



USDA Meal Pattern



AGENDA

Virtual Training
Webinars
with
PowerPoint
Presentations




AGENDA

General Information	Robbie Scott , Education Specialist ALSDE, Child Nutrition Program
CNP Directory, Organizational Chart, Food & Nutrition Resource List, Technical Assistance Request Form, Job Tasks Timeline Calendar, Free & Reduced Application Information, Accessing Materials	
SDE Accounting Functions	LaKecia Love , Education Specialist ALSDE, Food Distribution
Setting Meal Prices, PLE, Reimbursement Rates, Severe Need, Safety Net, Cost Centers	
Meal Accountability	Devin Williamson , Nutritionist ALSDE, Child Nutrition Program
Counting & Claiming, POS Systems, School Review Forms - Breakfast, Lunch, Snack	
Meal Pattern	Chad Langston , Senior Nutritionist ALSDE, Child Nutrition Program
Reimbursable Meals/Afterschool Snacks/Fundraisers/Smart Snacks	
Food Production	Sharon Allison , Education Specialist ALSDE, Child Nutrition Program
Food Buying Guide, CN Labels, Standardized Recipes, Menu Planner	
Production Records/Record Keeping	Devin Williamson , Nutritionist ALSDE, Child Nutrition Program
	LaKecia Love , Education Specialist ALSDE, Child Nutrition Program
HACCP	Robbie Scott , Education Specialist ALSDE, Child Nutrition Program
	LaKecia Love , Education Specialist ALSDE, Child Nutrition Program
Memos, Civil Rights, Bid Laws	Chad Langston , Senior Nutritionist ALSDE, Child Nutrition Program
	Sharon Allison , Education Specialist ALSDE, Child Nutrition Program
Professional Standards	Julie Autrey , Education Specialist ALSDE, Child Nutrition Program
Training Requirements, CNP Director Qualifications	
CNP Online Application	Julie Autrey , Education Specialist ALSDE, Child Nutrition Program
Schedule A Revisions, Updating Information, Annual Agreement	
User Accounts, Site Data, Plate Cost, Openings and Closings	Kim Ruggles , Education Specialist ALSDE, CACFP Section
	Debbie Harris , Auditor ALSDE, Child Nutrition Program
Wellness	Joel Evans , Auditor ALSDE, Child Nutrition Program
	Brantley Tucker Surplus Commodity Administrator ALSDE, Child Nutrition Program
Human Resources	June Barrett , Program Coordinator ALSDE, Child Nutrition Program
Summer Programs	
Financial Management	
Procurement	
Food Distribution/Statewide Procurement	
Equipment Review	

Click on the link below to access the recorded training:

<https://alsde.webex.com/alsde/lsr.php?RCID=6b56a827fb254bacb3767557f10b33e4>

Healthy Hunger Free Kids Act 2010 (HHFKA)



Changes to the School Breakfast Program (SBP) and National School Lunch Program (NSLP) were to address obesity and nutrition issues

School Breakfast Program



School Breakfast Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met			
Vegetables May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)			
Fruits -Daily / Weekly minimum	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Daily / Weekly minimum -All whole grain rich	7 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium* Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving



Meal Components

- Fruits
- Grains/Meat-Meat Alternatives
- Fluid Milk





Serving Options

Offer vs Serve (OVS)

- *Optional for all grade levels*
- Must offer 4 items from the 3 required components

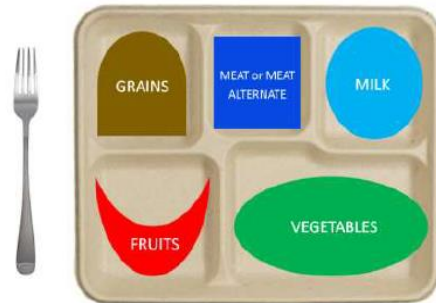
Serve

- *Optional for all grade levels*
- Must serve 4 items from the 3 required components
 - May serve additional components if desired

OVS(Offer vs Serve): What Must Be Taken

- Students must choose three **items** and one must be a:
 - ½ cup of fruit OR
 - ½ cup of vegetable

BREAKFAST
Offer Versus Serve



Milk
Fruit or Vegetable
Grain
Grain or Meat/Meat Alternate

- Choose at least three (3) of the items offered.
- Must choose at least ½ cup fruit or vegetable.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Fruits

- A daily serving must be offered at breakfast
 - At breakfast only, vegetables may be offered in place of fruits
 - If serving a starchy vegetable, you must serve 2 cups/week from the dark green, red/orange, beans and peas, or other vegetable subgroups





Fruits (cont.)

