

Determining What Can Be Sold
Outside the Cafeteria & When ?



Smart Snack Implementation –
July 2014



AR Nutrition Rules –
Implementation 2003

REMEMBER -
YOU Set the Example for the
Students You Serve!

If You don't follow the Rules,
don't expect Students to follow
them.

The Arkansas Nutrition
Standards and Maximum
Portion Size List are

STILL IN EFFECT

AR Rules Still in Effect - No Elementary Vending During School Day

- 8.01.1 Elementary students will not have access to vended food and beverages anytime, anywhere on school premises during the declared school day.
- 8.01.2 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 listed in Section 8.02 of these rules.

AR Rules Still in Effect – Middle School, Junior High, High School

- 8.01.4 **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.

Requirements Often Overlooked....

- 9.02.4 A choice of two (2) fruits and/or 100% fruit juices must be offered for sale **at the same time and place whenever competitive foods are sold**. Fruits should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- 9.02.5 **At the point of choice**, at least 50% of beverage selections in vending machines, school stores and other sales venues shall be 100% fruit juice, low-fat or fat-free milk, and unflavored unsweetened water.
- 11.01 No food or beverage shall be used as rewards for academic, classroom or sport performances and/or activities.

Arkansas Nutrition Standards have
not gotten stricter in the past few
years.

But that **COULD**
change.....

Arkansas' "9 Special Events"

- 8.01.2 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 listed in Section 8.02 of these rules.**
- **8.02.4 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.

Technically, the “9 Special Events” Apply Only to Elementary.

However, since inception, CHAC and ADE, CNU have applied the Exception to ALL grade levels

AR Nutrition Rules allow 9 “Special Event” days which MAY or MAY NOT be Exempt Fundraisers.

- ~ Intended for “Party Days” / “Field Days” ~
- ~ MUST include ALL Students ~
- ~ By school or district (not by class) ~
- ~ MUST be on the School Calendar ~

USDA allows states to limit the number of “exempt fundraiser” days.

What is a Fundraiser?

- An event that includes any activity during which currency/tokens/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities.
- Example:
 - giving away food in exchange for a token or donation, etc.
 - vending machine, school store, classroom store, etc.

Does Arkansas Have “Exempt Fundraisers”?

“Exempt Fundraisers” - when foods /
beverages are sold to students do not
have to meet USDA regulatory
requirements

30 minutes after the instructional day ends, weekends, and off-campus Fundraising is NOT restricted.

Including:

- ~ Frozen pizza or cookie dough sales ~
- ~ Concessions during after-school sports events, plays, concerts ~

Nutrition Standards do not apply
to foods / beverages students
bring to school for their own
consumption.

Nutrition Standards DO apply
midnight until 30 minutes after the
instructional day ends.

If afterschool programs are operated in the school facilities and if the afterschool snack program is provided within the 30 minute window after the end of the instructional day, any other food / beverage available must comply with the USDA requirements.

RESOURCES

ARKANSAS

- Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools (2/13/12) ^{1, 2}
- Maximum Portion Size and All Foods Sold on Campus Rules for 2014-15 School Year ¹ - **FIN-14-080**₁
- Nutrition Standards for All Foods Sold in School ² - **FIN-14-031**
- Comparison Chart AR Nutrition Rules with USDA Interim Final Rule²

USDA

- USDA Policy Memo SP-23-2014 (v.2) “Questions and Answers Related to the “Smart Snacks” Interim Final Rule Revised ²
- All Foods on Campus Interim Final Rule (6/28/13) ²
- **Other** – Alliance for a Healthier Generation Calculator

What Can Be Sold Depends on 3 Factors....

Where You Want to Sell It ?

When You Want to Sell It ?

What You Want to Sell ?

Step By Step to What Can Be Sold

- Determine which Rules Apply
 - Type of School – Grade Levels
 - Time of Day
 - ADE / USDA / Both
- Determine if Food / Beverage meets the Restrictions of the Rule that applies.

