

Other Requirements

Fundraisers

- Food items that meet nutrition requirements are not limited.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in school — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus.

The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage options already available in the marketplace.

For further information
about school meals go to:
<http://www.fns.usda.gov/>

U. S. Department of Agriculture
Food and Nutrition Service

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United States Department of Agriculture

SMART SNACKS IN SCHOOL



**“All Foods Sold in Schools”
Standards**

The health of today's school environment continues to improve. Students across the country are now offered healthier school meals with more fruits, vegetables and whole grains through the National School Lunch Program and the School Breakfast Program.

The Smart Snacks in School standards published by USDA will build on those healthy advancements by ensuring that all other snack foods and beverages available for sale to students in school are tasty and nutritious.

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, a vegetable, a dairy product, or a protein food; 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: ≤ 35% of calories
Saturated fat: < 10% of calories
Trans fat: zero grams

Sugar limit

≤ 35% of weight from total sugars in foods

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

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.



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 and
- 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 ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Rewarding Middle & High School Students

- Sit with friends
- Listen to music while working
- Talk time at the end of class
- Reduced homework
- "No Homework" pass
- Extra credit
- Fun video
- Assemblies
- Computer time
- Brainteasers
- Field trip
- Eat lunch or have class outside
- Stickers
- Pencils and pens
- Erasers
- Bookmarks
- Books
- Art time
- Coupons/gift certificates for video stores, music stores or movies
- Drawings for donated prizes



Summing It Up

This pamphlet provides a variety of suggestions for motivating students by means other than using food as a reward.

The Kansas School Wellness Policy Model Guidelines for the Advanced and Exemplary levels of achievement state that foods and beverages for classroom rewards, parties and celebrations will (1) meet the same nutrition criteria defined in the guidelines for "a la carte" foods and (2) will not be provided until at least one hour after the end of the last lunch period.

This brochure was adapted from guidance developed by the South Dakota Department of Education as part of a project funded by the U.S. Department of Agriculture. USDA is an equal opportunity provider and employer.

CREATING HEALTHIER KANSAS SCHOOLS

Child Nutrition & Wellness
Kansas State Dept. of Education
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Topeka, Kansas 66612-1182

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www.kn-eat.org

CREATING HEALTHIER KANSAS SCHOOLS

Student Rewards & Incentives



Child Nutrition & Wellness

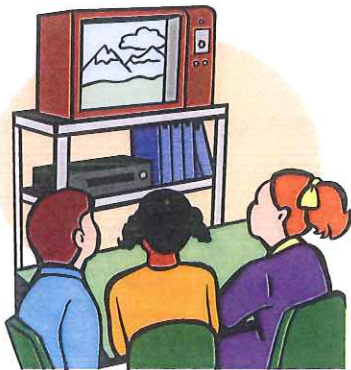


STUDENT REWARDS & INCENTIVES

Why use rewards other than food?

Careful consideration should be given to the messages rewards and incentives send to the students receiving them. Using food as either a reward or withholding it as punishment can have serious negative consequences. For example, when non-nutritious food is used as a primary motivator, poor eating habits can result including a preference for sugary high-calorie foods and over-eating these foods.

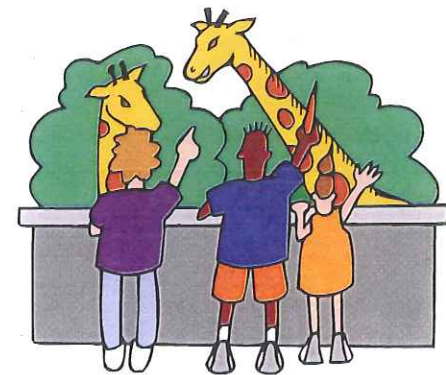
Fortunately, there are many effective ways to motivate students other than with food. Following are a few suggestions.



