

## **Nutrition Standards for Competitive Foods in Pennsylvania Schools for the School Nutrition Incentive**

On July 20, 2007, legislation was enacted to change the School Code for the Commonwealth of Pennsylvania to provide a supplemental state reimbursement for each breakfast and lunch served as part of the National School Lunch Program and School Breakfast Program. This applies to all schools that adopt and implement, as part of their wellness policy, the Department of Education's nutritional guidelines for food and beverages available on each school campus.

The following nutrition standards must be implemented in all identified areas, exactly as written\* in order for schools to receive the supplemental state reimbursement. At a minimum, Year One of the standards must be implemented in the 2007-2008 School Year, and, at a minimum, Year Two of the standards must be implemented on or before the 2008-2009 School Year and each school year thereafter.

\* Schools that exceed the standards will also qualify for the additional reimbursement. For example, if a school offers no ala carte or vending machine items, they are exceeding the standards in those specific areas.

Contact:

Evelyn Arnold, R.D., L.D.N.  
Pennsylvania Department of Education  
Division of Food and Nutrition  
1-800-331-0129, Ext. 2766533  
[earnold@state.pa.us](mailto:earnold@state.pa.us)

Diane Kraft, M.S., R.D., L.D.N.  
Pennsylvania Department of Education  
Division of Food and Nutrition  
1-800-331-0129, Ext. 572383  
[dkraft@state.pa.us](mailto:dkraft@state.pa.us)

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Source of Competitive Food	
<p><b>Ala Carte-Food/Snacks</b></p> <p>*Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an ala carte item.</p> <p>** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.</p>	<p>The following standards apply to <u>all</u> foods offered as ala carte.</p> <ul style="list-style-type: none"> <li>• Items will provide <math>\leq 200</math> calories per serving.</li> <li>• Items will be packaged in single serving sizes.</li> <li>• A minimum of 3 fruits and 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.*</li> <li>• 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 2 times per week. These 2 items are exempt from the total fat and saturated fat restrictions listed below.</li> <li>• At least 50% of grains offered will be whole grain.* (Table 1)</li> <li>• Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</li> </ul> <p>In addition, <u>all</u> food items will contain:</p> <ul style="list-style-type: none"> <li>• <math>\leq 35\%</math> of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).</li> <li>• <math>\leq 10\%</math> of calories from saturated fat (excluding reduced fat cheeses).</li> <li>• <math>\leq 35\%</math> sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3)</li> <li>• Minimal to no trans fatty acids. (Table 4)</li> <li>• Cookies (whole grain – 1 ounce service size) will only be sold one day per week</li> </ul> <p>K-4 will not offer more than 5 ala carte food items in total. Ala carte items will supplement the reimbursable meal (limited to 1-2 items), not replace the reimbursable meal. Ala carte items will be available after all lunches are served.</p> <p><b>Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</b></p>

<b>A La Carte Beverages</b>	<p><u>All</u> beverages will meet these criteria.</p> <ul style="list-style-type: none"> <li>• Plain water or flavored with no sugar or artificial sweeteners (any size).</li> <li>• No or low calorie beverages</li> <li>• 100% fruit juice</li> <li>• Light juices and sports drinks with no more than 66 calories / 8 ounces</li> <li>• Low fat and non-fat regular and flavored milk with up to 150 calories/ 8 ounces</li> </ul>
<b>Vending Food/Snacks</b>	<p>Vending will not be available for students in grades K – 12</p>
<b>Vending Beverages</b>	<p><b>Vending will not be available for students in elementary (K-4)</b></p> <p>All beverages offered through middle school vending will meet these criteria:</p> <ul style="list-style-type: none"> <li>• Plain water or flavored with no sugar or artificial sweeteners (Table 6) (any size).</li> <li>• 100% fruit juice with no added sweeteners and up to 120 calories (10 ounces)</li> <li>• Milk: Low fat and non-fat regular and flavored milk with up to 150 calories/ 8 ounces.</li> </ul> <p>All beverages offered through high school vending will be:</p> <ul style="list-style-type: none"> <li>• Bottled water</li> <li>• No or low calorie beverages with up to 10 calories/8 ounces</li> <li>• Up to 12 ounces servings of milk, 100% juice, light juice and sports drinks</li> <li>• Low fat and non-fat regular and flavored milk with up to 150 calories/ 8 ounces</li> <li>• 100% fruit and/or vegetable juice with no added sweeteners and up to 120 calories / 8 ounces</li> <li>• Light juices and sports drinks with no more than 66 calories / 8 ounces</li> <li>• At least 50% of beverages must be water and no or low calorie options</li> </ul> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p>

**Fundraisers  
(non-vending)**

All food items sold as fundraisers on school property and available for sale during the school day must meet the guidelines below and will be approved by the principal of the school. Any fundraising group will receive a list of fundraising foods that meet these guidelines prior to the commencement of the fundraiser. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines.

