Comparison of USDA's Nutrition Standards for All Foods on Campus Interim Final Rule to Arkansas' Nutrition Standards

	All Foods on Campus	Arkansas Nutrition Rules
Definitions:	**Competitive Foods:** any foods and beverages other than meals reimbursed under programs authorized by the National School Lunch Act and the Child Nutrition Act available for sale to students on the school campus during the school day. **School Campus:** all areas of the property under the jurisdiction of the school that are accessible to students during the school day. *jurisdiction – the territorial range of authority or control* **School Day:** the period from midnight before, to 30 minutes after the end of the official school day. **Entrée item** means an item that is either: • 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, • Exception: yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky and meat sticks)	**Competitive Foods:** foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program, including, but not limited to, food and beverages sold or provided in vending venue (machines, ice chests, cabinets) in school stores or as part of school fundraisers to students on school premises during the declared school day. **School Site:** any and all locations associated with a Local Education Agency (LEA) number. **Declared School Day:** the official schedule as required for students and staff in a specific Local Education Agency (LEA) location.
Foods:	**All Grade Levels -** **Allowable Foods:** • Food item(s) must meet all of the competitive food nutrient	**Elementary:** Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a

	standards AND • Be a whole grain rich product; **OR** • Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR** • Be a "combination food" with at least ¼ cup fruit and/or vegetable; **OR** • Contain 10% of the Daily Value of one nutrient of public health concern (only through June 30, 2016) • Calcium, potassium, vitamin D, dietary fiber	reimbursable meal during the school year, including fresh fruits, vegetables, and/or an extra meal meeting the same requirements of the reimbursable meal. School food service departments shall not sell or give extra servings of desserts, french fries and/or ice cream. **Middle/Junior/High School:** In middle, junior high, and high schools, the Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including fresh fruits, vegetables, and/or other food/beverage items that meet **standards of maximum portion size** and/or an extra meal meeting the same requirements of the reimbursable meal. During the declared school day, at middle, junior high and high school sites, schools shall not serve, provide access to, through direct or indirect sales, or use as a reward, any FMNV or competitive food to students anywhere on school premises **until thirty (30) minutes after the last lunch period has ended**. This includes FMNV and competitive foods given, sold or provided by school administrators, or staff (principals, coaches, teachers, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company or organization associated with the school site.

Nutrients:	**Total Fat:**
	• **≤35% of total calories from fat per item as packaged/served**
	• Exemptions include:
	  • Reduced fat cheese;
	  • Nuts and seeds and nut/seed butters;
	  • Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat;
	  • Seafood with no added fat; and
	  • Part-skim mozzarella
	
	Saturated Fat:
		Total Fat:
		• All foods items not more than 23 grams fat per serving
		• Ratio of 1:6 for fried and non-fried menu items
		• Portion Size and Frequency Limitation for Fried Potato Products (including par-fried and flash fried)
		• Baked Chips
		  • No more than 7.5 grams total fat per oz.
		  • Portion Size Maximum – 1.5 oz.
		• Frozen Desserts / Ice Cream
		  • No more than 10 grams fat
		  • Portion Size Maximum – 4 oz.

	• **<10% of total calories per item as packaged/served**
	• Exemptions for:
	  • reduced fat cheese, part-skim mozzarella;
	  • Nuts, seeds and nut/seed butters;
	  • Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.
	
	Trans Fat:
	• Zero grams of trans fat per portion as packaged/served (< 0.5 g)
	
	Sodium:
	• Entrée items that do not meet NSLP/SBP exemptions: ≤480 mg sodium per item
	• Snack and side items*:*
	  ≤230 mg (until June 30, 2016)
	  ≤200 mg (after July 1, 2016)
	
	Calories:
	• **Entrée items that do not meet NSLP/SBP exemption:**
	  • ≤350 calories
	• **Snack items/Side dishes:**
	  • ≤200 calories per item
	
	Total Sugar:
	• **≤ 35% of <u>weight</u> from total sugars per item**
	• Exemptions:
	  • Dried/dehydrated fruits or vegetables (no added nutritive sweeteners)
	  • Dried fruits with nutritive sweeteners for processing and/or palatability (e.g., dried cranberries, tart cherries, and blueberries)
	  • Exempt dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)
	
	Caffeine:
	• Elementary and Middle School:
		Trans Fat:
		• Zero grams of trans fat per portion as packaged/served (< 0.5 g)
		
		Total Sugar:
		• Flavored Milk –
		  • No more than 30 grams total sugar per 8 oz. serving
		  • Fat Free
		  • Maximum Portion Size – 16 oz.
		• Sweetened Non-Carbonated or all Carbonated Beverages
		  • Less than or equal to 15 grams sugar/serving
		  • Maximum Portion Size – 12 oz.
		
