

Smart Snacks & Competitive Foods Guide

A quick reference guide for
Colorado school nutrition
professionals

February 2014

Allowable Foods – All Grades

References: Federal Regulation USDA Interim Final Rule 7CFR Parts 210 and 220; Colorado Competitive Foodservice Policy 1 CCR 301-3 2202-R-203.00

Effective: Midnight before, to 30 minutes after the end of the official school day

Food and Nutrient Standards

- Any food, outside the reimbursable lunch or breakfast meals, sold on the school campus (includes a la carte, school stores, food-based fundraisers, vending machines, etc.) 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 fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of nutrients for calcium, potassium, vitamin D, or dietary fiber

AND

- Foods (including accompaniments) must also meet these nutrient requirements:
 - Calorie limits (Snack items: ≤ 200; Entrée items: ≤350)
 - 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

The following paragraph provides foods that are exempt from one or more of the food and nutrient standards outlined above.

Exemptions

FOOD STANDARDS: NSLP and SBP meal entrees served a la carte on the day or day after service in the lunch or breakfast program.

NUTRIENT STANDARDS: Fresh fruits and vegetables with no added ingredients except water; canned and frozen fruits with no added ingredients except water or are packed in 100% juice, extra light syrup, or light syrup; and canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes.

CALORIES: NSLP and SBP meal entrees served on the day or day after service in the meal program.

SODIUM: NSLP and SBP meal entrees served on the day or day after service in the meal program.

TOTAL FAT: Reduced fat cheese and part-skim mozzarella; nuts, seeds and nut/seed butters; dried fruit with nuts/seeds with no added nutritive sweeteners or fats; and seafood with no added fat.

SATURATED FAT: Reduced-fat cheese and part skim mozzarella; nuts, seeds and nut/seed butters; and dried fruit with nuts/seeds with no added nutritive sweeteners or fats.

SUGAR: Dried/dehydrated whole fruits or vegetables with no added nutritive sweeteners; dried whole fruits or pieces with nutritive sweeteners required for processing and/or palatability; products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.

MISC: Sugar-free chewing gum.

Competitive Food Service

Additionally, any food or beverage service available to students on the school campus during the school day that is separate and apart from the district's nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school-approved outside vendors shall not operate in competition with the district's food service program and shall be closed for a period beginning ½ hour prior to and remain closed until ½ hour after each meal service.

Elementary School – Beverages

References: Federal Regulation USDA Interim Final Rule 7CFR Parts 210 and 220; Colorado Healthy Beverages Policy 1 CCR 301-79; Colorado Competitive Foodservice Policy 1 CCR 301-3 2202-R-203.00

An elementary school contains grades: Pre-school – 5

Effective: Midnight before, to 30 minutes after the end of the official school day and throughout the extended school day as defined by 1CCR 301-79

Allowable Beverages

- **Fruit and Vegetable Juice**
 - Must be 100% juice
 - Up to 8-ounce portions
 - No added sweeteners
 - ≤ 120 calories per 8 ounces
- **Milk**
 - Must be low-fat (unflavored) or nonfat (flavored or unflavored)
 - Up to 8-ounce portions
 - ≤ 150 calories per 8 ounces
 - Non-dairy milk must be nutritionally equivalent to milk per USDA requirements
- **Bottled Water**
 - Plain water or plain carbonated water

Exemptions

School-related events occurring outside of the regular and extended school day where parents and other adults are a significant part of the audience.

Competitive Food Service

Additionally, any beverage service available to students on the school campus during the school day that is separate and apart from the district's nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school-approved outside vendors shall not operate in competition with the district's food service program and shall be closed for a period beginning ½ hour prior to and remain closed until ½ hour after each meal service.



Middle School –Beverages

References: Federal Regulation USDA Interim Final Rule 7CFR Parts 210 and 220; Colorado Healthy Beverages Policy 1 CCR 301-79; Colorado Competitive Foodservice Policy 1 CCR 301-3 2202-R-203.00

A middle school contains grades: 6 – 8

Effective: Midnight before, to 30 minutes after the end of the official school day and throughout the extended school day as defined by 1CCR 301-79

Allowable Beverages

- **Fruit and Vegetable Juice**
 - Must be 100% juice
 - Up to 10-ounce portions
 - No added sweeteners
 - ≤ 120 calories per 8 ounces
- **Milk**
 - Must be low-fat (unflavored) or nonfat (flavored or unflavored)
 - Up to 10-ounce portions
 - ≤ 150 calories per 8 ounces
 - Non-dairy milk must be nutritionally equivalent to milk per USDA requirements
- **Bottled Water**
 - Plain water or plain carbonated water

Exemptions

School-related events occurring outside of the regular and extended school day where parents and other adults are a significant part of the audience.

Competitive Food Service

Additionally, any beverage service available to students on the school campus during the school day that is separate and apart from the district's nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school-approved outside vendors shall not operate in competition with the district's food service program and shall be closed for a period beginning $\frac{1}{2}$ hour prior to and remain closed until $\frac{1}{2}$ hour after each meal service.



High School – Beverages

References: Federal Regulation USDA Interim Final Rule 7CFR Parts 210 and 220; Colorado Healthy Beverages Policy 1 CCR 301-79; Colorado Competitive Foodservice Policy 1 CCR 301-3 2202-R-203.00

A high school contains grades: 9 - 12

Effective: Midnight before, to 30 minutes after the end of the official school day and throughout the extended school day as defined by 1CCR 301-79

Allowable Beverages

- **Fruit and Vegetable Juice**
 - Must be 100% juice
 - Up to 12-ounce portions
 - No added sweeteners
 - ≤ 120 calories per 8 ounces
- **Milk**
 - Must be low-fat (unflavored) or nonfat (flavored or unflavored)
 - Up to 12-ounce portions
 - ≤ 150 calories per 8 ounces
 - Non-dairy milk must be nutritionally equivalent to milk per USDA requirements
- **Bottled Water**
 - Plain water or plain carbonated water
- **Other beverages** (i.e. unsweetened or diet teas, low calorie sport drinks, fitness waters, flavored waters, seltzers, and coffees)
 - Calorie-free flavored and/or carbonated beverages
 - ≤20 ounces
 - Contain ≤5 calorie per 8 ounces or ≤ 10 calories per 20 ounces
 - Lower-calorie flavored and/or carbonated beverages
 - ≤ 12 ounces

- Contain ≤ 40 calories per 8 ounces or ≤ 60 calories per 12 ounces
- Diet soda is prohibited
- Caffeinated beverages are allowed

*At least 50% of non-milk beverage options must be water and no or low-calorie options

Exemptions

School-related events occurring outside of the regular and extended school day where parents and other adults are a significant part of the audience.

Competitive Food Service

Additionally, any beverage service available to students on the school campus during the school day that is separate and apart from the district's nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school-approved outside vendors shall not operate in competition with the district's food service program and shall be closed for a period beginning $\frac{1}{2}$ hour prior to and remain closed until $\frac{1}{2}$ hour after each meal service.



Definitions

Combination food - products containing two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains

Entrée: A combination food of meat/meat alternate and whole grain rich food; or a combination food of vegetable or fruit and meat/meat alternate; or a meat/meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks.

Whole grain-rich – foods that contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole-grains and the remaining grain, if any, must be enriched.

Additional Resources

USDA FNS

<http://www.fns.usda.gov/school-meals/smart-snacks-schools>

Colorado Department of Education Office of School Nutrition

<http://www.cde.state.co.us/nutrition/nutricompetitivefoods.htm>

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