- Fruit requirement of 1 cup for all age groups
- Minimum of 1/8 cup serving can count towards the 1 cup
- No more than half of fruit may be 100% fruit juice
- Pureed fruit served in smoothie must credit as juice



Grains

- Offer the daily and weekly serving minimums of grains at breakfast
- Must offer 1 ounce grain equivalent before a meat/meat alternate can be offered
- Schools may credit meat/meat alternate as grains once daily grains minimum is met



Grains (cont.)

- 50% of grains must be whole grain rich
- RTE cereals must be fortified
- No maximum servings of grains
- No separate meat/meat alternative component



Is the product whole grain rich?

- Grain content is $\geq 50\%$ whole grain by weight
- Contains ≥ 8 grams of whole grain per oz equivalent serving
- Product has the FDA whole grain health claim “Diets rich in whole grain foods and other plant foods are low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers”



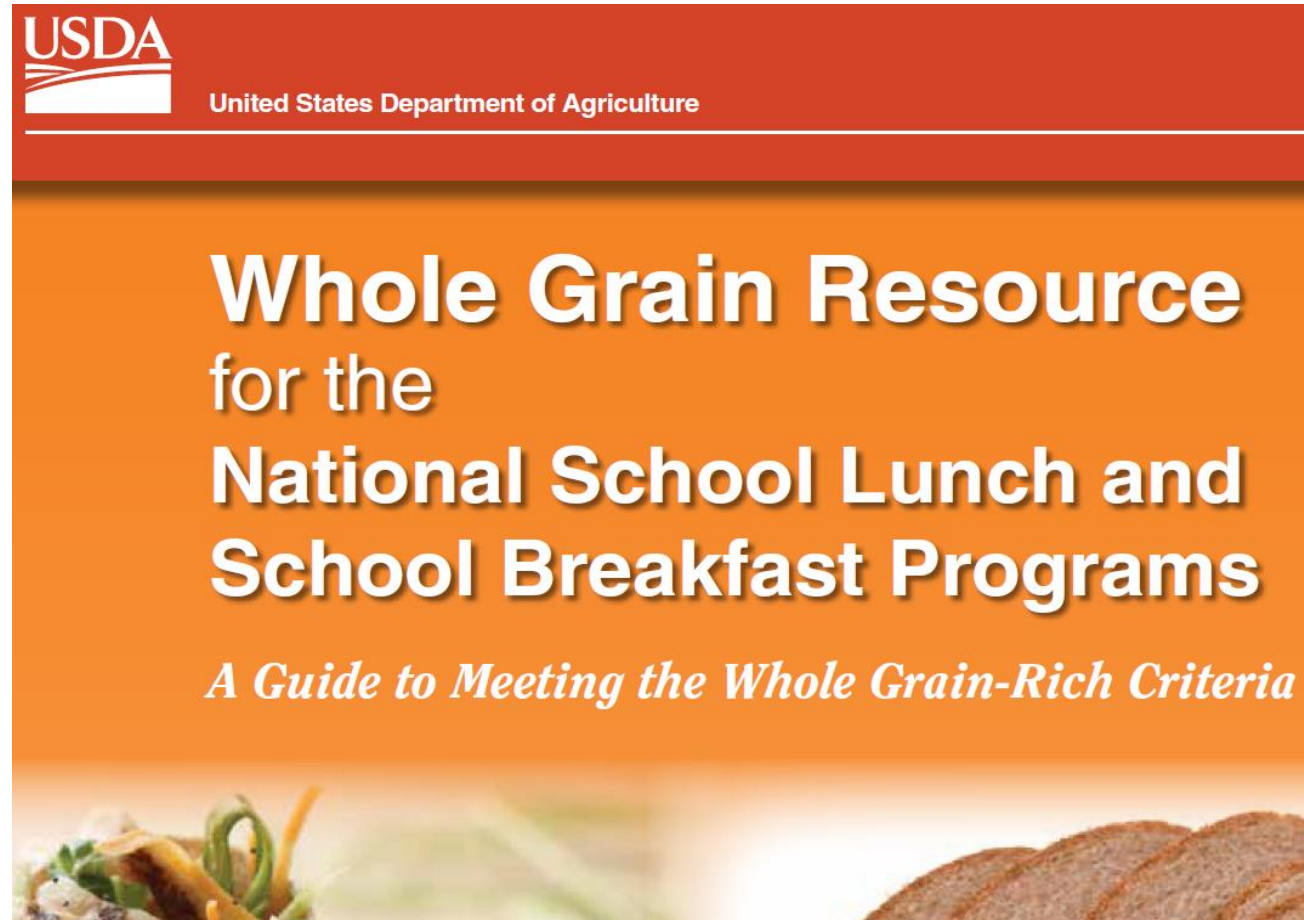
Grains Creditability & Whole Grain Rich Determination Is Made Based on Following Criteria

