

## **Information for Staff, Parents, Students**

Beginning July 1, 2014 changes will be implemented for vending machines, selling food in district buildings and fundraising opportunities (including a la carte items in the cafeteria, school stores, snack bars, and any other venue accessible to students). These changes are required by the USDA for all schools that participate in the federal reimbursable school meals program. In Kansas, the Department of Education has been working to inform schools about the new requirements. Locally, our Nutrition and Wellness Council is working to communicate these changes throughout the district.

The changes apply to all food sold in schools from midnight until 30 minutes after the end of each school day. The changes include specific guidelines for both food and beverages.

For example, in regard to food, each item sold:

- 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 containing at least ¼ cup of fruit and/or vegetable, **or**
- Contain 10 percent of the Daily Value of one of the following nutrients: calcium, potassium, Vitamin D or dietary fiber.

Additional requirements for foods include specific limits for calories, sodium, fat, and sugar.

In regard to beverages, all schools may sell plain water (with or without carbonation). The additional requirements for beverages vary per school level.

### **Elementary Schools may sell 8-ounce portions and Middle Schools and High Schools may sell 12-ounce portions of:**

- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives
- 100 percent fruit or vegetable juice
- 100 percent fruit or vegetable juice diluted with water, and no added sweeteners

### **In addition, High Schools may sell up to 20-ounce portions of:**

- Calorie-free, flavored water
- Other flavored and/or carbonated beverages with fewer than 5 calories per 8 fluid ounces or fewer than 10 calories per 20 fluid ounces including caffeinated beverages