Which Rules Apply When?

| Time Period | USDA Rules in Effect | AR Rules in Effect |
|---|----------------------|--------------------|
| 12:00pm (mid-night) – Beginning of Declared School Day Food / Beverages meeting USDA Nutrient Restrictions can be sold | YES | NO |
| Beginning of Declared School Day – 30 Minutes After Last Lunch Period Ends - 8.01.4 – NOTHING can be Sold , Given-a-Way, etc. | YES | YES |
| 30 Minutes After Last Lunch Period Ends – End of Declared School Day Foods / Beverages listed on the ADE Maximum Portion Size List in portions size listed, with nutrients restricted as listed AND Meeting the USDA Nutrient Restrictions can be sold. | YES | YES |
| End of Declared School Day – 30 Minutes After End of School Day Foods / Beverages meeting USDA Nutrient Restrictions can be sold. | YES | NO |

8.01.4 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.

WHERE ? – Elementary

When ?

Determining Which Rules Apply at Elementary Schools

- **BEFORE School** – All Sales **MUST** meet USDA Nutrient Standards and Portion Restrictions
- **During School Day** – No Vending!!!!
- **After School Day** – All Sales **MUST** meet USDA Nutrient Standards and Portion Restrictions
- **30 Minutes After School Day Ends** – Unrestricted

WHERE ? – Middle, Junior High
or High School

WHEN ? ...

Determining Which Rules Apply at Middle, Junior High and High Schools

- **BEFORE School** – All Sales MUST meet USDA Nutrient Standards and Portion Restrictions
- **During School Day** – No Vending Until 30 Minutes After Last Lunch Period Ends
- **30 Minutes After Last Lunch Period Ends Until End of School** – All Sales MUST Meet ADE and USDA Portion and Nutrient Restrictions
- **After School Day** – All Sales MUST meet USDA Nutrient Standards and Portion Restrictions
- **30 Minutes After School Day Ends** – Unrestricted

A Note about Middle School vs High School

If middle and high school share facilities and all students have access to all venues in the school, the items available for sale must meet middle school standards.

EXAMPLES

These examples ASSUME that the sale is outside the cafeteria and 30 minutes after the last lunch period ends.

NOTE: You MUST check the particular brand and size package that you are considering.

EXAMPLE #1: Classic Potato Chips



Example #1 – Classic Potato Chips

Arkansas Requirements

- Nutrition Facts:
 - Serving Size – 1 oz.
 - Calories 160
 - Total Fat 10gm
 - Saturated Fat 1.5gm
 - Trans Fat 0gm
 - Na+ 170mg
 - Sugars less than 1gm
 - Vit. D - ?
 - Dietary Fiber 1gm - 5%
 - Calcium 0%
 - Potassium 10%
- Listed on Max Portion Size List? **Yes**
- Does it meet the Max Portion Restrictions? (BAKED with no more than 7.5 gm fat, 0 gm trans fat and no more than 1.5 oz.)
- **No, Must be BAKED.**



**DOES NOT MEET
ARKANSAS REQUIREMENTS**

Is there an alternative available to consider?

Example #1 – Baked Potato Chips

Arkansas Requirements

- **Nutrition Facts**
- **1 oz Serving Size**
 - Calories 120
 - **Total Fat 2gm**
 - Saturated Fat 0gm
 - **Trans Fat 0gm**
 - Sodium 135mg
 - Sugar 2gm
 - Dietary Fiber 2gm – 7%
 - Vitamin D - ?
 - Potassium – 8%
 - Calcium 0%
- Listed on Max Portion Size List? **YES**
- Does it meet the Max Portion Restrictions? (BAKED \leq 7.5 gm fat, 0 gm trans fat and \leq 1.5 oz.)
- **YES**
- **MEETS Arkansas requirements**



**to USDA
Requirements**

Example #1 – Baked Potato Chips

Does It Meet the USDA Requirements?