- CN(Child Nutrition) Label
 - Best/easiest confirmation method
- MPFS (Manufacturer Product Formulation Statement)
- Food Buying Guide
 - Ingredient/Nutrition Fact Label





Crediting Grains



<https://fns-prod.azureedge.net/sites/default/files/WholeGrainResource.pdf>



Fluid Milk

- Allowable milk options include:
 - fat-free (unflavored or flavored)
 - low-fat (unflavored or **flavored**)
 - fat-free or low-fat (lactose-reduced or lactose free)
- Must offer at least two choices
 - One choice must be unflavored milk
- Students may decline milk component under OVS

Fluid Milk

- Milk substitutes must provide the same nutritional content as cow's milk (e.g., soy beverages)



Milk Substitute Nutrition Standards

Nutrient	Per Cup
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1.1 mcg



Dietary Specifications

- Weekly average requirements
 - Calories
 - Sodium
 - Saturated fat
- Daily requirements
 - Trans fat

the
School Day
just got
Healthier



National School Lunch Program

National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates -Daily / Weekly minimum	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
Vegetables (total) -Daily / Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
Fruits -Daily / Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Daily / Weekly minimum -All whole grain rich	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium* -Weekly average	≤1230 mg	≤1360 mg	≤1420 mg
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving



Meal Components

- Meat-Meat Alternates
- Grains
- Fruits
- Vegetables
- Fluid milk



Serving Options

OVS

- *Mandatory for grades 9-12*
- Must offer all 5 components

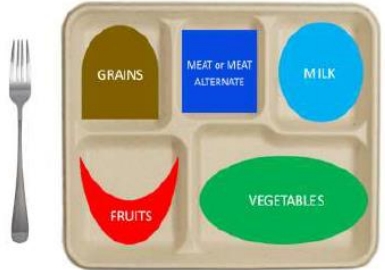
Serve

- *Optional for grades K-8*
- Must serve all 5 components

OVS for NSLP: What Must Be Taken

- Students must choose at least three **components** and one must be a:
 - ½ cup of fruit OR
 - ½ cup of vegetable

LUNCH
Offer Versus Serve



Milk
Fruit
Vegetable
Grain
Meat or Meat Alternate

- Choose at least three (3) of the components offered.
- Must choose at least ½ cup fruit or vegetable.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 696-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



Meat/Meat Alternate

- Separate component at lunch

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	<i>Amount of Food Per Week (Minimum Per Day)</i>		
Meat or Meat Alternates (oz)	8(1)	9(1)	10(2)

Meat/Meat Alternate

Sources

- beef, poultry, fish
- Eggs and cheese
- Nuts or seeds may be used to meet one-half of the component and must be paired with another M/MA to meet the full requirement.
- Two tablespoons of nut and/or seed butters equals one ounce of requirement.
- $\frac{1}{4}$ cup of drained beans/peas/legumes equals one ounce of requirement.
- Both tofu and soy yogurt will be allowable as meat alternates.





Meat/Meat Alternate

Soy & Tofu

- 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate.
- 1/2 cup (4.0 fluid ounces) of soy yogurt is creditable as 1.0 ounce equivalent meat alternate.



Substitutions

Points to Remember

- When substituting, replace items that:
 - Are breaded similarly (e.g. chicken nuggets with a chicken patty).
 - Credit similarly (e.g. roasted chicken that credits 2 oz. with grilled chicken patty that credits 2 oz.).
 - Are nutritionally similar (e.g. sausage links with sausage patties).

Fruits & Vegetables





Fruits

- Fruit choices:
 - Fresh/cut (preferred)
 - Frozen without added sugar
 - Canned in juice/light syrup
 - Dried (1/4 cup of dried fruit = 1/2 cup fruit)
- No more than half of fruit offerings may be juice.
 - 100% juice only.
- Utilize the Food Buying Guide for whole fruit crediting.



Fruits

Lunch Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
<i>Meal Pattern</i>	<i>Amount of Food Per Week (Minimum Per Day)</i>		
Fruits (cups)	2.5 (1/2)	2.5 (1/2)	5 (1)

Vegetables

- Weekly minimums of **all** vegetable subgroups are required.

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
<i>Meal Pattern</i>	<i>Amount of Food Per Week (Minimum Per Day)</i>		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans and peas (legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

Vegetables - Dark Green

Dark Green

- ◆ Bok Choy
- ◆ Broccoli
- ◆ Chard
- ◆ Collard Greens
- ◆ Dark Green Leaf Lettuce
- ◆ Kale
- ◆ Mesclun
- ◆ Mustard Greens
- ◆ Romaine Lettuce
- ◆ Spinach
- ◆ Turnip Greens
- ◆ Watercress

Breakfast

Not required

Lunch

Grades K–5: 1/2 cup/week
Grades 6–8: 1/2 cup/week
Grades 9–12: 1/2 cup/week
Larger amounts may be served



Vegetables - Dark Green

- Crediting Leafy Greens
 - Raw leafy green vegetables count as $\frac{1}{2}$ of the measured amount.
 - 1 cup of raw leafy greens counts as $\frac{1}{2}$ cup vegetable.
 - $\frac{1}{2}$ cup cooked greens counts as $\frac{1}{2}$ cup vegetable.





