

The United States Department of Agriculture (USDA), RI General Law and the RI Department of Education has nutrient standards for **“Competitive foods”**. **Competitive foods** are snack foods and beverages that compete with the healthy reimbursable meals offered through the USDA School Lunch and Breakfast Programs.

Competitive food nutrient standards apply to all foods and beverages sold to students during the school day on the school campus. This includes fundraising food sales and vending machine sales.

These standards do not apply to:

- Fundraising held after school or on the weekend, or at off-campus fundraising events.
- Foods brought to school in a bagged lunch or brought in for activities such as birthday parties or other celebrations.

Districts are encouraged to address healthy fundraising and healthy celebrations in their local school Wellness Policies. The Healthier US School Challenge program discourages the sale of food for fundraisers.



Here are some definitions you need to know!

School Campus is all areas of the property under the jurisdiction of the school that are accessible to students during the school day.



School Day is from midnight before to 60 minutes after the end of the official school day.



Meal Period is

the time taken to serve and eat meals.



Compliant Item is a food or beverage that meets the RI and USDA nutrition standards for competitive foods. It can be sold or distributed in RI schools during the school day.



Non-Compliant Item is a food or beverage that does not meet the RI and USDA nutrition standards. It cannot be sold or distributed in RI schools during the school day.

Compliant BEVERAGES sold as a School Fundraiser are limited to the following:

	Elementary School	Middle or High School
Plain water (with or without carbonation)	Any size	Any size
Unflavored low fat milk (1% fat), or Unflavored or flavored fat free milk , or Milk alternatives permitted by USDA	Up to 8 oz.	Up to 12 oz.
Water, flavored or sweetened with 100% fruit juice <ul style="list-style-type: none"> • may be carbonated water • no added sweetener allowed 	Up to 8 oz.	Up to 12 oz.
100% fruit and/or vegetable juice <ul style="list-style-type: none"> • may be carbonated • no added sweetener allowed 	Up to 8 oz.	Up to 12 oz.



The use of artificial sweeteners is not allowed.

Caffeine is not allowed (other than small natural quantities found in some items).

Compliant FOODS sold as a School Fundraiser are limited to the following:

1. Must be one of these Types of Foods

- ✓ A grain product that contains at least 50% whole grain, or
- ✓ Have as the first ingredient
 - a fruit,
 - a vegetable,
 - a dairy product,
 - or a protein food; or
- ✓ Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or
- ✓ Contain 10% of the Daily Value (DV) of one of the these nutrients (calcium, potassium, vitamin D, or dietary fiber) only thru July 1, 2016*

2. AND must meet these Nutrient Content requirements (some exemptions below):

- ✓ Calorie limits: No more than 200 calories
- ✓ Sodium limits: No more than 230 mg (On July 1, 2016, snack items must contain ≤ 200 mg sodium per item)
- ✓ Fat limits *: No more than 30% of item's calories come from fat.
- ✓ Saturated fat #: Less than 10% of item's calories come from saturated fat
- ✓ Trans fat: Zero grams of trans fat
- ✓ Sugar limit +: No more than 35% of item's weight is from total sugars

The use of artificial sweeteners is not allowed.

Exemptions to the Nutrition Standards for Competitive Foods - (Naturally nutritious!)

The following are exempt from all nutrient standards:

- Fresh fruits and vegetables with no added ingredients except water.
- Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup.
- Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable.

The following are exempt from the total fat standards (*):

- Reduced fat cheese (including part-skim mozzarella).
- Nuts and seeds and nut/seed butters.
- Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
- Seafood with no added fat.

Combination products are not exempt; They must meet all the nutrient standards.

The following are exempt from the saturated fat standards (#):

- Reduced fat cheese (including part-skim mozzarella).
- Nuts and seeds and nut/seed.
- Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.

Combination products are not exempt; They must meet all the nutrient standards.

The following are exempt from the total sugar standards(+):

- Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners.
- Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries).
- Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.