

Smart Snacks in School

“All Foods Sold in Schools” Standards

As a result of the Healthy, Hunger-Free Kids Act (HHFKA) of 2010, school meals have become more nutritious, and continue to be improved since the enhancements are implemented in phases. Some of the improvements to school meals include:

- Increasing fruit and vegetable offerings
- Offering whole grains instead of refined grains
- Limiting calories in meals by age group
- Offering low-fat and non-fat milk only
- Decreasing levels of sodium (2014-2023)

Another mandate by HHFKA is related to all foods sold in schools outside of the school meal programs. The U.S. Department of Agriculture (USDA) has published new standards in this regard. These new “snack” standards build on the healthy advancements that have been made with regards to school meals. Some of the highlights of the new snack standards include:

- Fundraisers that are held during school hours (i.e. from midnight to half hour after school ends) must meet the new standards.
- Food items should have fruit, vegetable, dairy, protein, or whole grain as the first ingredient.
- Food items must meet certain calorie limits, sodium limits, fat limits, and sugar limits.
- Grain products must be whole grain or whole grain rich (i.e. at least 50% whole grain).
- Beverages are basically limited to water, fruit or vegetable juice with no added sweeteners, and low-fat or non-fat milk, except that at high school level, electrolyte replacement beverages meeting certain limits are also allowed.

The main goal of these new nutrition standards is to enhance the health and nutrition of our nation’s children by helping instill healthy habits in them. **We have recently passed our State and Federal audits and you can be confident that meals and snack items provided to your child(ren) at school through Campus Catering Department meet and/or exceed standards.** In order to ensure that food items provided or sold at school through fundraisers and/or other sources are also compliant, please contact us at (925) 606-3245. To get more detailed information regarding the new standards please visit our website at <http://www.livermoreschools.com/campuscatering>.