- **Nutrition Facts**
- **1 oz Serving Size**
 - Calories 120
 - **Total Fat 2gm**
 - Saturated Fat 0gm
 - **Trans Fat 0gm**
 - Sodium 135mg
 - Sugar 2gm
 - Dietary Fiber 2gm – 7%
 - Vitamin D - ?
 - Potassium – 8%
 - Calcium 0%
- Allowable Foods **MUST**
 - Meet ALL Competitive Food Nutrient Standards
 - $\leq 35\%$ Calories from Fat – **YES – 15%**
 - $<10\%$ Calories from S. Fat - **YES – 0 S. Fat**
 - 0 Trans Fat – **YES**
 - Sodium ≤ 230 mg – **YES – 135mg**
 - ≤ 200 Calories – **YES – 120**
 - Total Sugar $\leq 35\%$ weight – **YES – 7%**



CONTINUE with USDA Restrictions

Example #1 – Baked Potato Chips

Does It Meet the USDA Requirements?

- Ingredients: **Dried Potatoes**, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Dextrose and Annatto Extract (color)
- Contains a soy ingredient.
- AND MUST MEET **1** of the following:
 - Whole Grain Rich? – **NO**
 - First Ingredient Fruit, **Vegetable**, Dairy Product or Protein Food? – **YES**
 - Combination Food with at least ¼ cup Fruit and/or Vegetable – **NO**
 - Contain 10% of Daily Value for Calcium, Potassium, Vitamin D, Dietary Fiber - **NO**



YES, This item could be vended 30 minutes after last lunch period ends until 30 after instructional day ends.





EXAMPLE #2
Sports Drink

Example #2 – Sports Drink

Arkansas Requirements

- Listed on Max Portion Size List?

Yes, Sweetened Non-carbonated Beverages

- Does it meet the Max Portion Size Restrictions

- \leq 15gm sugar/serving;

- **NO – 21gm in 12 oz.**

- \leq 55mg caffeine/serving;

- **NONE**

- 12 oz. max size - YES

NOTE: Arkansas does not limit Sodium in beverages.



**DOES NOT MEET
ARKANSAS REQUIREMENTS**

Is there an alternative available to consider?

Example #2 – Low Calorie Sports Drink

Arkansas Requirements

- Listed on Max Portion Size List?
Yes, Sweetened Non-carbonated Beverages
- Does it meet the Max Portion Size Restrictions
 - \leq 15gm sugar/serving;
 - **YES – 7gm in 12 oz.**
 - \leq 55mg caffeine/serving;
 - **YES – 0mg**
 - 12 oz. max size - **YES**



To USDA
Requirements

Example #2 – Low Calorie Sports Drink

Does It Meet the USDA Requirements?

- Allowable Beverages MUST
 - Low-Calorie – Max. 60 Calories / 12 oz.
 - YES, Low Cal “Sports Drink” has 30 calories per 12 oz. bottle



YES, This item could be vended 30 minutes after last lunch period ends until 30 after instructional day ends.

NOTE: USDA only limits calories and caffeine in beverages. Caffeine is not limited for High School. USDA does not limit of sugar or sodium in beverages.

EXAMPLE #3

Grain Based Chip



Example #3 – Grain Based Chips

Arkansas Requirements

- **Nutrition Facts**
- **1 oz Serving Size**
 - Calories 140
 - **Total Fat 6gm**
 - Saturated Fat 1gm
 - **Trans Fat 0gm**
 - Sodium 150mg
 - Sugar 2gm
 - Dietary Fiber 2gm – 10%
 - Vitamin D - ?
 - Potassium – ?
 - Calcium 0%
- Listed on Max Portion Size List? – **YES, Chips**
- Does it meet the Max Portion Restrictions?
 - BAKED - **YES**
 - ≤ 7.5 gm fat - **YES**
 - 0 gm trans fat - **YES**
 - ≤ 1.5 oz. - **YES**



To USDA
Requirements

Example #3 – Grain Based Chips

Does it meet the USDA Requirements?

