

Skidmore-Tynan Wellness Policy

FFA (Regulation)

<p>New USDA Rules</p>	<ul style="list-style-type: none"> • Local FFA Regulations are in effect except where New USDA rules are more restrictive.
<p>Competitive Foods Are all food and beverage sold or made available during the regular and extended school day (FFA Regulation)</p>	<ul style="list-style-type: none"> • All food sold or made available to students during the school day must meet Smart Snack and Beverage rules to include: • Vending machines, school stores, fund raisers during the school day • Food Uses as rewards and incentives • Food uses for instructional purposes except for food labs and cultural events • Elementary – no completeive food during regular and extended school day • Middle School – no competitive food until 30 minutes after last lunch period • High school – no sales during meals except by DECA stores
<p>Where and When (USDA Smart Snacks Rules)</p>	<ul style="list-style-type: none"> • All school property where students have access • School Day – midnight before to 30 minutes after the end of the school day

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<p>Fund Raisers (USDA Smart Snacks Rules and STISD Wellness Policy FFA)</p>	<p>Only Smart Snack compliant food items may be sold in school from midnight to 30 minutes after the end of the school day Food sales cannot occur at the same time as the school meal programs</p> <p><u>Elementary</u> Smart Snacks may be sold only after school when there is not a School Meals Program in operation</p> <p><u>Middle School</u> Smart Snacks may be sold 30 minutes after the end of the last lunch period</p> <p><u>High School</u> Smart Snacks may not be sold during meal service periods</p>
<p>Concessions Outside school (FFA Regulations)</p>	<p>The sale of plain water and Smart Snacks & Beverages are encouraged along with other items</p>

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Classroom Celebrations And Exemption Days (FFA Regulation)	<ul style="list-style-type: none">• All foods made available in school must meet the USDA Smart Snack And Beverage Rules• No Exemption for Birthday Parties• No Exemption Days
Food Given to Students (FFA Regulation)	<ul style="list-style-type: none">• Food cannot be given as a reward or withheld as punishment except as stated in 504, IEP plan• Elementary Students may be given one snack per day that meet Smart Snack Rules• On Testing days students of any grade may be given one snack per day that meets Smart Snack Rules
Food Safety & Security (FFA Regulation)	<ul style="list-style-type: none">• Ice Machines restricted to authorized personnel• Allowed Food from outside in individual packaging

USDA Nutrition Standards

General Standards	Must meet one of the following requirements
OR	<ul style="list-style-type: none">• Whole Grain Rich
OR	<ul style="list-style-type: none">• First Ingredient meat, beans, poultry, fruit, Vegetable, etc.
OR	<ul style="list-style-type: none">• Combination food with at least ¼ cup fruit &/or vegetable
OR	<ul style="list-style-type: none">• 10% Daily Value of one nutrient of public health concern• Calcium, potassium, vitamin D, dietary fiber• (Effective until June 30, 2016)

USDA Nutrition Standards

Nutrient Standards	
Total Fat	<ul style="list-style-type: none"> • 35% or less as packaged/served
Saturated Fat	<ul style="list-style-type: none"> • 10% or less per portion packaged/served
Trans Fat	<ul style="list-style-type: none"> • Zero grams (less than 0.5g) per portion
Sodium	<ul style="list-style-type: none"> • Entrée- NSPL/SBP 450mg Sodium or less • Snack & Sides- 230mg or less (to June 30, 2016) 200mg or less (effective July 1, 2016)
Calories	<ul style="list-style-type: none"> • Entrée- NSLP: 350 calories or less • Snack/Sides: 200 or less
Total Sugar	<ul style="list-style-type: none"> • 35% or less, Exceptions: dried fruit without sugar
Fruit & Vegetable Exemptions	<ul style="list-style-type: none"> • Fresh, frozen, canned in 100% juice, light or extra light syrup • Fresh, frozen, canned vegetables with only water added • Canned vegetables with only small amount of sugar
Condiments	<ul style="list-style-type: none"> • Must be included with nutrient analysis

S-TISD Nutrition Standards

Beverages	Elementary and Middle Schools meet the Healthier US School Criteria (FFA Regulation)
Milk	<ul style="list-style-type: none">• Only low-fat (1% or less) or fat-free• Fat-free flavored milk meeting sugar standard• 8 oz. maximum serving all grade levels
Juice	<ul style="list-style-type: none">• 100% fruit and/or vegetable juice-No sweetener or non-nutritive sweetener added• Portion size- 6fl. Oz. Elementary and Middle Schools
Water	<ul style="list-style-type: none">• Non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners• No limit on portion size of plain water
Caffeine	No beverages with caffeine

S-TISD Nutrition Standards

Beverages	High School
Milk	<ul style="list-style-type: none"> ● Only low-fat (1% or less) or fat-free ● Fat-free flavored milk meeting sugar standard ● 12 oz. maximum serving
Juice	<ul style="list-style-type: none"> ● 100% fruit and/or vegetable juice, 12 fl. oz. ● 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners, 12 fl. oz.
Water	<ul style="list-style-type: none"> ● Plain water or plain carbonated water, No limit on portion size
Other Beverages	<ul style="list-style-type: none"> ● Other flavored beverages (20 fl. oz. max.) that are labeled to contain 5 calories or less per 8 fl. oz. or 10 calories or less per 20 fl. oz. ● Other flavored beverages (12 fl. oz. or less) that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.

Records, Compliance & Resources

Record Keeping	<ul style="list-style-type: none">• Local Education Authority and School Food Authority are required to keep records• Receipts, nutrition labels, product specifications for all competitive foods need to be kept on file for 5 years• Schools need to designate a person to keep records
Monitoring & Compliance	<ul style="list-style-type: none">• Monitoring and compliance will be by the state agency• Department of Education has informed school districts
Smart Snacks Calculator	<ul style="list-style-type: none">• Determine if your product meets the USDA Smart Snacks in School nutrition standards: https://www.healthiergeneration.org/takeaction/schools/snacksandbeverages/smartsnacks/allianceproductcalculator/
Approved Smart Snacks	<ul style="list-style-type: none">• A list of foods that meet the national nutrition standards: https://www.healthiergeneration.org/livehealthier/eathealthier/allianceproductnavigator/