

Houghton-Portage Township Schools

Smart Snacks In School

The District is required to follow nutrition standards for all foods sold during the school day outside of federal meal programs intended for immediate consumption, also called “competitive foods”. This supports the efforts by the District to instill healthy habits in students.

In addition, as required by the State of Michigan enacted Public Act 42 (PA 42) – The District will not have more than 2 food-based fundraising activities per week that do not meet the USDA Smart Snacks in Schools Standards per school building. A week is defined as a calendar week during the regular school year, during which a school is participating in the National School Lunch Program. Each building will track its own food-based fundraisers to ensure no more than 2 fundraising activities per week are held. Refer to District Policies 5830 & 9211 (attached).

Nutrition Standards For Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, vegetable, dairy product, or protein; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). *

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack Items: ≥ 200 calories
 - Entrée Items: ≥ 350 calories
- Sodium limits:
 - Snack Items: ≥ 230 mg**
 - Entrée Items: ≥ 480 mg
- Fat limits:
 - Total fat: $\geq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: zero grams
- Sugar limit:
 - $\geq 35\%$ of weight from total sugars in foods

*On July 1, 2016, snack items must contain ≥ 200 mg sodium per item.

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces.

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.