

Troy City Schools Competitive Foods Policy

Troy City Schools will adhere to Alabama's Healthy Snack Standards for Foods and Beverages at School and USDA Smart Snacks guidelines.

The US Department of Agriculture's Smart Snacks in School rules have required all foods and beverages sold separate from school meals to meet new nutrition standards. Often referred to as "competitive foods," because they are sold in competition to the complete reimbursable school meal, these items include entrees, sides, snacks or drinks sold during the school day in vending machines, snack bars and a la carte lines. The rules do not apply to food and beverages brought from home or sold during non-school hours, weekends or at off-campus events.

Under Smart Snacks in Schools, competitive foods 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).

Foods must also meet several nutrient requirements:

Calorie limits:

Snack items: ≤ 200 calories

Entrée items: ≤ 350 calories

Sodium limits:

Snack items: ≤ 200 mg

Entrée items: ≤ 480 mg

Fat limits:

Total fat: ≤ 35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

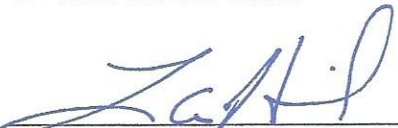
Sugar limit:

≤ 35% of weight from total sugars in foods

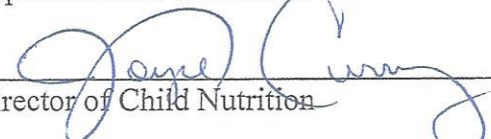
Snack foods in the schools will be checked in the Smart Snack Calculator beforehand to see if they are allowable and meet the guidelines.

Foods sold will follow the policy for sale of competitive foods as outlined in the SDE memorandum dated November 6, 2001. Schools are prohibited from selling or providing any food or meal that is in competition with the scheduled school meal. Schools are required to restrict student access to concessions, vending, and fundraisers during the meal periods. Schools may not schedule sales one hour before or one hour after meals, that would in effect compete with the meal service.

Building Administrators and the Child Nutrition Program staff will work together to make sure snacks are served in a timely manner to the students and that they will not be in competition with the meal service times.



Superintendent of Schools



Director of Child Nutrition

8/27/19

Date

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Date