- **Nutrition Facts**
- **1 oz Serving Size**
 - Calories 140
 - **Total Fat 6gm**
 - Saturated Fat 1gm
 - **Trans Fat 0gm**
 - Sodium 150mg
 - Sugar 2gm
 - Dietary Fiber 2gm – 10%
 - Vitamin D - ?
 - Potassium – ?
 - Calcium 0%
- Allowable Foods **MUST**
 - Meet ALL Competitive Food Nutrient Standards
 - $\leq 35\%$ Calories from Fat – **NO - 38.5%**
 - $<10\%$ Calories from S. Fat - YES – 6.4% Saturated Fat
 - 0 Trans Fat – YES
 - Sodium $\leq 230\text{mg}$ – YES – 150mg
 - ≤ 200 Calories – Yes 140
 - Total Sugar $\leq 35\%$ weight – Yes - 7%



**DOES NOT MEET
USDA
REQUIREMENTS**



EXAMPLE #4
Milk Chocolate
Candy Bar

EXAMPLE #4 – Milk Chocolate Candy Bar Arkansas Requirements

- Listed on Max Portion Size List? – **NO**



**DOES NOT MEET ARKANSAS
REQUIREMENTS**

EXAMPLE #5
Coffee Based Beverage
Mocha Light Frappuccino



Example #5 – Coffee Based Beverage

Arkansas Requirements

- **Nutrition Facts**
- **9.5 oz Serving Size**
 - Calories 100
 - **Total Fat 3gm**
 - Saturated Fat 2gm
 - **Trans Fat 0gm**
 - Sodium 95mg
 - **Sugar 11gm**
 - Dietary Fiber 0gm
 - Vitamin D - ?
 - Potassium - ?
 - Calcium 20%
 - Caffeine – 75mg
- Listed on Max Portion Size List?
Yes, Sweetened Non-carbonated Beverages
- Does it meet the Max Portion Size Restrictions
 - \leq 15gm sugar/serving;
 - Yes – 11 gm
 - \leq 55mg caffeine/serving;
 - **NO – 75mg**
 - 12 oz. max size –
 - YES – 9.5 oz



**DOES NOT MEET ARKANSAS
REQUIREMENTS**

EXAMPLE #6

Energy Drink



EXAMPLE #6 Energy Drink #1

Arkansas Requirements

- **Nutrition Facts**
- **8.5 oz Serving Size**
 - **Calories 139**
 - **Total Fat 0gm**
 - **Saturated Fat 0gm**
 - **Trans Fat 0gm**
 - **Sodium 41mg**
 - **Sugar 30gm**
 - **Dietary Fiber 0gm**
 - **Vitamin D - ?**
 - **Potassium - ?**
 - **Calcium 3%**
 - **Caffeine – 79.2mg**
- Listed on Max Portion Size List?
Yes, Sweetened Non-carbonated Beverages
- Does it meet the Max Portion Size Restrictions
 - $\leq 15\text{gm}$ sugar/serving;
 - **NO – 30 gm**
 - $\leq 55\text{mg}$ caffeine/serving;
 - **NO – 79.2mg**
 - 12 oz. max size –
 - **YES – 8.5 oz**



DOES NOT MEET ARKANSAS REQUIREMENTS

Is there an alternative available to consider?

EXAMPLE #6 – Sugar Free Energy Drink

Arkansas Requirements

- **Nutrition Facts**
- **8.5 oz Serving Size**
 - **Calories 10**
 - **Total Fat 0gm**
 - **Saturated Fat 0gm**
 - **Trans Fat 0gm**
 - **Sodium 125mg**
 - **Sugar 0gm**
 - **Dietary Fiber 0gm**
 - **Vitamin D - ?**
 - **Potassium - ?**
 - **Calcium 3%**
 - **Caffeine – 79.2mg**
- **Listed on Max Portion Size List?**
Yes, Sweetened Non-carbonated Beverages
- **Does it meet the Max Portion Size Restrictions**
 - $\leq 15\text{gm}$ sugar/serving;
 - **YES – 0 gm**
 - $\leq 55\text{mg}$ caffeine/serving;
 - **NO – 79.2mg**
 - 12 oz. max size –
 - **YES – 8.5 oz**



DOES NOT MEET ARKANSAS REQUIREMENTS

Is there an alternative available to consider?

