

Alabama Department of Education Nutrition Policies

On July 12, 2005, the Alabama State Board of Education passed sweeping changes directed at improving the health and well being of the students in our schools in an effort to stem the incidence of childhood obesity and obesity related health problems. These changes will impact all areas of schools where food is sold or served during the school day.

Many areas were addressed by the board. The areas include not only the Child Nutrition Program (CNP), but the school environment itself. The new policies include:

- Restrictions on the sale of carbonated drinks
- Sales of foods of minimal nutritional value
- Food sold/served in the cafeteria
- Food items sold through vending machines and school stores
- Equipment used in the cafeteria
- School fundraisers
- CNP training and development

Sales of Carbonated Drinks

Elementary Schools: An Elementary School is defined as a school where the majority of students are in grades Pre-K through 5.

Effective with the 2005-2006 school year, no carbonated soft drinks shall be available for sale to students at any time during the school day. No item considered to be in the category of carbonated soft drinks may be provided free of charge to students. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. No vending machine display front may display any product that is not water or 100% fruit juice. Items that may be sold include non-carbonated flavored and unflavored water, 100% fruit juices, milk, tea, and sports drinks. No sales of any items may occur during meal service times.

The school day is defined as the period of time that children arrive at school until after the end of the last scheduled class.

Middle Schools: A Middle School is defined as a school where the majority of the students are in grades 6 through 8.

Effective with the 2005-2006 school year, at a minimum 70% of the selections available in vending machines or for sale in school stores are to be non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, or sports drinks. At a maximum, 30% of the selections can be carbonated soft drinks, but at least 50% of those selections must be no/low calorie selections. Only 15% of the selections may be regular soft drinks. This means that if you have a machine with 10 slots, only 1 can be a regular soft drink. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be available for sale during the school day. No carbonated beverages of any kind or other competing food/beverage sales are to be available to students during the meal service time. No vending machine display front may display any product that is not water or fruit juice.

The school day is defined as the period of time that children arrive at school until after the end of the last scheduled class.

High Schools: A High School is defined as a school where the majority of the students are in grades 9 through 12.

Effective with the 2005-2006 school year, at a minimum 50% of the selections available in vending machines or for sale in school stores are to be non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, or sports drinks. At a maximum, 50% of the selections can be carbonated soft drinks, but at least 50% of those selections must be no/low calorie selections. Only 25% of the selections may be regular soft drinks. This means that if you have a machine with 10 slots, only 2 can be a regular soft drink. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be available for sale during the school day. No carbonated beverages of any kind or other competing food/beverages sales are to be available to students during meal service times. During the 2005-2006 school year vending machine display fronts in high schools are to be primarily water and fruit juice, with only occasional soft drink vend fronts allowed. Beginning with the 2006-2007 school year, all vending machine fronts in high schools other than those located in athletic spectator settings will be only water and juice products.

The school day is defined as the period of time that children arrive at school until after the end of the last scheduled class.

Foods of Minimal Nutritional Value

In addition to the restrictions regarding the sale of carbonated beverages listed above, no one on the school campus may provide access to “for sale” or “free” foods and beverages of minimal nutritional value as identified under USDA regulations 7CFR 210 Appendix B, Categories of Foods of Minimal Nutritional Value until after the end of the last scheduled class. These classifications are as follows:

- Water ices, including frozen sicles, ices and slushes, except those ices containing fruit juice.
- Chewing gum, flavored or unflavored from natural or synthetic sources
- Certain candies, processed predominately from sugar or corn syrup sweeteners or artificial sweeteners combined with a variety of ingredients including but not limited to:
 - Hard candies, sour balls, fruit balls, candy sticks, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops
 - Jellies and gums, such as gum drops, jelly beans, jellied and flavored fruit slices
 - Marshmallow candies or other aerated sugar, corn syrup, or invert sugar confections
 - Fondants, such as candy corn, and soft mints
 - Licorice
 - Spun candy, cotton candy
 - Candy coated popcorn

Food Sold/Served in the Cafeteria

The school campus should reflect a healthy nutrition environment. Adequate time to eat should be allowed to provide a pleasant dining experience. All schools will ensure that all students have daily access to the meals offered. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals.

Serving sizes will comply with the meal pattern requirements as described by the United States Department of Agriculture (USDA) regulations. Foods served and /or sold through the cafeteria shall adhere to the guidelines established by USDA and published in the School Meals Initiative (SMI) for Healthy Children, 1995 guidance.