Vegetables – Red & Orange

Red / Orange

- ◆ Acorn Squash
- ◆ Butternut Squash
- ◆ Carrots
- ◆ Hubbard Squash
- ◆ Pumpkin

- ◆ Red Peppers
- ◆ Sweet Potatoes
- ◆ Tomatoes
- ◆ Tomato Juice

Breakfast

Not required

Lunch

Grades K–5: $\frac{3}{4}$ cup/week

Grades 6–8: $\frac{3}{4}$ cup/week

Grades 9–12: $1\frac{1}{4}$ cups/week

Larger amounts may be served

Vegetables – Beans and Peas

Legumes

- ◆ Black Beans
- ◆ Black-eyed Peas (mature)
- ◆ Edamame
- ◆ Garbanzo Beans (chickpeas)
- ◆ Kidney Beans
- ◆ Lentils
- ◆ Navy Beans
- ◆ Pinto Beans
- ◆ Soy Beans
- ◆ Split Peas
- ◆ White Beans

Breakfast

Not required

Lunch

Grades K–5: 1/2 cup/week

Grades 6–8: 1/2 cup/week

Grades 9–12: 1/2 cup/week

Larger amounts may be served



Vegetables – Starchy

Starchy

- ◆ Cassava
- ◆ Corn
- ◆ Black-eyed peas (not dry)
- ◆ Green Bananas
- ◆ Green Peas
- ◆ Green Lima Beans
- ◆ Jicama
- ◆ Plantains
- ◆ Potatoes
- ◆ Taro
- ◆ Water Chestnuts

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ½ cup/week

Larger amounts may be served

Vegetables – Other

Other

- ◆ Artichokes
- ◆ Asparagus
- ◆ Avocado
- ◆ Bean Sprouts
- ◆ Beets
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Cauliflower
- ◆ Celery
- ◆ Cucumbers
- ◆ Eggplant
- ◆ Green Beans
- ◆ Green Bell Peppers
- ◆ Iceberg (Head) Lettuce
- ◆ Mushrooms
- ◆ Okra
- ◆ Onions
- ◆ Parsnips
- ◆ Turnips
- ◆ Wax Beans
- ◆ Zucchini

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week
Grades 6–8: ½ cup/week
Grades 9–12: ¾ cup/week

Larger amounts may be served

This sub group may be met with items from the dark green, red-orange or beans/peas sub groups



Additional Vegetables

	Total Weekly Vegetable Requirement	Minimum Weekly Subgroup Requirements	Additional Vegetables to Reach Total
Grades K-5	3 $\frac{3}{4}$ cups	2 $\frac{3}{4}$ cups	1 cup
Grades 6-8	3 $\frac{3}{4}$ cups	2 $\frac{3}{4}$ cups	1 cup
Grades 9-12	5 cups	3 $\frac{1}{2}$ cups	1 $\frac{1}{2}$ cups

- Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.



Fruits and Vegetables

- Serving Sizes
 - What needs to be provided?
 - $\frac{1}{8}$ cup?
 - $\frac{1}{4}$ cup?
 - $\frac{1}{2}$ cup?
 - More?
 - Any of the above can work if you have enough of each option.
 - $\frac{1}{8}$ cup is the minimum creditable amount!
 - You must serve enough vegetables to meet the full $\frac{3}{4}$ cup or 1 cup offering.





Fruits and Vegetables

- Salad Bars/Garden Bars
 - Excellent way to offer a variety of fruits/vegetables
 - Must be monitored
 - Must be before the POS or have State approval



Fruits and Vegetables

- Multiple Serving Lines
 - Each serving line must offer all the vegetable subgroups weekly.
 - Vegetable subgroups can be offered multiple times each week in various serving sizes (1/8 cup minimum), however:
 - The minimum weekly serving sizes must be met AND
 - The full daily minimum must be offered, based on grade grouping.
 - There are no maximums on fruit and vegetable subgroups, as long as the calories are not exceeded.



