

**Sycamore Community Schools
Nutrition Standards Plan**

The Sycamore Community School’s Nutrition Standards, effective July 1, 2014, meet the USDA Smart Snack requirements for all food and beverages sold during the school day. The definition of the school day as deemed by the USDA is from midnight up until 30 minutes after the final school bell rings. Exemptions to this only apply to when students are given food and/or beverages at no cost and for vending machines designated for staff and teacher use only provided that students do not have access to the vending machine during the school day.

This plan applies to all beverages and food sold to students outside of a reimbursable school meal during both the breakfast, lunch and snack programs. It applies to all beverages and food sold in vending machines designated and accessible to students during the school day. It applies to all food sold on the school campus both inside and outside the school building, when sold to students during the school day, even if a fundraiser. Any fundraisers providing food can utilize the product calculator at <http://healthiergeneration.org/productnavigator> to determine if the item to be sold meets the nutrition standards. Please contact Sycamore Child Nutrition and Wellness Director for more guidance.

Food provided free as refreshment for parties, luncheons, celebrations are not subject to these nutrition standards, however are recommended to meet them for the overall health and well-being of our students and staff.

Beverage and Food Guidelines are provided below:

School Beverage Guidelines as outlined by Section 204: Public Law 111-296 also known as the Healthy, Hunger-Free Kids Act of 2010:

Beverages	Elementary & Intermediate	Junior High	High School
Water, Plain	No Size Restriction, All Allowable	No Size Restriction, All Allowable	No Size Restriction, All Allowable
Low Fat White; Fat Free White; Fat Free Flavored Milk	≤ 8 ounces	≤ 12 ounces	≤ 12 ounces
100% Fruit/Vegetable Juice; Fruit Juice Water Blend with no added sweeteners *With or without carbonation	≤ 8 ounces	≤ 12 ounces	≤ 12 ounces
Calorie-Free, Flavored Water	Not Allowable	Not Allowable	≤ 20 ounces
Other – Low Calorie Beverages	Not Allowable	Not Allowable	No more than 20 ounce bottles of: <ul style="list-style-type: none"> • < 5 Calories per 8 ounces • ≤ 10 calories per 20 ounces No more than 12 ounce bottles of: <ul style="list-style-type: none"> • ≤ 40 calories per 8 ounces • ≤ 60 calories per 12 ounces

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School Food Guidelines as outlined by Section 204: Public Law 111-296 also known as the Healthy, Hunger-Free Kids Act of 2010:

Step 1: Food must fall into one of these categories below:

- Be whole grain-rice ($\geq 50\%$ whole grain by weight, or listed as 1st ingredient)
- First ingredient must be a fruit, vegetable, dairy product or protein food item
- Be a combination of food that consists of $\geq \frac{1}{4}$ cup of fruit and/or vegetable
- Contain $\geq 10\%$ of the Daily Value of calcium, potassium, vitamin D, or dietary fiber
 - *After 7/1/2016, this criteria will no longer qualify a food item*

Step 2: If a food falls into one of the above categories, then it must also meet all of these nutrition standards below. If it does not meet the requirement of step 1, then it is not allowable to be sold during the school day to students.

CALORIES		SODIUM		FATS			SUGAR
Snack/Side Dish	Entrees	Snack/Side Dish	Entrees	Total Fat	Saturated Fat	Trans Fat	<u>Weight Sugar</u> Total Weight of Product
≤ 200 cal	≤ 350 cal	≤ 230 mg	≤ 480 mg	$\leq 35\%$ of cal	$\leq 10\%$ of cal	Zero g	$\leq 35\%$ of total weight from sugar