

USDA NUTRITION STANDARDS FOR ALL FOODS SOLD IN SCHOOL-Effective July 1, 2014

No foods may be sold in competition with school meals in the service area or cafeteria during meal service.

The following mandatory standards will apply to foods sold to students on the school campus outside of the federally reimbursed school breakfast and lunch programs. Campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day. The standards will apply from midnight before until 30 minutes after the official day in public schools that participate in federal school meal programs.

All competitive foods sold must meet all Nutrition Standards plus one of the Additional Requirements

Nutrition Standards	Total Calories from Fat	Calories from Saturated Fat	Total Sugar by Weight	Trans Fat	Sodium	Calories
	≤ 35%	≤ 10%	≤ 35%	< .5 g per portion	Entrees: ≤480 mg Snacks/Sides: ≤230	Entrees: ≤350 Snacks/Sides: ≤200
Additional Requirements	In addition to meeting all of the nutrition standards listed above, a competitive food item must: <ol style="list-style-type: none"> 1. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or 2. Have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or 3. Be a combination food that contains at least 1/4 cup fruit and/or vegetable; or 4. Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. *If water is the first ingredient, the second ingredient must be one of the above.					

Notes: ●Reduced fat cheese, nuts, seeds, nut/seed butters, and products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total calories from fat and calories from saturated fat limits.
●Dried/dehydrated fruits and vegetables are exempt from the sugar by weight limit.

Beverages

Category	Elementary	Middle	High
Plain water or plain carbonated water	Any size	Any size	Any size
100% fruit/vegetable juice and 100% fruit/vegetable juice diluted with water (with or without carbonation) & no added sweeteners	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Unflavored low-fat milk and flavored or unflavored fat-free milk and nutritionally equivalent milk alternatives	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Calorie-free, flavored water, with or without carbonation	Not permitted	Not permitted	≤ 20 fl oz
Other flavored and/or carbonated beverages labeled with less than 5 calories per 8 fl oz or no more than 10 calories per 20 fl oz	Not permitted	Not permitted	≤ 20 fl oz
Other flavored and/or carbonated beverages labeled with no more than 40 calories per 8 fl oz or no more than 60 calories per 12 fl oz	Not permitted	Not permitted	≤ 12 fl oz
Caffeinated beverages	Not permitted*	Not permitted*	Permitted

* except trace amounts naturally occurring

Fundraisers

- The IN DOE has established a limit of two fundraisers per school building, per year, for fundraisers involving the sale of foods and/or beverages not meeting the nutrition standards. The maximum duration of an exempted fundraiser is one day.
- All foods & beverages that meet the regulatory standards may be sold at fundraisers on the school campus during school hours.
- Standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events.
- School district may institute additional standards.

Administrative Provisions

- LEAs and SFAs must maintain records such as receipts, nutrition labels and product specifications.
- LEAs must maintain records for all competitive food sales not sold under the school foodservice account.
- State agencies (SA) will monitor compliance through a review of LEA records as part of the SA administrative review.
- If violations occur, technical assistance and corrective action plans will be required.

Revised 8-6-18