Grains

- No association with meat/meat alternate at lunch

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
<i>Meal Pattern</i>	<i>Amount of Food per Week (Minimum Per Day)</i>		
Grains (oz eq)	8(1)	8(1)	10(2)



Fluid Milk

- Same as breakfast pattern

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
<i>Meal Pattern</i>	<i>Amount of Food per Week (Minimum Per Day)</i>		
Fluid milk(cups)	5(1)	5(1)	5(1)

Afterschool Snack

Program





Meal Components

- Fluid milk
 - Fat-free(unflavored or flavored) or low-fat(unflavored)
- Meat/meat alternate
- Fruit/Vegetable/100% juice
- Whole grain or enriched bread/cereal

Must serve at least 2 of the 4 components



Meal Pattern

- <https://www.fns.usda.gov/school-meals/afterschool-snacks>
- https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Chart2_FBG.pdf

Chart 2: National School Lunch Program Meal Pattern for Afterschool Snacks Service

Select two of the four components for a reimbursable meal

Meal Components ¹		Children Ages 1 - 2	Children Ages 3 - 4	Children Ages 6 - 12 ¹
Milk	Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit ²	Juice ² , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads ^{3,4} (Select one)	Bread	1/2 slice	1/2 slice	1 slice
	Combread/biscuit/roll/muffin	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ⁴	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/4 cup	1/2 cup
Meats/Meat Alternates ^{5,6,7} (Select one)	Meat/poultry/fish ⁵	1/2 oz	1/2 oz	1 oz
	Alternate protein products ⁶	1/2 oz	1/2 oz	1 oz
	Cheese	1/2 oz	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁷	1/2 oz ⁷	1/2 oz ⁷	1 oz
Yogurt ⁸	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)	

- ¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.
- ² Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
- ³ Grains/Breads must be whole grain or enriched, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.
- ⁴ Either volume (cup) or weight (oz), whichever is less.
- ⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.
- ⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.
- ⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
- ⁸ Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.

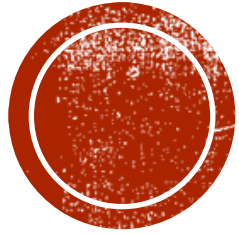


QUESTIONS?



<ps://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

SMART SNACKS AND FUND RAISING IN SCHOOLS



HEALTHY HUNGER FREE KIDS ACT OF 2010

- Law made significant changes to reimbursable meals served in schools
- Number of changes rolled out over last 9 years
- Smart Snack changes enacted 2014

