

## Policy 4321.1, Standards for School Nutrition “Other Foods” Checklist

Teachers and/or Administrators should use this check list to verify that all “*other foods and beverages*” sold, served or distributed during the school day comply with the following policy requirements:

Use Smart Snacks tool to verify compliance at [HealthierGeneration.org/smartsnacks](http://HealthierGeneration.org/smartsnacks) and complete the calculator for food items. You will need the nutrition fact sheet from the package. If compliant, print out the results and save along with the fact sheet for documentation.

Yes/No

### Other Foods Must:

- a. Limit total calories to no more than 200 per product/package?
- b. Limit total fat to no more than 35% of calories per product/package?
- c. Limit saturated fat to less than 10% of the total calories?
- d. Limit trans fat to less than or equal to 0.5 grams per product/package?
- e. Sugar content is no more than 35% of calories per product excluding fruits?
- f. Limit sodium to no more than 200 milligrams per product/package?
- g. Prohibit foods containing non-nutritive/artificial sweeteners?
- h. Prohibit candy, soft drinks, chewing gum or flavored ice bars?


### Beverages

- a. Limit juice portion sizes to no more than 4 oz. for elem. and 8 oz. for middle/high school?
- b. Prohibit coffee and coffee-based products during the school day?
- c. Prohibit caffeine containing beverages?  
(except those containing trace amounts of naturally occurring caffeine substances)


### “Other Foods” Sold, Served or Distributed

Except for foods served in the school nutrition programs, does the school prohibit the sale, service or distribution of food or beverages to students in elementary schools from the time the first child arrives at school until 20 minutes after all students are served lunch?

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Does the school prohibit the use of foods and beverages as a reward or as a means of punishment or disciplinary action for any student during the school day?

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Does the school prohibit competitive sales in the dining areas during the meal service period, defined as 20 minutes before the first child is served a meal until 20 minutes after the last child receives a meal?

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Due to special dietary needs and food safety concerns, foods and beverages brought or delivered from outside sources, unless commercially packaged and compliant with policy nutrient standards, may be consumed only by individual students for which they were brought or delivered, and not by the general student population. Does this school comply with this provision?

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On school premises, from the arrival of the first child at school until the departure of the last regularly scheduled school bus, do all fund raising activities involving foods and beverages comply with WVBE Policy 4321.1? (all the above)

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Teacher/Administrator \_\_\_\_\_

See back for definitions directly related to this list.

Excerpts from Policy 4321.1 “Other Foods”

For the complete policy – refer to Office of Child Nutrition, WV Department of Education

**§126-86-2. Purpose.**

...In West Virginia schools, federally funded school nutrition programs are available to provide nutritious foods to all students. It is intended that these child nutrition programs be the main source of foods and beverages available at school. These programs have specific requirements to ensure that adequate nutrients are offered to promote health. Other foods and beverages, when available, should also provide necessary nutrients and contribute to an overall healthy eating environment....

**§126-86-3. Operational Definitions.**

3.1. “Bottled water” is defined as plain natural water containing no additives.

3.2. “Candy” is defined as any food that, as served in its finished form, contains, by weight, more than 35% sugar (in crystalline form or in solution as syrup, both monosaccharides and disaccharides) and/or other sweetening agents, or any food product commonly referred to as "candy".

3.3. “Chewing gum” is defined as a preparation of chicle or other plastic substance sweetened and/or flavored for chewing.

3.4. “Competitive foods” are defined as all foods and beverages sold, served or distributed in competition with meals served under the United States Department of Agriculture’s (USDA) Child Nutrition Programs in the food service areas during the meal service periods.

3.7. “Flavored ice bar” is defined as a frozen confection consisting of water mixed with flavored syrups and/or powders, sugars and/or other sweetening agents, binders, stabilizers and/or emulsifiers.

3.8. “Food service area” is defined as any area on school premises where reimbursable meals are served and/or consumed by students.

3.12. “Meal service period” is defined as 20 minutes before the first child is served a meal until 20 minutes after the last child receives a meal.

3.15. “Other foods and beverages” are defined as any food or beverage, sold, served or distributed to students including snacks from vending machines, school stores, parties, and school day fund raising activities, except those served as part of the child nutrition program meals and snacks. Other foods do not include those brought to school by individual students for their own consumption.

3.16. “Reward” is defined as something given in recompense or compensation for service, merit, achievement or some other type of worthy behavior.

3.17. “School day” is defined as the period of time between the arrival of the first student at the school building and the end of the last instructional period.

3.18. “School premises” is defined as school or county board of education property.