		Caffeine:
		• Sweetened Non-Carbonated or all Carbonated Beverages

	• Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally- occurring caffeine substances (chocolate milk). • High School: • No caffeine restriction.	• Less than or equal to 55 mg/serving • Maximum Portion Size – 12 oz.
Food:	**Exemptions from General Nutrition Standards –** **Exemption for Fruit and Vegetable:** The following are exempt from meeting all nutrient standards: • Fresh, frozen and canned fruit packed in water, 100 percent juice, light syrup or extra light syrup • Fresh, frozen and canned vegetables with no added ingredients except water • Canned vegetables with small amount of sugar for processing purposes **Exemption for NSLP/SBP Entrees:** • Exemptions for entrée items only • Side dishes sold as competitive food must meet all standards • Entrée exemption for the day of service and the school day after **Exemption for Chewing Gum:** • Sugar-free chewing gum is exempt from standards	**Maximum Portion Size Restricted -** **Chips Baked:** • No more than 7.5 grams fat per oz, • 0 grams trans fat • Maximum Portion Size – 1.5 oz. **Cookies:** • 0 grams trans fat • Maximum Portion Size – 1.5 oz. **Cereal Bars:** • 0 grams trans fat • Maximum Portion Size – 2.5 oz. **Bakery Items (pastries, muffins, doughnuts):** • 0 grams trans fat • Maximum Portion Size – 3 oz. • Excludes items that count as 2 Grain servings served / sold only at breakfast

Beverages:	**Allowable Beverages for All Grades:**
	• Water
	  • Plain water, carbonated or noncarbonated
	  • No size limit
	• Milk
	  • Unflavored nonfat and low-fat milk
	  • Flavored nonfat milk
	  • Maximum serving sizes:
	  • 8 fl. oz. – elem.
	  • 12 fl. oz. – middle/high
	• Juice
	  • 100% fruit and/or vegetable juice
	  • 100% juice diluted with water (carbonated or noncarbonated) – no added sweeteners
	  • Maximum serving sizes
	  • 8 fl. oz. – elem.
		Elementary:
		Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables, and/or an extra meal meeting the same requirements of the reimbursable meal. School food service departments shall not sell or give extra servings of desserts, french fries and/or ice cream.
		
		Middle/Junior/High School:
		In middle, junior high, and high schools, the Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables, unsweetened unflavored water, and/or other food/beverage items that meet standards of **maximum**

	• 12 fl. oz. - middle/high
	
	Allowable Beverages for High School:
	• Calorie-Free Beverages: Maximum Serving Size 20 fluid ounces
	  • Calorie-free flavored water , with or without carbonation
	  • Other "calorie-free" beverages with less than 5 calories per 8 fl. oz., or up to 10 calories per 20 fl. oz.
	• Lower-Calorie Beverages - Maximum Serving Size 12 fluid ounces
	  • Up to 60 calories per 12 fl. oz.; or
	  • Up to 40 calories per 8 fl. oz.
	
	Time and Place Restriction on Allowable Beverages:
	No restriction on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.
		portion size and/or an extra meal meeting the same requirements of the reimbursable meal.
		
		Allowable Beverages (inside and outside the cafeteria)**:**
		• Water
		  • Non-carbonated, unflavored, unsweetened
		  • Unrestricted size limit
		• Milk
		  • Fat Free or low fat (1% or less)
		  • Flavored or Unflavored
		  • Maximum servings size – 16 oz.
		• Fruit Juice
		  • 100% juice or juice blend
		  • Maximum serving sizes - 12 fl. oz.
		• Sweetened Non-Carbonated
		  • Less than or equal to 15 grams sugar/serving
		  • Less than or equal to 55mg caffeine/serving
		  • Maximum Portion Size – 12 fl. oz.
		• Carbonated Beverages
		  • Less than or equal to 15 grams sugar/serving
		  • Less than or equal to 55mg caffeine/serving
		  • Maximum Portion Size – 12 fl. oz.
		
		Time and Place Restriction on Vending:
		Elementary:
		Elementary students will not have access to vended food and beverages anytime, anywhere on school premises during the declared school day.
		
