

2016/17 Fundraising Food and Healthy Snacks



Guidelines for the administration of the USDA/CDE “Smart Snacks in School” rule—which are 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.



USDA Rules identify that such organizations shall not operate in competition with the district’s food service program and shall be closed for a period beginning 1/2 hour prior to and remain closed until 1/2 hour after each meal service. The “nutrition standards” apply to all foods sold to students:

- ⇒ Outside the school meals programs;
- ⇒ On the school campus

Applies to foods sold:

- A la carte items
- In School Stores
- At Snack Bars
- In Vending Machines
- For fundraising (i.e. bake sales)

Does not apply to foods:

- Brought from home
- Fundraisers that occur outside of school property or day
- Birthday/Classroom celebrations
- Sold in areas in which students have restricted access

To be allowable for sale, a food item first must meet one of the following general standards:

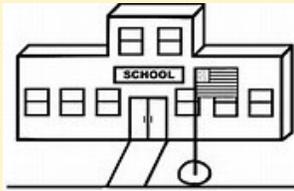
- Be a whole grain-rich grain product
- The first ingredient is either a fruit, vegetable, dairy, or protein food
- Be a combination food that contains at least 1/4 cup fruit or vegetable
- Contains 10% DV for calcium, potassium, vitamin D, or dietary fiber

AND any food (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)

Beverages—References Federal Regulation USDA Interim 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. Specific beverage stands by grade level are listed on the back of this brochure.

Exemptions: USDA/Colorado Department of Education can/will allow three exemptions per school building for the S/Y 2016/17 for infrequent, school-sponsored fundraisers. Food sold on school property that is not intended for consumption during the school day is exempt from this rule. This must be documented and pre-approved. Form attached.



Elementary School (Pre-school—5) Allowable Beverages:

Fruit and Vegetable Juice

Must be 100% Fruit 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

Middle School (Grades 6-8) 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

High School (Grades 9-12) Allowable Beverages

Fruit and Vegetable Juice

Must be 100% Fruit 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 nutritional 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)

Other flavored and/or carbonated beverages that are ≤20 ounces must contain ≤5 calories per 8 ounces or ≤10 calories per 20 ounces

Other flavored and/or carbonated beverages that are ≤12 ounces must contain ≤40 calories per 8 ounces or ≤60 calories 12 ounces

Diet soda is prohibited. Caffeinated beverages are allowed

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