Rewarding Elementary Students

- Stickers
- Praise
- Pencils, pens or markers
- Erasers
- Bookmarks
- Books
- Rulers
- Trinkets (magnets, Frisbees, etc.)
- Paper
- Activity/game sheets
- Game time
- Reading time
- Class, homework time, or reading time in a special place such as outdoors
- Extra recess
- Extra credit
- Extra art time
- Computer time
- Be the teacher's helper
- Help teach class
- Sit by friends
- Eat lunch with the teacher or principal
- Eat lunch outdoors
- Have lunch or breakfast in the classroom

- Private lunch in the classroom with a friend
- Be a helper in another classroom
- Watch a fun video
- Walk with the principal or teacher
- Take a fun physical activity break
- Dance to favorite music in the classroom
- Show-and-tell
- Bank System—earn tokens for privileges
- Teacher or volunteer reads a special book to class
- Teacher performs a special skill (singing, cartwheel, etc.)
- Free choice time
- Listen to a book on tape
- Listen to music while working
- Field trip



Items to Avoid

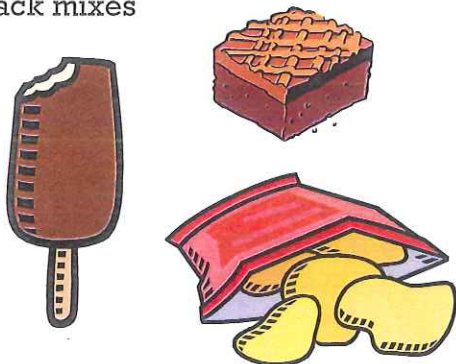
- Candy and candy bars
- Fruit juice flavored drinks
- Fruit cups with heavy syrup
- Soda pop



Items to Carefully Evaluate Before Selling

Carefully check Nutrition Facts labels of the following items to determine if they comply with the Kansas School Wellness Policy Model Guidelines. Go to the Child Nutrition & Wellness website (www.kn-eat.org) for further information and tools to assist you.

- Cakes
- Chips
- Chocolate-covered pretzels
- Cookies
- Danish-type pastries and doughnuts
- Fruit leathers
- Ice cream
- Pies
- Pudding
- Snack mixes



Summing It Up

This pamphlet provides suggestions for selecting vended items that are nutritious and appeal to students.

To encourage students to eat nutritious school breakfasts and lunches, KSDE recommends that vended items are not sold from one hour before until one hour after the breakfast and lunch serving periods.



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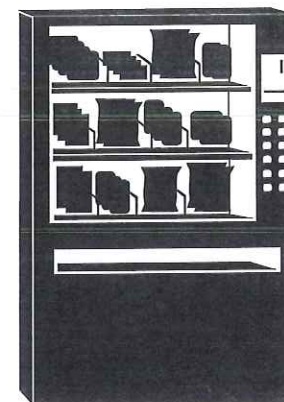
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CREATING HEALTHIER KANSAS SCHOOLS

Healthful Food & Beverage Vending



Child Nutrition & Wellness



HEALTHFUL FOOD & BEVERAGE VENDING

Why Control Vended Foods and Beverages?

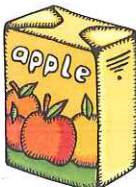
Students' lifelong eating habits are strongly influenced by the types of foods and beverages available to them. When foods of minimal nutritional value are offered in vending machines, students are encouraged to form poor eating habits.

Foods with good nutritional value include fruits, vegetables, low-fat dairy foods, low-fat grain products, nuts and seeds. These types of foods should be available wherever and whenever food is sold or offered during the normal school day. By offering healthful foods and beverages in vending machines, schools encourage students to develop healthful eating habits.



Healthful Vended Foods & Beverages

Following is a list of options for healthful vending machine foods and beverages. It is by no means a complete list.



Over the last few years, many new and innovative vended products have been developed. Among these are individual servings of ready-to-eat fruits and vegetables.

