children’s birthdays on school campuses, Lauren’s Law allows parents, guardians or grandparents to bring birthday treats for their children and classmates. These treats are allowed to be served in the classroom at any grade level, subject to the principal’s discretion. All items brought for this celebration need to be store bought and not homemade. Adults should be sensitive to any child in the classroom with food allergies.

* Texas Agriculture Code



Current Fundraising Guidelines

Under current Texas Nutrition Policy, foods and snacks sold as fundraisers compete with cafeteria meals and are therefore classified as “competitive foods.” There are three levels of regulation that apply differently for elementary, middle and high schools, with the elementary rules being the most restrictive and the high school rules being the least restrictive. In all cases, the food or snack must meet the nutritional requirements set forth by the state and federal guidelines.

High School

At the high school level, competitive (fundraising) foods and snacks may be sold or served at any time during the school day, including during the lunch period, provided they are not sold or made available in the area where cafeteria meals are being sold or consumed. For example, at a high school, the cafeteria and commons area would be off limits during the meal period.

Organizations shall be allowed to sell at breakfast three days per week and lunch one day per week.

OR

Organizations shall be allowed to sell at breakfast one day per week and lunch three days per week.

AND

One outside vendor’s potentially hazardous food product shall be allowed to be sold one day per week. (Potentially hazardous products are defined as any food product containing meat, cheese, milk, eggs, or other dairy product, etc. such as Pizza, Chicken and Yogurt.) All nutritional information shall be in compliance with all regulations. Organizations may rotate products on a weekly basis.

- DECA marketing class projects shall comply with new Federal nutrient standards, Texas Administrative Code and all local policies and procedures.
- All food sale and service during the school day shall be in compliance with the Federal Nutrient Standards, Texas Administrative Code and the Texas Department of Health and all local policies and procedures.
- Food sales or service outside the school day are not subject to these procedures or the Texas Administrative Code. However, these sales or service shall be in compliance with the Texas Department of Health Policies and procedures at all times.

Middle School

At the middle school level, competitive (fundraising) foods and snacks are not allowed to be sold or served to students anywhere on school premises from 30 minutes before to 30 minutes after meal periods.

Elementary School

At the elementary school level, competitive (fundraising) foods and snacks are not allowed to be sold or served to students anywhere on school premises throughout the school day, until the end of the last scheduled class period. Campuses may have up to three pre-approved school days where competitive foods are allowed to be sold or served.

Impact to FBISD Fundraising

- Organizations and the Fort Bend ISD Child Nutrition Department shall work collaboratively for success in implementation of the new regulations.
- The vast majority of food items currently sold **do not meet** the new standards.
(*example: chicken sandwich = 440 calories & 1,390 mg sodium*)
- Organizations need to work with vendors to find new products that meet the new standards.
https://schools.healthiergeneration.org/resources__tools/school_meals/alliance_product_navigator/
- **After July 1, 2014**, Texas school districts will be required to incorporate fundraising guidelines into their district wellness policy (Board Policy FFA Local – Student Welfare), which must be adopted by the FBISD Board of Trustees. FBISD will work toward incorporating fundraiser guidelines into the FBISD Wellness Policy during the 2014-2015 school year, with implementation beginning in the 2015-2016 school year.



RECORD KEEPING AND COMPLIANCE MANDATES

- The Child Nutrition Department is mandated by law to maintain records for all competitive food sales, including all label of foods sold for the Texas Department of Agriculture audit purposes.
- Violations require corrective action plans.

Helpful Resources

Smart Snack link: <http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

Food and Nutrition Service Website: www.usda.gov/healthierschoolday

Nutrient Calculator: <http://rdp.healthiergeneration.org/calc/calculator/>

Questions?

Contact FBISD at Smartmeals@fortbendisd.com

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