

Guidelines for Competitive Foods Sold in Schools to Students

These guidelines apply to snacks, side items, treats, and desserts offered for sale as Competitive Foods in schools. All such Competitive Foods shall meet one of the following numbered criteria.

These foods include but are not limited to fruits, vegetables, yogurts (including drinkable yogurt and yogurt smoothies), puddings, soups, cheeses, snack chips (e.g., potato, tortilla, corn, veggie, etc.), pretzels, crackers, popcorn, nuts, seeds, french fries, dried meat snacks, granola bars, energy bars, breakfast bars, health bars, cookies, brownies, snack cakes, coffee cakes, pastries, doughnuts, danishes, candy, confectionery, chocolate, ice cream, frozen yogurt, sherbet, ice pops, frozen fruit bars, and other similar foods.

Items that would be considered to be entrées if sold in the reimbursable meal program, but are sold à la carte as Competitive Foods, are not subject to these Guidelines.

1. Any fruit with no added sweeteners and total fat listed as 0g on the Nutrition Facts Panel, or vegetables that are non-fried. Since fresh fruits and vegetables vary in size and calories naturally, they have no calorie limit. However, calories for packaged fruits and vegetables are easily ascertained according to package nutrition labeling. As such, calorie limits for these fruits and vegetables are specified as follows:

	Elementary	Middle	High
fresh	no limit	no limit	no limit
packaged in own juice	150	180	200
dried	150	180	200

2. Any reduced-fat or part-skim cheese ≤1.5 oz.
3. Any one egg with no added fat or equal amount of egg equivalent with no added fat.
4. Any other food that meets all of the following criteria:
 - a. ≤35% of total calories from fat
 - i. Nuts, nut butters, and seeds are exempt from above limitation and are permitted.
 - ii. Fruit and nut combination products described in Addendum 1 are exempt from the above limitation.
 - b. ≤10% of calories from saturated fat –OR– ≤1g saturated fat
 - i. Nuts, nut butters, and seeds are exempt from above limitation and are permitted.
 - c. 0 g trans fat
 - d. ≤35% sugar by weight
 - e. ≤230 mg sodium
 - i. Lowfat and fat-free dairy products can have ≤480mg sodium
 - ii. Vegetables with sauce, and soups can have ≤480mg sodium if they contain one or more of the following: ≥2g fiber; or ≥5g protein; or ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ≥½ serving (¼ cup) of fruit or vegetables.

- f. If products are dairy, they must be non-fat or low fat dairy.
- g. Meet 1 of the following calorie requirements:
 - i. ≤100 calories
 - ii. Vegetables with sauce and soups meeting 3.e above can have 150 calories if they contain two or more of the following: ≥2g fiber; or ≥5g protein; or ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ≥½ serving (¼ cup) of fruit or vegetables.
 - iii. Other foods can have calorie limits per below if they contain one or more of the following: ≥2g fiber; or ≥5g protein; or ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ≥½ serving (¼ cup) of fruit or vegetables:
 - ≤150 calories for elementary schools
 - ≤180 calories for middle school
 - ≤200 calories for high school.

For individual serving packages, these nutritional Guidelines are defined for a whole package as labeled on the package's Nutrition Facts panel. In the event that the food is bought in bulk but served individually, such as on an à la carte line, then the criteria apply to the label serving.

Time of Day

These Guidelines shall apply to items sold on school grounds or at school activities during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school. The extended school day is defined as the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, sports practices, intramural sports, and childcare / latchkey programs. These Guidelines shall also apply to food supplied by schools during official transportation to and from school and school sponsored activities, including but not limited to field trips and interscholastic sporting events where the school is the visiting team except as specified herein.

These Guidelines do not apply to school sponsored or school related bona fide fundraising activities that take place off of school grounds and not in transit to and from school. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission or immediately before or after such events. These school related events frequently occur during evenings and weekends. Examples of these events include but are not limited to interscholastic sporting events, school plays, and band concerts.

Addendum 1 – Dried Fruit and Nut Combination Products

Dried fruit and nut products (commonly known as trail mix) are compliant with these guidelines if they meet the following requirements:

- The items found in the combination product include only dried fruit, and nuts and/or seeds.
- The product contains no added sweeteners.
- The combination product is exempt from the ≤ 35% of total calories from fat requirement, but must meet all requirements around calories, saturated fat, trans fat, sodium, sugar by weight, and positive nutrients.