EXAMPLE #6 – Energy Drink #2

Arkansas Requirements

- **Nutrition Facts**
- **8.5 oz Serving Size**
 - **Calories 101**
 - **Total Fat 0gm**
 - **Saturated Fat 0gm**
 - **Trans Fat 0gm**
 - **Sodium 180mg**
 - **Sugar 27gm**
 - **Dietary Fiber 0gm**
 - **Vitamin D - ?**
 - **Potassium - ?**
 - **Calcium 1%**
 - **Caffeine – 0mg**
- **Listed on Max Portion Size List?**
Yes, Sweetened Non-carbonated Beverages
- **Does it meet the Max Portion Size Restrictions**
 - $\leq 15\text{gm}$ sugar/serving;
 - **NO – 27 gm**
 - $\leq 55\text{mg}$ caffeine/serving;
 - **YES – 0 mg**
 - 12 oz. max size –
 - **YES – 8.5 oz**



DOES NOT MEET ARKANSAS REQUIREMENTS

Is there an alternative available to consider?

EXAMPLE #6 – Energy Drink #3

Arkansas Requirements

- **Nutrition Facts**
- **8.5 oz Serving Size**
 - **Calories 116**
 - **Total Fat 0gm**
 - **Saturated Fat 0gm**
 - **Trans Fat 0gm**
 - **Sodium 98mg**
 - **Sugar 26gm**
 - **Dietary Fiber 0gm**
 - **Vitamin D - ?**
 - **Potassium - ?**
 - **Calcium 3%**
 - **Caffeine – 77.4mg**
- **Listed on Max Portion Size List?**
Yes, Sweetened Non-carbonated Beverages
- **Does it meet the Max Portion Size Restrictions**
 - $\leq 15\text{gm}$ sugar/serving;
 - **NO – 26 gm**
 - $\leq 55\text{mg}$ caffeine/serving;
 - **NO – 77.4 mg**
 - 12 oz. max size –
 - **YES – 8.5 oz**



DOES NOT MEET ARKANSAS REQUIREMENTS

Is there an alternative available to consider?

EXAMPLE #6 – Sugar Free Energy Drink

#3RB - Arkansas Requirements

- **Nutrition Facts**
- **8.5 oz Serving Size**
 - **Calories 12**
 - **Total Fat 0gm**
 - **Saturated Fat 0gm**
 - **Trans Fat 0gm**
 - **Sodium 98mg**
 - **Sugar 0gm**
 - **Dietary Fiber 0gm**
 - **Vitamin D - ?**
 - **Potassium - ?**
 - **Calcium 3%**
 - **Caffeine – 75mg**
- **Listed on Max Portion Size List?**
Yes, Sweetened Non-carbonated Beverages
- **Does it meet the Max Portion Size Restrictions**
 - $\leq 15\text{gm}$ sugar/serving;
 - **YES – 0 gm**
 - $\leq 55\text{mg}$ caffeine/serving;
 - **NO – 75 mg**
 - 12 oz. max size –
 - **YES – 8.5 oz**



DOES NOT MEET ARKANSAS REQUIREMENTS

Is there an alternative available to consider?

EXAMPLE #7

Pizza



EXAMPLE #7 – Pizza

Arkansas Requirements

- **Nutrition Facts**
- **1 Slice Large (157 grams)**
 - Calories 330
 - **Total Fat 14gm**
 - Saturated Fat 6gm
 - **Trans Fat 0gm**
 - Sodium 930mg
 - Sugar 5gm
 - Dietary Fiber 2gm – 8%
 - Vitamin D - ?
 - Potassium – ?
 - Calcium 20%
- Listed on Max Portion Size List? **No**



**DOES NOT MEET ARKANSAS
REQUIREMENTS**

EXAMPLE #8

Home Baked Goodies (cookies, cupcakes, etc.)