Sections 203 and 208 of Public Law 111-296, HHFKA 2010



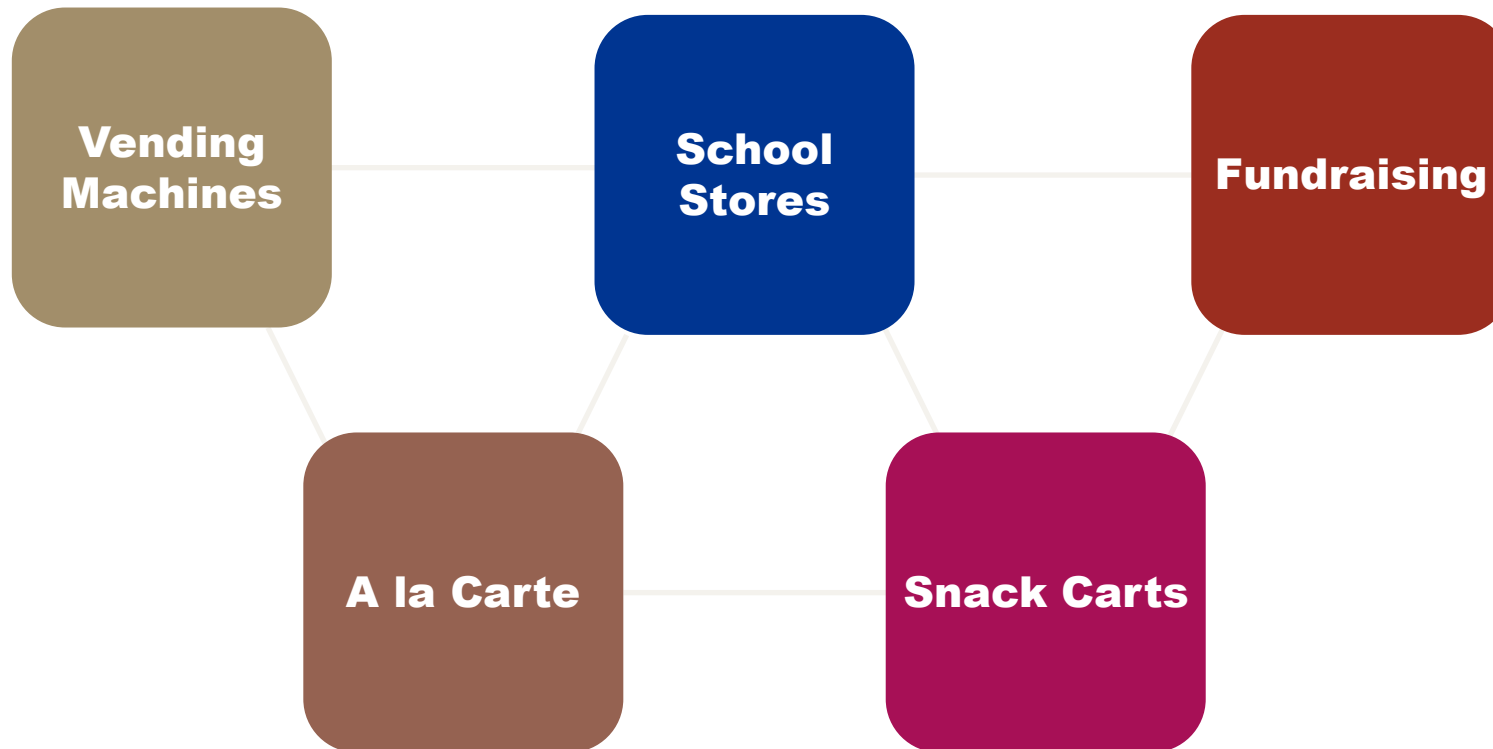
NUTRITION GUIDELINES FOR FOOD & BEVERAGES SOLD IN SCHOOLS

Food & beverage sold to students on campus during school day should meet regulations for:

- Reimbursable School Meal standards
- Smart Snacks in schools



SMART SNACKS IN SCHOOL NUTRITION STANDARDS



ALABAMA STATE BOARD OF EDUCATION UPDATED ALABAMA HEALTHY SNACK STANDARDS TO . . .

ALABAMA'S IMPLEMENTATION OF USDA SMART SNACKS IN SCHOOL AND EXEMPT FUNDRAISERS



2014 TASK FORCE MADE RECOMMENDATIONS FOR UPDATES:

Task Force members were chosen by the Superintendent of Education and included:

- **School Superintendents**
- **School Principals**
- **School Child Nutrition Directors**
- **ALSDE Nurse Administrator**
- **Representative - CLAS**
- **ADPH-Nutrition & Physical Activity Director**
- **Representative – Alliance for a Healthier Generation**



Help make the healthy choice
the easy choice for kids at school

A Guide to Smart Snacks in School

For School Year 2018–2019



SMART SNACKS IN SCHOOL STANDARDS ADDRESS:

- Definition of School Day
- Foods of Minimal Nutritional Value
- Competitive Foods
- Fundraisers



SCHOOL DAY

- **Midnight before school day starts to 30 minutes after the end of the official school day**
- **Rules DO NOT APPLY to any food sold during non –school day, on weekends, off campus**



FOOD OF MINIMAL NUTRITIONAL VALUE

- Food that fits into specific categories defined in the Competitive Food Services regulation, in 7 CFR Parts 210.11 and 220.12, along with Appendix B to Parts 210 and 220
- Foods that do not meet Smart Snack Standards



COMPETITIVE FOODS

- Any foods sold or provided outside of CNP is not allowed:
 - one hour before AND/OR
 - one hour after reimbursable school meals are served



GENERAL STANDARDS FOR COMPETITIVE FOODS

Whole Grain

**Fruit,
Vegetable,
Protein or
Dairy**

**Combination
Food**
(at least $\frac{1}{4}$ c. fruit
or vegetable)

MEETS ALL NUTRIENT STANDARDS



TO MEET SMART SNACK STANDARDS, ALL COMPETITIVE FOODS SOLD IN SCHOOLS MUST HAVE:

- Calorie limits: ≤ 200 calories
- Sodium Limits: ≤ 200 mg
- Fat Limits: Total fat $\leq 35\%$ of calories
Saturated fat $< 10\%$ of calories
Trans fat – 0 grams



Water

- Smart Snack Standards
 - There is no portion limit for plain, unflavored, water for any age/grade group



Flavored Water

- Smart Snack Standards
 - No more than 20 oz portions of calorie-free, flavored water (with or without carbonation) for high school students
 - Elementary and middle school students **may not** have flavored water



Beverages

■ Smart Snack Standards

Elementary School – up to 8 ounces

- Milk: Unflavored/flavored fat free and low-fat milk and milk alternatives
- Juice: 100% fruit/vegetable juice with no added sweeteners
- 100% fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners



Beverages

- **Smart Snack Standards**

Middle and High School – up to 12 ounces

- **Milk: Unflavored/flavored fat free and low-fat milk and milk alternatives**
- **Juice: 100% fruit/vegetable juice with no added sweeteners**



Beverages

■ Smart Snack Standards

High School

- Calorie-free beverages
 - \leq 10 calories per 20 oz
- Lower-calorie beverages
 - \leq 40 calories per 8 oz
 - \leq 60 calories per 12 oz.



