

Nutrition Standards for Competitive Foods in Pennsylvania Schools

Source of Competitive Food	Year Two Implemented by 2008-2009 School Year	Best Practice Optional (not required for School Nutrition Incentive Reimbursement)
Fundraisers (non-vending)	<p>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 reviewed 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.</p> <ul style="list-style-type: none"> • Items will provide < 250 calories per serving. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses) • Saturated fat will be < 10% of the total calories. • Sugar content will be < 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3) • Items will contain minimal to no trans fatty acid. (Table 4) <p>Food items will be available no earlier than 30 minutes after the last meal period of the day.</p> <p>Alternate revenue generating sources will be developed. Following are resources: www.kidseatwell.org/flyers/twentywaystoraiseffunds.pdf; http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_Color.PDF.</p> <p>Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p>	<p>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 reviewed 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.</p> <ul style="list-style-type: none"> • Items will provide < 250 calories per serving. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses) • Saturated fat will be < 10% of the total calories. • Sugar content will be < 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3) • Items will contain minimal to no trans fatty acid. (Table 4) <p>Food items will be available no earlier than 30 minutes after the last meal period of the day.</p> <p>Alternate revenue generating sources will be developed. Following are resources: www.kidseatwell.org/flyers/twentywaystoraiseffunds.pdf</p>

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<p>Fundraisers (non-vending) continued</p>		<p>ds.pdf; http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_Color.PDF.</p> <p>***Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by <u>limiting</u> foods high in added sugar, fat, sodium or trans fat content.</p> <p>For additional information regarding foods available for sale outside of the school day, reference Local Wellness Policy Frequently Asked Questions, page 3, which is available at http://www.pde.state.pa.us/food_nutrition/lib/food_nutrition/local_wellness_policy_q_and_as_final_12_26_06.pdf.</p> <p>Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p>
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<p>Classroom Parties/ Holiday Celebrations</p>	<p>Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables. • Water, 100% fruit juice or milk. <p>In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that:</p> <ul style="list-style-type: none"> • Are moderate in sodium content. • Provide minimal to no trans fatty acids. • Provide items that contain > 2 grams of fiber/serving. • Offer fresh fruits and vegetables. • Offer water, 100% fruit juice or milk as the beverage choices. • Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220). <p>Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.</p>	<p>Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables. • Water, 100% fruit juice or milk. <p>In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that:</p> <ul style="list-style-type: none"> • Are moderate in sodium content. • Provide minimal to no trans fatty acids. • Provide items that contain > 2 grams of fiber/serving. • Offer fresh fruits and vegetables. • Offer water, 100% fruit juice or milk as the beverage choices. • Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220). <p>Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.</p>

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Rewards	<p>Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.).</p> <p>Alternate ideas can be found at: www.cspinet.org/nutritionpolicy/constructive_rewards.pdf http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf</p>	<p>Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.).</p> <p>Alternate ideas can be found at: www.cspinet.org/nutritionpolicy/constructive_rewards.pdf http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf</p>
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 a healthy alternative.</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>	<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.</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>