EXAMPLE #8 Home Baked Goodies

Arkansas Requirements

- Arkansas Health Code Requires all food sold for public consumption to be produced in a commercial / inspected kitchen.



DOES NOT MEET ARKANSAS
REQUIREMENTS

Is there an alternative
available to consider?

EXAMPLE #8 – Sugar Cookies

Arkansas Requirements

- **Nutrition Facts**
- **1 cookie (45 grams)**
 - Calories 220
 - **Total Fat 12gm**
 - Saturated Fat 6.0gm
 - **Trans Fat 0gm**
 - Sodium 130mg
 - Sugar 14gm
 - Dietary Fiber 1gm
 - Vitamin D - ?
 - Potassium – ?
 - Calcium 0%
- Listed on Max Portion Size List?
Yes, Cookies
- Does it meet the Max Portion Size Restrictions
 - 0 Trans Fat /serving;
 - **YES – 0 gm**
 - 1.5 oz. max size –
 - **YES – 42 gm**



To USDA
Requirements

EXAMPLE #8 – Sugar Cookie

Does It Meet USDA Requirements?

- **Nutrition Facts**
 - **1 cookie (45 grams)**
 - Calories 220
 - **Total Fat 12gm**
 - Saturated Fat 6.0gm
 - **Trans Fat 0gm**
 - Sodium 130mg
 - Sugar 14gm
 - Dietary Fiber 1gm
 - Vitamin D - ?
 - Potassium – ?
 - Calcium 0%
- **Allowable Foods MUST**
 - Meet ALL Competitive Food Nutrient Standards
 - \leq 35% Calories from Fat –
 - **NO – 49%**
 - $<$ 10% Calories from S. Fat –
 - **NO – 24.5% S. Fat**
 - 0 Trans Fat –
YES
 - Sodium \leq 230mg –
YES – 130mg
 - \leq 200 Calories –
NO – 220
 - Total Sugar \leq 35% weight – **YES – 31%**



**DOES NOT MEET
USDA REQUIREMENTS**

Is there an alternative
available to consider?

EXAMPLE #9

Snow Cone



EXAMPLE #9 – Snow Cone

Arkansas Requirements

- Traditional Kiddie Cone
- Nutrition Facts
- 1 oz serving
 - Calories – 50
 - Total Fat 0gm
 - Saturated Fat 0gm
 - Trans Fat 0gm
 - Sodium 0mg
 - **Sugar 14gm**
 - Dietary Fiber 0gm
- Company web-site says 8 oz. cup of ice with 1 oz. syrup, first ingredient “ICE”
 - They are counting as a “snack food” not a beverage.
- Listed on Max Portion Size List?
Yes, Frozen Dessert
- Does it meet the Max Portion Size Restrictions
 - < 10gm fat/serving;
 - **YES – 0 Fat**
 - 4 oz. max size – (I would count syrup volume not the volume of the ice)
 - **YES**



To USDA
Requirements

EXAMPLE #9 – Snow Cone

Does It Meet USDA Requirements?

- Traditional Kiddie Cone
- Nutrition Facts
- 1 oz serving syrup (9 oz final)
 - Calories – 50
 - Total Fat 0gm
 - Saturated Fat 0gm
 - Trans Fat 0gm
 - Sodium 0mg
 - **Sugar 14gm**
 - Dietary Fiber 0gm
- Allowable Foods **MUST**
 - Meet ALL Competitive Food Nutrient Standards
 - $\leq 35\%$ Calories from Fat – **YES** – 0%
 - $<10\%$ Calories from S. Fat - **YES** – 0 S. Fat
 - 0 Trans Fat – **YES**
 - Sodium ≤ 230 mg – **YES** – 0 mg
 - ≤ 200 Calories – **YES** – 50
 - Total Sugar $\leq 35\%$ weight – **NO** – 50% (syrup)



DOES NOT MEET USDA REQUIREMENTS

Is there an alternative available to consider?