School meals must average, for a weekly period, meeting the standards of the Dietary Guidelines for Americans, which recommends no more than 30% of an individual's calories be furnished from fat and 10% or less from saturated fat. School lunches should meet the standard of providing one-third and school breakfasts the standard of furnishing one-fourth of the Recommended Dietary Allowances for protein, Vitamin A, Vitamin C, iron, calcium, and calories. This means that while certain foods like pizza cannot be served every day, it can be part of a healthy diet and may be taken into consideration in meal planning and service. Schools must review the items offered as ala carte sales and evaluate the nutritional contribution of each item. Foods not meeting the criteria listed below should be eliminated or portion sizes reduced in order to be in compliance with the requirements.

School should focus on improving meal quality and increasing the options of whole grain products and increasing the availability of fruits and vegetables. The standard milk beverage shall be 1% or less fat, flavored or unflavored. Preparation techniques should be modified to reduce the number of fried foods and increase baking, steaming, and roasting preparation methods.

Fried potato products (fries, potato rounds, etc.) are to be limited and should not exceed a 3 ounce serving. Similar restrictions apply to other fried vegetables. Baked potato products that have not been pre-fried, flash fried, or deep fried are the products of choice and may be served more frequently. Foods flash fried by the manufacturer may be served but should be prepared in a manner other than frying.

Snack and ala carte items sold or provided are to follow the guidelines listed below: (per each 1 oz serving)

- Less than 30 grams carbohydrate
- Less than 360 milligrams sodium
- Less than 10% daily value of fat
- Contain at least 5% (and preferably 10%) daily value of Vitamin A, C, iron or calcium
- Contain Fiber (5% daily value)

Additionally, the portion sizes shall follow these requirements.

- Chips, 1 oz maximum, baked or containing no more than 3 to 7.5 grams of fat per bag. This includes crackers, popcorn, trail mix, nuts, seeds dried fruit, and pretzels.
- Cookies/cereal bars, 1.3 oz maximum
- Pastries and muffins, 2 oz maximum
- Frozen dairy desserts, low fat ice cream, puddings, jellied fruit bowls, 4 oz maximum
- Yogurt, (low fat) less than 30 grams total carbohydrate, 8 oz maximum
- Milk, reduced fat, 1% or less, flavored and unflavored. Flavored milk to contain no more than 30 grams sugar, 8 oz maximum
- Beverages other than water, to include sports drinks, 100% fruit juice, and low sugar fruit smoothies, 12 oz maximum

Food Items Sold Through Vending Machines and School Stores

Beginning with the 2005-2006 school year, every school shall review its offerings of foods in vending machines and school stores and develop a plan for phasing out low nutritive foods. All schools shall develop a plan to replace those foods with high nutritive foods. Each school should develop a plan with the guidance of the local superintendent or his/her designee that allows for input by students, teachers, and parents. Foods and beverages approved by the local committee shall not be in conflict with the state board policies. The guidelines for foods sold in vending machines and school stores are the same as those listed above for foods sold in the cafeteria. Each school's plan for improving the school nutrition environment should be completed by **April 1, 2006** and ready for implementation with the beginning of the **2006-2007 school year**.

Equipment used in the cafeteria

Beginning July 1, 2006, schools may not use CNP funds to purchase new fryers for the school lunch/breakfast program. Frying as a method of preparation for foods served in school meals, ala carte lines, snack lines, and school stores should be limited with the goal of eliminating fried items.

Schools should pay special attention to portion sizes and assist students in selecting the appropriate amount of food. The serving methods should be modified to move away from self serve for all menu items in order to provide the portion sizes identified by the USDA meal pattern for the National School Lunch Program, School Breakfast Program, and After School Snack Program. Cafeterias should provide greater access to fresh and unfried fruits and vegetables.

School Fundraisers

All fundraising activities except those contracts that have or will be executed by August 8, 2005, that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. Sales during school hours shall not include those foods listed above as Foods of Minimal Nutritional Value or exceed those portion sizes identified as allowable. This also means that all events outside the school day are not affected by this

requirement and that booster clubs, etc., are free to select items for sale for specific fundraising and concession sales as long as the activity does not conflict with this position. This is to be implemented by the completion of the 2005-2006 school year.

CNP Training and Development

All persons employed as CNP directors shall meet the standards of the Code of Alabama (1975) 290-080-030-05 and -06 as amended June 6, 1994, in that a qualified CNP director shall be employed. All new staff employed as CNP director who does not meet the educational requirements as specified must complete those requirements within a three year period from the date of employment. Current staff not meeting the qualifications must complete the educational requirements by the beginning of the 2008-2009 school year. A CNP director employed prior to July 1, 1994 shall be exempt from the requirements.