		During the declared school day, an elementary school site may not serve, provide access to, through direct or indirect sales, or use as a reward, any FMNV or competitive food. This includes FMNV and competitive foods given, sold, or provided by school administrators, or staff (principals, coaches, teachers, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company or organization associated

		with the school site. Exceptions to this requirement are: • **Parents Rights** - This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school. • **School Nurses** - This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students. • **Special Needs Students** – This policy does not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need). • **School Events** - Students may be given any food and/or beverage items during the school day for up to nine different events each school year to be determined and approved by school officials. These items may not be given during meal times in the areas where school meals are being served or consumed. • **Snacks During the Declared School Day** – Snacks may be provided or distributed by the school as part of the planned instructional program, for example, afternoon snack for kindergarten students who eat early lunch. Snacks shall meet the United States Department of Agriculture Child and Adult Care Snack Patterns. • **Foods for Instructional Purposes** – Foods integrated as a vital part of the instructional program are allowed at any time. Examples include edible manipulatives such as a square of cheese to teach fractions, a nutrition food experience, food production in family and consumer science units, and food science units. **Middle/Junior/High School:** During the declared school day, at middle, junior high and high school sites, schools shall not serve, provide access to, through direct or indirect sales, or use as a reward, any FMNV or competitive food to students anywhere on school premises until **thirty (30) minutes after the last lunch period has ended**. This includes FMNV and competitive foods given, sold or provided by school administrators, or staff (principals, coaches, teachers, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company or organization associated with the school site.

	Free Potable Water Requirement:
	• **In the place where lunches are served during meal service**
	• **At breakfast meal service, when it is in the cafeteria**
	• **Encouraged, but not required, for afterschool snacks and breakfast in other locations**
	  • **Effective since October 1, 2010**
	  • ***Policy Memo 28-2011* available at www.usda.fns.gov/cnd/governance/policy.htm**
		• Carbonated Beverages (outside the cafeteria only)
		  • Less than or equal to 15 grams sugar/serving
		  • Less than or equal to 55mg caffeine/serving
		  • Maximum Portion Size – 12 fl. oz.
		  • Cannot be served or sold within the cafeteria
		• Choice of 2 fruits and/or 100% fruit juice must be offered at the same time and place whenever competitive foods are sold.
		• At the point of choice, at least 50% of beverage selections shall be 100% fruit juice, low-fat or fat-free milk, or unsweetened unflavored water.
		
		FIN-11-086
		LEA's participating in the NSLP are required to make potable water available to children at no charge in the place where lunch meals are served during meal service.
		
		There are a variety of ways that LEAs can implement this requirement. For example:
		  • LEAs can offer water pitchers and cups on lunch tables.
		  • Water fountain
		  • Faucet that allows students to fill personal bottles or cups with drinking water.

Fundraisers:	All foods that meet the regulatory standards may be sold at fundraisers on the school campus during school hours without limitation. • Exemption for infrequent school sponsored fundraisers. • State Agency may limit frequency of school sponsored fundraisers during the school day that sell food and/or beverage items that do not meet the nutrition standards • State Agency specifies frequency • The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events. • No specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.	School Fundraisers - For purposes of this rule, all food and beverage items sold by school administrators or school non-licensed or licensed staff (principals, coaches, teachers, club sponsors, etc.), students or student groups, parents or parent groups, or any other person, company or organization directly associated with the school programs. No limitation on the sale or distribution of any food or beverage item through fundraisers by students, teachers, or other groups when the items are sold off the school campus. Local Wellness Committee • Pursue contracts that both encourage healthful eating by

		students and reduce school dependence on profits from the sale of foods of minimal nutritional value and encourage the use of non-food alternatives for fund-raisers • Include as part of the district's annual report to parents and the community the amount of funds received and expenditures made from competitive food and beverage contracts.
Foods of Minimal Nutritional Value	Provisions related to Foods of Minimal Nutritional Value remain in place until the July 1, 2014 implementation date of the competitive food standards	The phrase "Foods of Minimal Nutritional Value" refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the United States Department of Agriculture (USDA) under the Child Nutrition Programs.
Recordkeeping	• LEAs and SFAs maintain records such as receipts, nutrition labels and product specifications • SFAs maintain records for competitive foods sold under the nonprofit school food service account • LEAs maintain records for all other competitive food sales	
Monitoring and Compliance	• State agencies will monitor compliance with the standards through a review of local educational agency records as part of the State agency administrative review. • If violations have occurred, technical assistance and corrective action plans would be required.	Local Wellness Committee • Quarterly Review of Menus • Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of foods of minimal nutritional value and encourage the use of non-food alternatives for fund-raisers • Include as part of the district's annual report to parents and the community the amount of funds received and expenditures made from competitive food and beverage contracts. Arkansas Department of Education • Standards and Assurance • Child Nutrition – Administrative Review and other on-site review