ALL GRADES

WATER

(with or without carbonation)

**NON FAT
MILK**

(plain or flavored)

**LOW FAT
MILK**

(plain or flavored)

**100% FRUIT
OR
VEGETABLE
JUICE**

(no added sweeteners)

**100% FRUIT
OR
VEGETABLE
JUICE
DILUTED
W/WATER**

(with or without carbonation)

**SERVING
SIZE
LIMITS:
8 oz. ES
12 oz. MS/HS**

(milk, juice)



HIGH SCHOOL ONLY

**DIET
BEVERAGES
(20 oz.)**



(<5 kcal/8 oz. OR
≤10 kcal/20 oz.)

**LOW-
CALORIE
BEVERAGES
(12 oz.)**



(≤40 kcal/8 oz. OR
≤60 kcal/12 oz.)



TOOLS TO DETERMINE WHETHER FOODS MEET SMART SNACKS STANDARDS

Alliance for Healthier Generations

- **Snack Calculator**
- **Product Navigator**



Smart Foods Planner

Smart Snacks, Policy & More

Menu Plans

Recipes

Products

Calculators

About Us



Products

Browse for products that fit the reimbursable meal patterns or for foods and beverages that meet the Smart Snacks in School nutrition standards.



Recipes

Freshen up your menu with these kid-friendly recipe ideas.



Menu Plans

Check out our collection of great menu ideas.

[HTTPS://FOODPLANNER.HEALTHIERGENERATION.ORG/](https://foodplanner.healthiergeneration.org/)



Product Information

Take the guess work out of your day! Answer a series of questions to see if your product meets the [USDA's Smart Snacks in School nutrition standards](#)*. Then save and print for your records!





*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

CHECK OUT THE BLUE INFORMATION BUBBLES FOR ASSISTANCE! If unable to view, please update your browser or try a different browser. Please refer to [USDA's Q&A document](#) for additional guidance on specific products.

Enter product information as SOLD (as portioned and eaten, such as a beef patty on a bun with accompaniments).

NOTE: As of July 1, 2016, %DV is no longer a qualifying standard for compliance.

My Product is a ...

- a) Snack 
- b) Side 
- c) Entree 
- d) Beverage 

START OVER

NEXT STEP

<https://foodplanner.healthiergeneration.org/calculator/>



My Product is a ...






- a) Snack 
- b) Side 
- c) Entree 
- d) Beverage 

START OVER

NEXT STEP



Is the first ingredient* of your product a ...

- a) Fruit 
- b) Vegetable 
- c) Dairy 
- d) Protein food 
- e) Whole Grain 
- f) None of the above

*Refer to the label's ingredient statement. If the first ingredient is water, is the second ingredient one of the options above.

START OVER

NEXT STEP



Enter your product's nutrition information per amount SOLD (including all components and accompaniments)*

Nutrition Facts

Serving Size oz (about g) ⓘ

Servings Per Container

Amount Per Serving

Calories

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Sodium (mg)

Carbohydrates

Sugars (g)

*For BULK products only, enter servings per container as "1". Do not enter the servings per container for the entire bulk box or case.

START OVER

NEXT STEP





✔ Your product is compliant!

Your whole grain product meets all nutrient standards for entrees or snack foods.

for snacks.

Brand

Quaker

Serving Size

24.00 g

Product

Chewy Granola Bar

First Ingredient

Granola(whole grain rolled oats)

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

START OVER

NEXT STEP



Smart Foods Planner

Home - Products

Find a Product

Keyword

Category

- Select -

Smart Snacks Compliant Only

YES

CACFP Compliant Only

NO

Search

Products

1 - 20 of 659 [Export]

Image Not Available	Image Not Available	Image Not Available	Image Not Available
SideKicks, BlueRaspberry-Lemon, 100	SideKicks, Kiwi-Strawberry, 100% Fr	SideKicks, Strawberry-Mango, 100% F	SideKicks, SourCherry-Lemon, 100% F
Save View	Save View	Save View	Save View

amazonbusiness

Online store dedicated to selling **Smart Snacks compliant products**

FIND SNACKS FOR STUDENTS

Image Not Available	Image Not Available	Image Not Available	Image Not Available
---------------------	---------------------	---------------------	---------------------



Smart Foods Planner

Smart Snacks, Policy & More

Menu Plans

Recipes

Products

Calculators

About Us

Home - Products - 12OZ DR PEPPER TEN CN 12PKX2

Find a Product

Keyword

Enter Keywords Here

Category

- Select -

Smart Snacks Compliant Only

NO

CACFP Compliant Only

NO

Q Search

Sometimes there may be different formulations in different markets for similar products. Therefore, when you go to purchase compliant foods or beverages, ensure you are purchasing the exact SKU and serving size listed in the Smart Food Planner.