EXAMPLE #9 – Snow Cone

Does It Meet USDA Requirements?

- Fortified Kiddie Cone
- Nutrition Facts
- 1 oz serving syrup (9 oz final)
 - Calories – 25
 - Total Fat 0gm
 - Saturated Fat 0gm
 - Trans Fat 0gm
 - Sodium 10mg
 - Sugar 6gm
 - Dietary Fiber 0gm
 - Vitamin D – 60%
 - Vitamin C – 25%
- Allowable Foods MUST
 - Meet ALL Competitive Food Nutrient Standards
 - $\leq 35\%$ Calories from Fat – **YES – 0%**
 - $<10\%$ Calories from S. Fat – **YES – 0 S. Fat**
 - 0 Trans Fat – **YES**
 - Sodium ≤ 230 mg – **YES – 10 mg**
 - ≤ 200 Calories – **YES – 25**
 - Total Sugar $\leq 35\%$ weight – **YES – 21% (syrup)**



CONTINUE with USDA Restrictions

EXAMPLE #9 – Snow Cone

Does It Meet USDA Requirements?

- Fortified Kiddie Cone
- Nutrition Facts
- 1 oz serving syrup (9 oz final)
 - Calories – 25
 - Total Fat 0gm
 - Saturated Fat 0gm
 - Trans Fat 0gm
 - Sodium 10mg
 - Sugar 6gm
 - Dietary Fiber 0gm
 - Vitamin D – 60%
 - Vitamin C – 25%
- AND MUST MEET **1** of the following:
 - Whole Grain Rich? –
NO
 - First Ingredient Fruit, Vegetable, Dairy Product or Protein Food? –
NO
 - Combination Food with at least ¼ cup Fruit and/or Vegetable –
NO
 - Contain 10% of Daily Value for Calcium, Potassium, Vitamin D, Dietary Fiber –
YES



YES, This item could be vended 30 minutes after last lunch period ends until 30 after instructional day ends.

Recordkeeping

- LEAs and SFAs must maintain records such as receipts, nutrition labels and product specifications
- SFAs must maintain records for competitive foods sold under the nonprofit school food service account
- LEAs must maintain records for all other competitive food sales

Monitoring and Compliance

- Area Specialists will be looking at and documenting in your administrative review letter compliance issues both inside and outside the cafeteria.
- If violations have occurred, a technical assistance and corrective action plan will be required.

You Must Determine for Each Product You Want to Sell if It Is Allowable

- AR Nutrition Standards

- Reimbursable Meal Component
- In a Category on Max Portion Size List
- Meet Max Portion Requirements



- USDA Standards for Foods

- Meet All USDA Nutrient Standards **AND**
- Be WGR **OR**
- 1st ingredient fruit, veg, dairy product or protein food **OR**
- Be “combination food” $\geq \frac{1}{4}$ cup fruit and/or veg **OR**
- Contain 10% DV of Ca+, K+, Vit D, or Dietary Fiber

- USDA Standards for Beverages

- Milk – Type and size restricted
- Juice – 100% f/v
 - Can be diluted with water, carbonated, no added sweeteners, portion size restricted
- HS – Calorie Free and Lower-Calorie Restrictions (calories and portion size)

~ BEWARE ~

When you go to **food shows** or
talk to **salesmen**, or talk to
people from other states –
Arkansas in some cases has
much stricter guidelines than
other states.

RECOMMENDATION –

**Get Serious with your district's
Wellness Committee – more
Rules are coming!**

RESOURCES

- FIN-14-037 – Wellness Committee Responsibilities
 - Wellness Committee Responsibilities Documentation Form