Best Choices

- Beef jerky
- Dried fruit (raisins, cranberries, apricots, etc.)
- Dry roasted peanuts, tree nuts and soy nuts
- Fresh fruit (orange slices, apple slices, bananas, grapes, etc.)
- Fresh vegetables (carrot sticks, celery sticks, veggie combos, etc.)
- Frozen fruit juice bars (no sugar or high fructose corn syrup)
- Fruit juice (100% juice)
- Granola bars
- Nuts and seeds (plain or with spices)
- Rice cakes



- Salads with low-fat or fat-free dressings
- Skim (nonfat) or 1% milk
- Soy milk and other soy products
- String cheese, cheese sticks or cubes
- Trail mix (plain)
- Vegetable juice (100% juice)
- Water (plain)
- Whole-grain fruit bars
- Yogurt (low-fat, no sugar added)

Good Choices

- Animal crackers
- Corn nuts
- Deli sandwiches (whole grain bread)
- Graham crackers
- Ice milk
- Individually packaged fruit (in natural or light juices only)
- Nuts (light sugar covering or honey-roasted)
- Pita bread
- Popcorn (low-fat without trans fats)
- Peanut butter and crackers
- Pretzels
- Pudding (low-fat)
- Ready-to-eat cereal (low sugar, whole grain)
- Soup or stew (low sodium)
- Veggie burgers
- Whole grain bagels
- Whole grain breads



Healthy Snacking

Just because something is "all natural" or "pure" doesn't necessarily mean that it's nutritious. For example, "all natural" juice drinks or sodas can be filled with sugar (which is, after all, a natural ingredient) but all that sugar means they'll be high in calories and give you little nutrition.

To keep energy levels going — steer clear of foods with lots of **simple carbohydrates** (sugars) like candy bars or soda. Look for foods that contain **complex carbohydrates** like fruits, vegetables, whole-grain breads and cereals and combine them with protein-rich snacks such as peanut butter or low-fat yogurt or cheese.



Trail Mix - Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals like Whole Wheat Chex, Cheerios, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries.

- Include foods that contain no more than 4 grams of fat per 100 calories. Nuts and seeds are an exception to this rule.
- Foods should contain no more than 9 grams of sugar per 100 calories.
- Foods should be less than 200 calories per serving.
- Juice should be 100% juice with little or no sugar added.
- Milk should be low fat ($\frac{1}{2}\%$ or 1%) or skim.

NON FOOD IDEAS FOR FUNDRAISING

ITEMS YOU CAN SELL

Balloon bouquets	Batteries
Books, calendars	Buttons, pins
Brick/stone/tile memorials	Candles
Bumper stickers, decals	Cookbooks
Coffee cups, mugs	Crafts
Customized stickers	First Aid kits
Emergency kits for cars	Foot warmers
Flowers, plants, bulbs	Gift baskets
Gift certificates	Hats
Holiday wreaths	House decorations
License plates or holders	Jewelry
Magazine subscriptions	Pocket calendars
Newspaper space, ads	Pre-paid phone card
Rent a special parking space	Scarves
School spirit gear	School Frisbees
Spirit/seasonal flags	Stationery
Stadium pillows or seats	Student directories
Temporary/henna tattoos	Valentine flowers
Yearbook covers	

THINGS YOU CAN DO

Bowling night/bowl-a-thon	Car wash
Bike-a-thons	Carnivals
Family/glamour portraits	Dances
Festivals	Fun runs
Gift-wrapping service	Golf tournament
Jump-rope-a-thons	Magic show
Read-a-thons	Talent show
Science fairs	Walk-a-thons
Skate night/skate-a-thon	Workshop/classes
Tennis/horseshoe competition	
Treasure hunt/scavenger hunt	
Singing telegrams or singing valentines	
Auction (teacher does something for kids)	

TOPEKA PUBLIC SCHOOLS

Burnett Administration Center
Food and Nutrition Services
624 SW 24th Street
Topeka, KS 66611
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Information Sources:
Kansas State Department of Education,
www.cspinet.org, KidsHealth.org
CheckYourHealth.org
Institute of Medicine

TOPEKA PUBLIC SCHOOLS

Health Council
suggestions for

Smart Choices



Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity. Snacks play a major and growing role in children's diets. Inside are ideas for teachers, caregivers, program directors, and parents for serving healthy snacks and beverages to children in the classroom, in after-school programs, at sporting events, and at home.

