



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

FEBRUARY, 2013

Competitive Foods Proposed Ruling *New Guidelines for Vending Machines, A la carte, And School Stores*

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in school beyond the federally-supported school meals programs. Competitive foods is defined as “all food and beverages sold to students on the school campus during the school day”. The newly proposed rule targets food sold through a la carte lines, vending machines and school stores. There are also new restrictions for school fundraisers during the school day.



The purpose of the proposed changes are to improve the health and well-being of the Nation’s children, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

Highlights of USDA’s proposed rule include:

School officials will have one full school year to prepare for the upcoming changes after the final rule is published.

- Provide healthy snack foods with fruit, vegetable, dairy, protein or whole grain-rich foods as the main ingredient.
- Ensuring snack food items offered are consistent with the Dietary Guidelines for Americans by meeting guidelines for calories, fat, sugar, and sodium.
- Limiting beverages sold during meal service periods to water, fat free and low-fat milk and 100% juice in specified quantities for elementary, middle school and high school age students.
- Any accompaniments to food items such as salad dressing and ketchup must be pre-portioned and offered only when food is sold. The accompaniments must also be included in the nutrient profile as part of the item served and meet all proposed standards.
- Standards affect foods sold on school campus during the school day. Foods sold at afterschool sporting events or other activities will not be subject to the new requirements.

The standards will not go into effect until at least one full school year after public comment is considered and an implementing rule is published to ensure schools and vendors have adequate time to adapt. The text of the proposed rule is available at

<http://www.fns.usda.gov/cga/020113-snacks.pdf>. USDA will accept public comment through www.regulations.gov until April 9, 2013.

The Wellness & Nutrition Team at Opaal! will continue to review the details of the newly proposed competitive food regulations and provide feedback through the public comment process.

