The Healthy Hunger Free Kids Act of 2010 required the Secretary of Agriculture to establish standards for foods sold in schools other than those provided as part of the National School Lunch Program or School Breakfast Program. The Act specified that these standards should be consistent with the Dietary Guidelines for Americans and that the development process take into account existing state, local and voluntary standards and the practical application of the standards.

Below is an outline of the standards that will go into effect on July 1, 2014 (essentially the start of the 2014-2015 school year). These standards, which were finalized after a 60-day public comment period that ended this past April, are considered the minimum requirements that school food programs must meet. Schools, local education agencies and states are able to set stronger standards as long as they are still consistent with the federal standards.

The standards will apply to:

- All foods sold outside of the school meals programs;
- The full school day (midnight before to 30 minutes after the end of the official school day); and
- The entire school campus (all areas of the property under the jurisdiction of the school that are accessible to students).

Compliance with the standards is the responsibility of individual schools, and will be ultimately monitored by the state education agency (except in Florida, New Jersey, and Texas, where it is run by the state department of agriculture). This will become a part of the administrative review process to which the school food service program is already subjected. Though it is understood that the food service program does not manage the sale of all food items in all parts of the school, it is expected that, at a minimum, upon request they will be to produce nutrition information for all products sold in order to ensure compliance.

No fundraisers that include food not meeting these standards may be conducted in the meal service area during meal times. Infrequent school-sponsored fundraisers of food items that do not meet the standards will be allowed outside of the food service area during meal service, and each state will set individual policies that define how frequently these may occur.

## FOOD

All foods sold must meet all of the proposed competitive food nutrient standards and:

- Have a fruit, vegetable, dairy product, or protein food listed as the first ingredient,
- Be a “whole-grain rich” product (50% or more grains by weight or list grains as the first ingredient),
- Or be a combination food that contains at least ¼ cup of fruit or vegetables.
- Through June 30, 2016, foods may also be allowed if they contain 10% of the daily value of calcium, potassium, vitamin D, or fiber while still meeting all of the other requirements. After this time, these foods will not be allowed.

<table>
<thead>
<tr>
<th>Fat</th>
<th>Less than 35% of total calories as packaged or served</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Saturated fat must be less than 10% of total calories as packaged or served</td>
</tr>
<tr>
<td></td>
<td>Trans fat must be 0 g</td>
</tr>
</tbody>
</table>

Exemptions from the fat and saturated fat standards exist for reduced fat cheese, part-skim mozzarella cheese, nuts, seeds, nut or seed butters, products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, and seafood with no added fat.
| Sodium                  | Snack items must be less than 230 mg per item as packaged or served. (On July 1, 2016, this standard will become 200 mg per item as packaged or served.)
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Entrée items must be less than 480 mg per item as packaged or served.</td>
</tr>
<tr>
<td>Sugar</td>
<td>Less than 35% of the total weight can be sugar.</td>
</tr>
<tr>
<td></td>
<td>Exemptions exist for dried whole fruits or vegetables (including pieces), dehydrated fruits or vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes.</td>
</tr>
<tr>
<td>Calories</td>
<td>Snack items and side dishes served à la carte must be less than 200 calories per item as packaged or served, including accompaniments such as butter, cream cheese, salad dressing, etc.</td>
</tr>
<tr>
<td></td>
<td>Entrée items sold à la carte, must be less than 350 calories including accompaniments.</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Must be considered a part of the nutrition profile of the foods that they accompany.</td>
</tr>
</tbody>
</table>

## BEVERAGES

All beverages must be plain water (carbonated or uncarbonated), unflavored low-fat milk, unflavored or flavored fat-free milk, nutritionally equivalent milk alternatives (permitted under National School Lunch and School Breakfast Program requirements), or full strength fruit or vegetable juice (including juice that has been diluted with water or carbonated water).

Water is exempt from the size limits.

### Portion Size
- Elementary schools—8 ounce portions
- Middle and high schools—12 ounce portions

### Caffeine
- Elementary and middle schools—only naturally occurring trace amounts
- High schools—no limitations

### High School Only
- Calorie-free, flavored and/or carbonated water and other beverages that comply with the FDA requirement of less than five calories per 8 ounce serving (or less than or equal to 10 calories per 20 ounce serving) may be served in portions of up to 20 ounces.
- Beverages of up to 40 calories per 8 ounce (or 60 calories per 12 ounce), in portions of up to 12 ounces.
- Allowable beverages are available in all parts of the school campus without restriction.

## EXEMPTIONS

Breakfast and lunch entrées that are sold in the à la carte line are exempted from the standards if they appear in the regular school meal that same day, or the previous day.

Also exempt:
- Fresh, canned, and frozen fruits or vegetables with no added ingredients except water, packed in 100 percent juice, extra light, or light syrup.
- Canned vegetables that contain a small amount of sugar for processing purposes.

Sugar-free chewing gum is exempt from all of the standards.