12OZ DR PEPPER TEN CN 12PKX2

Dr Pepper Seven Up

SKU: 10003730

Size: 12.0 OZ

EST. 1885. 10 BOLD TASTING CALORIES. SAME 23 AUTHENTIC FLAVORS. 10 CALORIES PER CAN. CAFFEINE CONTENT 41MG/12 FL OZ.



Save To List

Print

SHARE



Related Categories: [Beverages](#), [Low Calorie Beverages \(HS Only\)](#)



Compliant Beverage - HS Only



FUNDRAISERS

- Food items that meet USDA Smart Snacks are not limited for sale as exempt fundraisers but cannot be sold in competition with reimbursable school meals.
- The standards do not apply during non-school day, on weekends, and at off-campus fundraising events.
- Non food items sold for fundraisers are not restricted
- The State Agency allows **30 exempt fundraisers per year.**



ALLOWABLE FUNDRAISING OPTIONS ON SCHOOL CAMPUSES*

- Foods that meet the USDA Smart Snack standards (not sold in competition with school meals). Example: fruit
- Foods that do not meet the USDA Smart Snack standards but are not consumed at school). Example: cookie dough
- Non-food items. Example: school supplies

*Not part of 30 exempt fundraisers per year



EXEMPT FUNDRAISERS

Food items that:

- Do not meet USDA Smart Snacks standards and
- Are sold during the school day **but**
- Cannot be sold in competition with the school meals –
 - one hour before reimbursable school meals service
 - during service of reimbursable school meals or
 - one hour after service of reimbursable school meals



EXEMPT FUNDRAISERS GUIDELINES

- Schools may sponsor a maximum of **30 exempt fundraisers** per school year.
- Each fundraiser may be no more than **1 day** in length.
- Items may not be sold within 1 hour before, during, or 1 hour after reimbursable school meal periods
 - Ex: breakfast served from 7am-8am, no exempt fundraiser between 6am to 9 am.



EXEMPT FUNDRAISER GUIDELINES

Fundraiser food items are prohibited from being sold:

- **As an a la carte item**
- **In vending machines**
- **In school stores**
- **Before school on the school campus**



EXEMPT FUNDRAISER PROCEDURES-PRINCIPALS

- Complete, approve and sign *Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form*
- Provide copy to CNP Director
- Provide documentation of approval upon request by Alabama State Department of Education (ALSDE) for audit review



Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form

School Food Authority (SFA) _____

School Name _____

Please check one: July 1 January 1

Form should be completed and signed by the principal before the fundraisers commence.

	Sponsoring Organization	Item Sold	Date of Sale
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

Principal Signature Date



EXEMPT FUNDRAISER PROCEDURES -SUPERINTENDENT

- Complete and sign *Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in Schools and Fundraising Activities* form
- Provide to CNP Director's to support the annual online application renewal



ANNUAL ONLINE APPLICATION AGREEMENT

10. Attestation Statements:	
<input checked="" type="checkbox"/> <u>Snack and Fundraisers Attestation Statement:</u> "As the Superintendent of this School Food Authority, do hereby attest that this SFA and all schools under its jurisdiction operating the National School Lunch Program authorized under the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq), and/or the School Breakfast Program authorized under the Child Nutrition Act of 1966 (42 U.S.C. 1773) , are in compliance with the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities for this school year."	
<input checked="" type="checkbox"/> SFA will comply with all sections of the Federal Bid Law.	
<input checked="" type="checkbox"/> The signature authority is attesting that all schools for the SFA will comply with the USDA NSLP and SBP meal patterns.	
Comments	<div style="border: 1px solid gray; height: 40px; width: 100%;"></div>
Sponsor Comments	
State Comments	



DATE:

FROM: [School Food Authority Superintendent]

TO: [State Agency Official and Title]

SUBJECT: Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities

Instruction: The following statement must be signed by the school food authority (SFA) superintendent operating exempt food fundraisers in schools with National School Lunch and/or School Breakfast Programs, and filed as outlined in the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.

I _____, as the superintendent of
_____ [SFA Name], do hereby attest that the
aforementioned SFA and all schools under its jurisdiction operating the National School Lunch
Program authorized under the Richard B. Russell National School Lunch Act (42
U.S.C. 1751 et seq), and/or the School Breakfast Program authorized under the Child Nutrition
Act of 1966 (42 U.S.C. 1773), are in compliance with Alabama Implementation of USDA Smart
Snacks in School and Fundraising Activities for School Year _____.

I certify that this attestation is true and correct, and therefore, I believe
_____ [SFA Name] is in compliance with Alabama
Implementation of USDA Smart Snacks in School and Fundraising Activities.

In addition, I understand that Alabama Implementation of USDA Smart Snacks in School and
Fundraising Activities Form must be completed semi-annually and filed by the following dates:
July 1 and January 1 of each School Year.

Superintendent Signature

Date



USDA NON-DISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

