

MA School Nutrition Bill At-A-Glance Guide

The MA Department of Public Health (DPH), in consultation with the MA Department of Elementary and Secondary Education (ESE), created nutritional standards for **competitive foods and beverages** offered during the school day in public schools. The nutrition standards support our goals for student health and academic achievement by concentrating on serving nutrient-rich, minimally processed foods; such as fruits, vegetables, whole grains, lean protein, and low-fat and fat-free dairy products. *Guidance for implementing the MA School Nutrition Standards for Competitive Foods and Beverages is available at www.mass.gov/dph/healthierschools and will be sent to all MA public schools.*

Competitive foods and beverages include all foods or beverages sold or provided as a la carte items in school cafeterias, classrooms and hallways, school stores, school snack bars, vending machines, fundraising activities and school-sponsored or school-related events and all other locations in public schools.

These standards DO NOT apply to foods and beverages sold or provided as part of the federally reimbursable school meal program. These standards also do not apply to competitive foods and beverages sold up to 30 minutes before the beginning of the school day or 30 minutes after the school day; however, schools may opt to extend these standards beyond the indicated time constraints. Competitive foods and beverages sold through vending machines shall comply with these standards at all times.

<u>Beverages</u>	<u>Food</u>
Juice <input type="checkbox"/> 100% fruit or vegetable juice; no added sugar <input type="checkbox"/> Portion Limit: 4 oz (no calorie limit)	Calories No more than 200 calories per food item; except a la carte entrées which shall not exceed calories of comparable NSLP entrée items.
Milk & Milk Substitutes <input type="checkbox"/> Must be 1% or Fat Free <input type="checkbox"/> 8 oz portion limit <input type="checkbox"/> Flavored milk & milk substitutes contain no more than 22 g sugar per 8 oz, until August 2013 , when all beverages with sugar content greater than that of plain milk (12 g per 8 oz) will be prohibited as competitive beverage options. This includes flavored milk and flavored milk substitutes.	Fat & Saturated Fat <input type="checkbox"/> No more than 35% of total calories from fat* <input type="checkbox"/> No more than 10% of total calories from saturated fat* <input type="checkbox"/> All foods to be trans fat free. <i>* Exceptions: 1 oz nuts, seeds, nut butters or reduced-fat cheese.</i>
	Sugar No more than 35% of total calories from sugar* <i>*Exceptions: 100% fruit w/ no added sugar; and non-fat or low-fat yogurt, including drinkable yogurt, w/no more than 30 g total sugar per 8 oz package</i>
Water Contains no added sugar, sweeteners or artificial sweeteners, but may contain natural flavorings and/or carbonation.	Sodium No more than 200 mg sodium per item; except a la carte entrées which shall contain no more than 480 mg sodium per item.
	Grains All bread and other grain-based products must be whole grain (i.e. whole grain should be listed first in the ingredient statement)
<u>Food & Beverages</u>	
<input type="checkbox"/> No food/ beverage shall contain artificial sweeteners <input type="checkbox"/> No food/beverage shall contain more than trace amounts of caffeine <input type="checkbox"/> A packaged item may contain no more than one serving per package	



Timeline for Nutrition Standards for Competitive Foods and Beverages:

- **August 1, 2012:** Schools must implement finalized nutrition standards
- **August 1, 2013:** All beverages with sugar content greater than that of plain white milk (12 g) will be prohibited as competitive beverage options, including flavored milk and flavored milk substitutes. Schools must make nutrition information available for non-prepackaged competitive foods and beverages.

Other regulations listed in the bill include:

- Make drinking water available to all students at no cost during the school day.
- Sell fresh fruits and vegetables at all locations where food is sold. *Exception: non-refrigerated vending machines and refrigerated vending machines that only sell beverages.*
- By August 2013, make nutritional information available for all non-packaged competitive foods or beverages served in the cafeteria.
- Prepare all competitive foods without using fryolaters.

These regulations DO NOT apply to:

Foods or beverages provided as part of the School Breakfast Program, the School Lunch Program, and the Child and Adult Care Food Program (including the afterschool snack program) of the US Department of Agriculture (all of which follow national guidelines).

Connecting schools and farms:

Encourages increased local purchasing by public schools—practices shown to increase consumption of healthy foods by students and provide significant revenue for MA farmers.

Other parts of this bill will ensure:

- **DPH & ESE will assist schools in implementing the nutritional standards:** this will come in the form of additional training for school nutrition directors and implementation guidelines for schools.
- **School nurses are supported:** requires professional development guidelines for school nurses for recognizing, screening, treating, and referring students with obesity, eating disorders, and type 2 diabetes.
- **School wellness advisory committees are required:** each school district must have a school wellness advisory committee and involve members from all facets of the community.
- **A statewide commission is established:** a Commission on School Nutrition and Childhood Obesity will be created to develop a coordinated plan to reduce childhood obesity.