- Items will provide  $\leq 200$  calories per serving.
- Items will be packaged in single serving sizes.
- **Whole** grains offered will be whole grain.\* (Table 1)
- $\leq 35\%$  of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
- $\leq 10\%$  of calories from saturated fat (excluding reduced fat cheeses).
- $\leq 35\%$  sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3)
- Minimal to no trans fatty acids. (Table 4)
- Cookies (whole grain – 1 ounce service size) will only be sold one day per week

**Food items so as fundraisers will be available no earlier than 30 minutes after the last meal period of the day.**

*A maximum of five (5) exempt fundraisers for the Elementary and Middle Schools  
A maximum of ten (10) exempt fundraisers for the High School  
each fundraiser may not exceed one week*

District Faculty will receive in-service on alternative fundraising.

**Classroom Parties/Holiday  
Celebrations**

If a classroom teacher chooses to have a classroom party that includes food, then the teacher is responsible for monitoring choices and portion sizes. Healthy alternatives and proper portion sizes should be encouraged. Soda is not permitted. Guidelines for food and snacks is located under Ala carte – Food and Snacks

Limit to three parties per classroom per school year. (This includes Holidays and Birthday parties.)

Store purchased products only with ingredient label are considered; encourage healthy choices.

<b>Rewards Events</b>	Classroom teachers are required to follow district policy if they choose to include food as a reward. Limit to four reward events per school year.
<b>Foods from Home</b>	<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 a healthy alternative. Nutrition education outreach may include newsletters, open houses, back to school nights, PTO meetings.</p> <p>All nutrition standards will be available to parents/caregivers, upon request.</p>
<b>School Stores- Foods/Snacks</b>	<p>The following standards apply to <u>all</u> foods sold in school stores.</p> <ul style="list-style-type: none"> <li>• Items will provide ≤ 200 calories per serving.</li> <li>• Items will be packaged in single serving sizes.</li> <li>• At least 50% of grains offered will be whole grain.* (Table 1)</li> <li>• ≤ 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).</li> <li>• ≤ 10% of calories from saturated fat (excluding reduced fat cheeses).</li> <li>• ≤ 35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3)</li> <li>• Minimal to no trans fatty acids. (Table 4)</li> <li>• Cookies (whole grain – 1 ounce service size) will only be sold one day per week</li> </ul> <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>School stores will not sell food until 30 minutes after the last meal period of the day.</p> <p><b>Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight..</b></p>

<b>School Stores-Beverages</b>	<p><u>All</u> beverages will meet these criteria.</p> <ul style="list-style-type: none"> <li>• Plain water or flavored with no sugar or artificial sweeteners (Table 6) (any size).</li> </ul>
<b>Faculty Lounges</b>	<p>Faculty is encouraged to set the example in the classroom. 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>
<b>Other</b>	<p>Special Dietary Options: Students should contact the head cook for options.</p> <p>Student Input-</p> <ul style="list-style-type: none"> <li>• The café manager shall conduct focus groups and/or surveys yearly on student preferences.</li> </ul>

## 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 <u>not</u> 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.

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## 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 fried 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 grams 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

**Table 6**

**A-Artificial Sweeteners**

Aspartame (brand names: Nutrasweet, Equal)	Acesulfame-K or Acesulfame potassium or ACK (brand names: Sunett and Sweet One)
Neotame	Saccharin (brand names: Sweet’N Low, Sweet Twin, and Necta Sweet, Sugar Twin)
Sucralose (brand name: Splenda)	

**B-Sugar Alcohols (Polyols) and Other Sugar Substitutes**

Erythritol*	Hydrogenated Starch Hydrolysates (HSH)* (polyglycitol, polyglucitol)
Isomalt*	Lactitol*
Maltitol*	Maltitol Syrup*
Mannitol*	Sorbitol*
Sugar Alcohol	Xylitol*
D-tagatose (novel sugar)	Trehalose (novel sugar)

\*May also be listed on label as “sugar alcohol”

Note:

The Institute of Medicine (Nutrition Standards for Foods in Schools, 2007) classifies the artificial sweeteners above (aspartame, sucralose, acesulfame K, neotame, saccharin) and sugar alcohols as “Non Nutritive Sweeteners”.

The American Dietetics Association (Position of the American Dietetic Association: Use of Nutritive and Non Nutritive Sweeteners, 2004) classifies sugar alcohols as nutritive sweeteners that supply an average of 2 calories per gram because they are incompletely absorbed. However, foods containing sugar alcohols can be labeled as “sugar free” because they replace sugar sweeteners.

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