



## School Food Fundraisers & Competitive Foods in Elementary, Middle & High Schools as of July 2014 v1

The United States Department of Agriculture (USDA) recently issued “All Foods Sold in Schools” regulations; they are nutrition standards for snack foods and beverages sold to children at school during the school day. They also include standards for fundraising activities. These snack foods and beverages are called “competitive foods” because they compete with the healthy reimbursable meals offered through the USDA National School Lunch and School Breakfast Programs. Below are the USDA and RI standards which are in effect as of July 1, 2014.

These standards:

- Do not apply to fundraising held after school or on the weekend, or at off-campus fundraising events.
- Do not apply to foods brought to school in a bagged lunch or brought in for activities such as birthday parties or other celebrations.

While USDA allows competitive food sales, their Healthier US School Challenge program discourages the sale of food for fundraisers. Districts should address healthy fundraising and healthy celebrations in their local school Wellness Policies.

<b>Fundraiser Food Standards</b>
<p><b>School Fundraisers During the School Day on the School Campus</b></p> <ul style="list-style-type: none"> <li>• ALLOWED – if the food/beverage items sold meet the new nutrition standards.</li> <li>• NOT ALLOWED – if the food/beverage items sold do not meet the new nutrition standards.</li> </ul> <p><b>District food service management company (FSMC) contracts may prohibit all fundraising sales during meal service.</b></p>
<b>Competitive Food Definitions</b>
<p><b>School Campus is defined as:</b></p> <ul style="list-style-type: none"> <li>• All areas of the property that are under the jurisdiction of the school that are accessible to students during the school day.</li> </ul>
<p><b>School Day is defined as:</b></p> <ul style="list-style-type: none"> <li>• The period from midnight before, to 60 minutes after the end of the official school day.</li> </ul>
<p><b>Competitive Foods are defined as:</b></p> <ul style="list-style-type: none"> <li>• All food and beverages (other than USDA reimbursable meals) that are sold or distributed on campus during the school day.</li> </ul>
<p><b>Compliant Food is defined as:</b></p> <ul style="list-style-type: none"> <li>• A compliant food or beverage is one that meets the RI and USDA nutrition standards for competitive foods.</li> <li>• A non-compliant food or beverage does not meet the RI and USDA nutrition standards and cannot be sold or distributed in RI schools during the school day.</li> </ul>
<b>Competitive Foods Nutrient Standards</b>
<p><b>All competitive foods must meet these food nutrient standards (see exemptions* on page 3):</b></p> <ul style="list-style-type: none"> <li>○ Calorie limits: No more than 200 calories</li> <li>○ Sodium limits: No more than 230 mg (On July 1, 2016, snack items must contain ≤ 200 mg sodium per item)</li> <li>○ Fat limits*: No more than 30% of item’s calories come from fat.</li> <li>○ Saturated fat*: Less than 10% of item’s calories come from saturated fat</li> <li>○ Trans fat: Zero grams of trans fat</li> <li>○ Sugar limit*: No more than 35% of item’s weight is from total sugars</li> </ul> <p>The use of artificial sweeteners is not allowed.</p>

**Competitive Foods & Beverages Guidelines for  
Fund-raisers Held During the School Day on the School Premises  
Applies to Elementary, Middle and High Schools**

Foods sold as a School Fundraiser must meet all of the competitive food nutrient standards, and are limited to the following 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 nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber) only thru July 1, 2016\*

Beverages are limited to the following:

- Any size of plain water (with or without carbonation)
- Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12 ounce portions of:
  - Unflavored low fat milk (1% fat), or
  - Unflavored or flavored fat free milk , or
  - Milk alternatives permitted by USDA
- Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12 ounce portions of:
  - Water, flavored or sweetened with 100% fruit juice
    - may be carbonated water
    - no added sweetener allowed
  - 100% fruit and/or vegetable juice
    - may be carbonated
    - no added sweetener allowed
  - Fruit or vegetable based drinks
    - with no less than 50% vegetable or fruit juice
    - no added sweetener allowed

The use of artificial sweeteners is not allowed.

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

## Exemptions to the Nutrition Standards for Competitive Foods

### 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.

For more information on Competitive Foods and Fundraising go to:

<http://www.ride.ri.gov/cnp/NutritionPrograms/HealthySnacksBeverages.aspx> or contact Becky Bessette at [Becky.bessette@ride.ri.gov](mailto:Becky.bessette@ride.ri.gov) or at 401-222-4253.