

Wellness Program – THE SALE OF COMPETITIVE FOODS

The Board of Education for Towns County School District is committed to providing students with nutritious food and beverage options during the school day on the school campus. The **School Day** is defined as the period from the midnight (12:00 am) before, until 30 minutes after the end of the official school day. **School Campus** includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes outdoor eating areas, parking lots, school stores, etc.

Food sold in schools must:

1. Comply with the general criteria:
 - Be a “whole grain-rich” grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; 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.
 - 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).**

*If water is the first ingredient, the second ingredient must be one of the items above.

**This criterion expires June 30, 2016.

2. And meet, at a minimum, the Nutrition Standards for all foods sold in schools:

Calorie limits:

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

Sodium limits:

- Snack items: ≤ 200 mg
- Entrée items: ≤ 480 mg

Fat limits:

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

Sugar limits:

- $\leq 35\%$ of weight from total sugars in foods
3. Or qualify for an exemption from the Nutrition Standards.
 4. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Beverages sold in schools must:

1. Be one of the following beverages for all grades:
 - 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.
2. Comply with the size limits for each grade.
 - Elementary schools may sell up to 8-ounce portions
 - Middle schools and high schools may sell up to 12-ounce portions
 - There is no portion size limit for plain water.
3. High schools may allow additional “no calorie” and “low calorie” beverage options to their 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.

OTHER REQUIREMENTS:

Only foods that meet nutritional guidelines and Smart Snack compliance can be marketed to students.

Fundraisers:

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards, except that they may not be sold in the cafeteria.
- All snacks sold in schools must meet the aforementioned nutritional requirements.

- The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.

Exempted Fundraisers:

- Per the State Board Rule 160-5-6-.01, the Board of Education for the Towns County School District will allow 30 fundraisers per school per school year not to exceed **3** days in length.
- Exempted fundraisers will not occur **30** minutes prior until **30** minutes after the end of breakfast or lunch meal service.
- Vending machines are not included as exempted fundraisers.

Foods Not Sold in Schools:

- Food should not be used as a reward to students that complete assignments.
- Food should not be provided and/or promised to students as an incentive to complete assignments.
- Food provided during class parties should meet the nutrition guidelines set for schools.
- Outside foods should not be brought in to students.

Questions regarding approved snacks may be directed to Rebecca Mullins, School Nutrition Supervisor.