Nutritionally Sound Choices for Classroom Snacks and Parties

Higher Standards

TOPEKA PUBLIC SCHOOLS' HEALTH COUNCIL is leading the way toward healthier youth. In response to growing concerns over obesity, national attention has focused on the need to establish school nutrition standards. As a result, over the past few years, school nutrition policy initiatives have been put into place at federal, state, and local levels. The present and future health and well-being of school-age children are profoundly affected by dietary intake and the maintenance of a healthy weight.

All foods offered at school should consist of nutritious fruits, vegetables, whole grains, and non-fat or low-fat milk and dairy products, consistent with the 2005 Dietary Guidelines for Americans (DGA), to help children and adolescents develop healthful lifelong eating patterns.



A note about sugary soft drinks (soda, sweetened tea, lemonade, and juice drinks):

Children who drink more sweetened drinks consume more calories and are more likely to be overweight than kids who drink fewer soft drinks. Soft drinks also displace healthful foods in kids' diets like milk, which can help prevent osteoporosis, and 100% juice, which can help prevent heart disease and cancer. In addition, soda pop can cause dental cavities and tooth decay.

WARNING: A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.

BEVERAGES

Water

Seltzers—Contains no sugar

Low-Fat or Skim Milk

100% Fruit Juice - Check labels for naturally present fructose sugar, not high fructose corn syrup

100% Vegetable Juice

Seltzers or Club Soda mixed with 100% Fruit Juice

FRUITS AND VEGETABLES

Fresh Fruit—Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Apples, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Grapefruit, Grapes, Honeydew Melon, Kiwis, Mandarin Oranges, Mangoes, Nectarines, Oranges, Peaches, Pears, Pineapple, Plums, Raspberries, Strawberries, Tangerines, and Watermelon

Fruit (or Vegetable) and Cheese Kabobs

Fruit and Yogurt Parfaits

Fruit Smoothies—Made with fruit, yogurt, milk and ice, and not added sugar. Try honey instead of sugar for a little sweetness.

Mixed fruit/Applesauce Cups—Packed in Juice

Fruit Pops, Fruit Leathers and Dried Fruit Bites—Look for products that do not have added sweeteners

Fresh Vegetable Bites—Broccoli, Carrots, Cauliflower Florets, Celery, Cucumber Slices, Edamame, Green Beans, Sugar Snap Peas, Yellow Squash and Zucchini Strips, and Grape Tomatoes

Fresh Tomato Salsa, Hummus, Bean Dip, or Guacamole served with Whole Wheat Corn Chips, English Muffins, Pitas, Pretzels, Tortillas, or Triscuit Crackers

GRAINS

Trail Mixes

Low Fat Granola

Popcorn

Baked Snack Crackers

Heart Healthy Cookies or Muffins made with whole grains like Wheat, Oats, and Corn

PROTEINS

Cheese Cubes or Low Fat String Cheese

Cottage Cheese

Non-Fat Yogurt Cups/Tubes

Assorted Nuts

Peanut or Almond Butter

Lean Sliced/Cubed Meat: Chicken, Ham, Turkey, Roast Beef
Cheese Pizza or Quesadillas

Alternatives to Using Food as a Reward

ZERO-COST ALTERNATIVES

Sit at the teacher's desk

Sit by friends

Eat lunch with the teacher/principal

Make a delivery to the office

Be the classroom helper

"No homework pass"

Extra recess time

Class walking break

Listen/dance to appropriate music

Watch a video

Free choice time

Game day

Listen to a book on tape

Extra computer time

Teacher performs special skill (i.e. sing, dance)

Teacher read a special book to the class

LOW-COST ALTERNATIVES

Books

Enter drawing for donated prizes

Stickers

School supplies

Movie/video coupons

Trading cards

Stamps

Trip to the treasure box

Coloring books

Art supplies

Gift certificates

Physical activity equipment

Healthy Eating Tip: serve snacks with fun plates, napkins, cups, or straws or have a tasting party where children can vote for their favorite healthy snacks.

