

School Nutrition Regulations

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School Nutrition Programs

- School Breakfast Program
- National School Lunch Program
- Fresh Fruit and Vegetable Program
- Special Milk Program
- Afterschool Snack Program
- Summer Nutrition Programs



School Meals

- *Students who eat smart are ready to learn*
 - Promote health and well-being
 - Prevent childhood obesity
 - Provide a critical safety net to prevent child hunger
 - Promote academic success



Healthy Hunger Free Kids Act of 2010

- Section 201 – Nutrition Standards for School Meals
- Section 208 – Nutrition Standards for All Foods Sold In Schools
- Section 203 – Availability of Potable Water
- Section 204 – Local Wellness Policy



HHFKA – Section 201 Requirements

Requires schools to offer:

- Fruits and vegetables as 2 separate components
- Fruit daily at lunch and breakfast
- Vegetables daily at lunch including specific subgroups
- 100% Whole-grain rich
- Milk that is fat free (flavored or unflavored) and 1% (unflavored)
- May offer Meat/Alt after Grains requirement met at breakfast

HHFKA – Section 201 Requirements

Requires schools to:

- Offer meals that meet specific calorie ranges
- Reduce sodium content of meals gradually
- Offer foods that contain 0 grams of trans fat
- Require students to select a fruit or vegetable
- Use single food-based menu planning approach
- Use narrower age/grade groups for meal planning



Community Eligibility Provision

- Alternative approach for offering school meals to LEAs and schools in low income areas, instead of collecting individual applications for free and reduced price meals
- Allows schools that predominantly serve low income children to offer nutritious school meals at no cost to all students



Innovative School Breakfast

- State Board of Education Resolution to Support School Breakfast
 - Encourages LEAs to seek innovative ways to increase SBP participation as an additional means of caring for and nurturing our public school children
- Alternative service: grab n' go, breakfast kiosk, breakfast in the classroom, breakfast break, second chance breakfast, universal
- Breakfast is Brain Fuel Toolkit



Farm to School

- Connects schools and local farms to:
 - Offer and promote healthy foods to students
 - Improve student nutrition
 - Provide agriculture, health and nutrition education
 - Support local and regional farmers



HHFKA – Section 208 Requirements

- Provided USDA authority to establish nutrition standards for all foods and beverages sold outside of the school nutrition programs
- Nutrition standards shall apply to all foods sold to students on the school campus and any time during the school day
- Includes a la carte in the cafeteria, in school stores, snack bars, vending machines, other venues



Section 208 - Smart Snacks in School

- Any food sold in schools must:
 - Be a whole grain rich product; OR
 - Have as the 1st ingredient a fruit, vegetable, dairy product or protein food
 - Be a combination food with at least ¼ cup of fruit and/or vegetable; OR
 - Contain 10% DV of one of the nutrients of public health concern (calcium, potassium, vitamin D or fiber)*
- Meet specific nutrient standards for:
 - Calories
 - Sodium
 - Fat
 - Sugar



Section 208 - Smart Snacks Beverages

- Any schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk or milk alternatives allowed by NSLP/SBP
 - 100% fruit or vegetable juice, AND
 - 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners
- Portion size limits:
 - Elementary schools may sell up to 8 fl oz portions of milk and juice
 - Middle/high schools may sell up to 12 fl oz portions of milk and juice
 - No portion size limit for plain water

Current Federal & North Carolina Rules

SBE Policy #TCS-S-000 & (7 CFR 210.11)

- No food or beverage may be sold to students on campus in competition with the school nutrition program between the hours of **12:01 AM until the cafeteria closes** for the day

Smart Snacks Interim Final Rule

- Food and beverage fundraisers after the cafeteria closes for the day **until 30 minutes after school dismisses for the day** must comply with Smart Snacks nutrition standards
- Exemptions for fundraisers will not be granted
- Non-food and beverage fundraisers are allowed during school

Smart Snacks Options in N.C.

School districts may:

1. Extend the existing N.C. Competitive Foods Rule to 30 minutes after the school day ends
2. Allow School Nutrition to control all food/beverage sales
3. Purchase qualifying snacks/beverages from School Nutrition
4. Control own sales of foods/beverages after the lunch period



Section 204 - Local Wellness Policy

- Appropriate goals for *nutrition education and promotion, physical activity and other school-based activities*
- *Nutrition guidelines* for all foods available during the school day
- Periodic *measurement and assessment* available to the public
- *Communication to the public* about LWP content and implementation



N.C. SBE Healthy Active Children Policy

- School Health Advisory Council
- Coordinated School Health
- Local Wellness Policy
- Physical activity and health education
- Healthy school nutrition environment
- Evaluation and reporting
- Communication



Cost of Compliance

- Increased food costs and food waste
- Decreased student participation in school meals
- Mandatory price increases price out paying students
- Diminished capacity to generate revenue to sustain program
- Need to balance higher food costs have led to reductions in staff
- Increased reliance on local funds to offset revenue losses

Reauthorization in 2015

- Maintain requirement $\geq 1/2$ of all grains be whole grain-rich
- Continue Target 1 sodium level until science indicates further sodium reductions are appropriate for children and adolescents
- Require variety of fruits/vegetables; eliminate requirement to take a fruit/vegetable at breakfast and lunch
- Allow any food/beverage from a reimbursable meal to be served as an a la carte item
- Modify the Paid Lunch Equity Tool by exempting any SFA that has a positive fund balance from increasing meal prices
