

Nutritional Standards for Competitive Foods in Pennsylvania Schools

Guidelines	
ALBERT GALLATIN AREA SCHOOL DISTRICT	
Source of Competitive Food	
Ala Carte-Food/Snacks	<p>The following standards apply to <u>all</u> foods offered as ala carte.</p> <ul style="list-style-type: none"> • Portion sizes will not exceed the serving size of food served in the national School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • A selection/variety of whole grains will be available on a daily basis. * (Table 1) • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis.* • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 3 times per week.** • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. • Except for entrees, items will provide <200 calories per serving. • A minimum of 3 fruits and/or 3 vegetables will be offered daily (at least 1 of each being fresh/raw). A variety of fruits and vegetables will be offered from day to day. * <p>In addition, the majority of items offered will:</p> <ul style="list-style-type: none"> • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p> <p>In addition to fruits and vegetables, K – 5 will not offer more than 5 ala carte food items in total.</p>
Ala Carte-Beverages	<p>A minimum of 75% (100% for grades K-5) of the beverages offered will be:</p> <ul style="list-style-type: none"> • Water, unflavored (any size). • 100% fruit juice (not to exceed 12 oz). • Milk, 2%, 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar).

Guidelines	
Source of Competitive Food	None K-12
Vending – Beverages	<p>75% of all beverages offered through vending during the school day will be:</p> <ul style="list-style-type: none"> • Water, flavored or unflavored (any size). <p>The remaining 25% of beverages will include noncarbonated beverages including</p> <ul style="list-style-type: none"> • 100% fruit juice (not to exceed 12 oz.) • Milk, 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 oz. serving, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. • Sports drink, teas. <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p>
Fundraisers (non-vending)	Fundraising projects that include the sale of food or beverages will only occur off campus or after the school day ends.
Classroom Parties/Holiday Celebrations	Teachers and parents will be encouraged to provide healthy options for school parties, celebrations and events. A recommended list of items will be provided by the wellness committee for parents and teachers each school year.
Rewards	Foods of Minimal Nutritional Value will not be used as rewards. Teachers will be permitted to provide rewards for special events/accomplishments. A list of recommended food rewards will be provided for teachers.
Foods from Home	<p>Parents/ caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/ caregivers will be encouraged to provide or encourage the purchase of healthy alternatives.</p> <p>All nutrition standards will be explained to parents/ caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc.</p>

Source of Competitive Food	Guidelines
School Stores – Foods/Snacks	<p>School stores do not operate in the middle schools or elementary schools.</p> <p>The high school's Life Skills class operates a school store for the sole purpose to train students how to sell products, make change, and inventory products.</p> <p>The following standards will apply to <u>all</u> foods sold in the school store.</p> <ul style="list-style-type: none"> • Packages will be in single serving sizes. • Foods of minimal nutritional value will not be available during the school day. • Items will provide < 250 calories per serving. • At least 50% of grains offered will be whole grains. • Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses. • Contain < 10% of the calories from saturated fats. • Contain < 35% sugar by weight (excluding naturally occurring sugars and low fat yogurts. • NOT contain sugar as the first ingredient. • NOT be fried • Provide minimal to no trans fatty acid. • No beverages are to be sold in any school store. <p>Marketing, pricing, and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p>
Faculty Lounges	<p>School stores will not sell food until thirty minutes after the last meal period of the day.</p> <p>Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.</p>
Other	<p>Student Input-Students will be an active part of menu planning through regularly scheduled meetings and taste testing. New items will be available on the line for tasting.</p>

Table 1- Whole Grains

A whole grain food is one labeled with the whole grain as first ingredient. The Food and Drug Administration requires foods that bear the “whole grain health claim” to contain 51% or more whole grain ingredients by weight per reference amount and be low in fat. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain terms are: “cracked,” “crushed,” “whole,” “entire,” or “groats.” Examples of whole grain ingredients are:

Whole/ entire wheat flour	Whole grain barley (Hulled or lightly pearled)
Whole oats/ oatmeal	Wild rice
Cracked/ crushed wheat	Buckwheat
Graham flour	Wheat berries (whole wheat kernels)
Old fashioned oatmeal	Triticale
Quick cooking oats	Bulgur
Cornmeal	Millet
Whole grain corn	Quinoa
Popcorn	Sorghum
Brown rice	Spelt
Whole rye	

Generally, if the first ingredient is “fortified” or “enriched,” it is probably not a whole grain. These items are generally not whole grains:

Unbleached flour	Organic, unbleached flour
Wheat flour	Enriched flour
Semolina	Degerminated (cornmeal)
Durum wheat	Multigrain (may describe several whole grains or several refined grains)

Sources include the USDA Food Buying Guide for Child Nutrition Programs, Dietary Guidelines for Americans 2005, Whole Grains Council.

Table 2-Fried Foods

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as ‘deep fat frying.’ This definition does not include foods that are stir fired or sautéed, but does include foods that have been pre-fried, flash-fried, or deep-fat fried.

Table 3-Added Sugar

Brown sugar	Invert sugar
Corn sweetener	Lactose*
Corn syrup	Maltose*
Dextrose	Malt syrup
Fructose*	Molasses
Fruit juice concentrate	Raw sugar
Glucose*	Sucrose
High fructose corn syrup	Sugar
Honey	Syrup
*Naturally occurring. Will not show up on food ingredient list unless added. Will be included as "sugars" listed on the food label.	

Table 4-Trans Fatty Acids (Trans Fats)

Trans fats: Occurs in food when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Sources of trans fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. Trans fatty acids are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef and lamb. Federal labeling of trans fats on all food products is required by January 1, 2006.

Table 5-Formulas

% Total fat:	1. Multiply grams of total fat per serving times 9
	2. Divide by calories per serving
	3. Multiply times 100
% Saturated fat:	1. Multiply gram of saturated fat per serving times 9
	2. Divide by calories per serving
	3. Multiply times 100
% Sugar by weight:	1. Divide grams of sugar per serving by gram weight for the serving size
	2. Multiply times 100