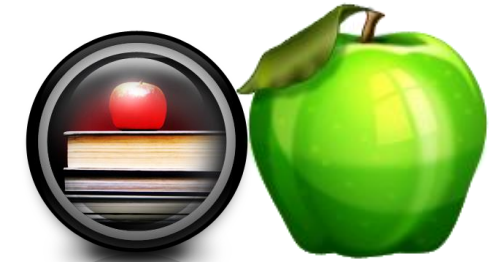


Wellness Policy

FFA (Regulation) Issued 9.24.13



<p>New USDA Rules</p>	<ul style="list-style-type: none"> • <i>Local FFA Regulations are in effect except where New USDA Rules are more restrictive.</i>
<p>Where and When do Regulations Apply <i>(USDA Smart Snacks Rules)</i></p>	<ul style="list-style-type: none"> • All school property where students may have access to food and beverage • The School Day is defined as midnight the night before, until 30 minutes after the end of the regular or extended school day <ul style="list-style-type: none"> • Also includes Saturday school where school meals are provided
<p>Competitive Foods <i>Are all food and beverage sold or made available during the regular and extended school day (FFA Regulation)</i></p>	<ul style="list-style-type: none"> • All food sold or made available to students during the school day must meet Smart Snack and Beverage rules to include: <ul style="list-style-type: none"> • Vending machines, school stores, fund raisers during the school day • Food uses as rewards and incentives • Food uses for instructional purposes except for foods labs and cultural events • Elementary – no competitive food during regular and extended school day • Middle School- no competitive food until 30 min. after last lunch period • High School- no sales during meal service, except by DECA stores

Wellness Policy

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<p>Vending (FFA Regulation)</p>	<ul style="list-style-type: none">• Vending machines must comply with DISD Wellness Policy regulations on competitive foods<ul style="list-style-type: none">• All vendors must attend Smart Snack training with FCNS• Display certificates of compliance in machine• Keep compliance records on file with office manager
<p>Fund Raisers <i>(USDA Smart Snacks Rules and Dallas ISD Wellness Policy FFA (REGULATION) FFA (EXHIBIT))</i></p>	<ul style="list-style-type: none">• Only Smart Snack compliant food items may be sold in school from midnight to 30 minutes after the end of the school day• Food sales can not occur at the same time as the school meal programs• Elementary:<ul style="list-style-type: none">• Smart Snacks may be sold only after school when there is not a School Meals Program in operation• Middle School:<ul style="list-style-type: none">• Smart Snacks may be sold 30 minutes after the end of the last lunch period• Snacks may not be sold during the After School Meals Program• High School<ul style="list-style-type: none">• Smart Snacks can be sold during the school day except during meal serving periods; breakfast, lunch and after school meals.• DECA stores may sell smart snack approved items during meals.

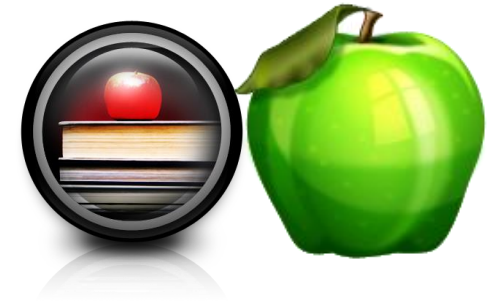
Wellness Policy

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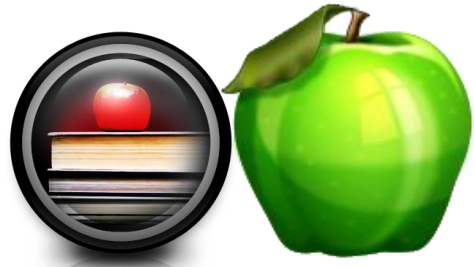


<p>Classroom Celebrations and Exemption Days <i>(FFA Regulation)</i></p>	<ul style="list-style-type: none">• All foods made available in schools must meet the USDA Smart Snack and Beverage Rules with the exception of three specified days and classroom birthday celebrations.• Exemption Days<ul style="list-style-type: none">✓ October 31 or the school day before✓ The day before Winter Break✓ February 14 or the school day before<p><i>Note: Time and place regulations still apply during exemption days</i></p>
<p>Food Given to Students <i>(FFA Regulation)</i></p>	<ul style="list-style-type: none">• Food can not be given as a reward or withheld as punishment except as stated in 504 IEP plan• Elementary Students may be given one snack per day that meets Smart Snack Rules• On Testing days, students of any grade may be given one snack per day that meets Smart Snack Rules
<p>Concessions <i>Outside school (FFA Regulation)</i></p>	<p>The sale of plain water and Smart Snacks & Beverage are encouraged along with other items</p>
<p>Food Safety & Security <i>(FFA Regulation)</i></p>	<ul style="list-style-type: none">• Ice Machines restricted to authorized personnel• Allowed Food from outside in individual packaging

USDA Nutrition Standards



General Standards	Must meet one of the following requirements
	<ul style="list-style-type: none">• Whole Grain Rich
OR	<ul style="list-style-type: none">• First ingredient meat, beans, poultry, fruit, vegetable, etc.
OR	<ul style="list-style-type: none">• Combination food with at least ¼ cup fruit &/or vegetable
OR	<ul style="list-style-type: none">• 10% Daily Value of one nutrient of public health concern<ul style="list-style-type: none">• Calcium, potassium, vitamin D, dietary fiber• (Effective until June 30, 2016)



USDA Nutrition Standards

Nutrient Standards	
Total Fat	<ul style="list-style-type: none"> • ≤ 35% as packaged/served
Saturated Fat	<ul style="list-style-type: none"> • ≤ 10% per portion packaged/served
Trans Fat	<ul style="list-style-type: none"> • Zero grams (less than 0.5g) per portion
Sodium	<ul style="list-style-type: none"> • Entrée- NSLP/SBP ≤ 450mg Sodium • Snack & Sides- <ul style="list-style-type: none"> • ≤ 230mg Sodium (to June 30, 2016) • ≤ 200mg Sodium (after July 1, 2016)
Calories	<ul style="list-style-type: none"> • Entrée- NSLP: ≤ 350 calories • Snack/Sides: ≤ 200 calories
Total Sugar	<ul style="list-style-type: none"> • ≤ 35%; Exceptions: dried fruit without sugar
Fruit & Vegetable Exemptions	<ul style="list-style-type: none"> • Fresh, frozen, canned in 100% juice, light or extra light syrup • Fresh, frozen, canned vegetables with only water added • Canned vegetables with only small amount of sugar
Condiments	<ul style="list-style-type: none"> • Must be included with nutrient analysis

DISD Beverage Standards



Beverages	Elementary and Middle Schools meet the Healthier US School Criteria (FFA Regulation)
Milk	<ul style="list-style-type: none">• Only low-fat (1% or less) or fat-free• Fat-free flavored milk meeting sugar standard• 8 oz. maximum serving all grade levels
Juice	<ul style="list-style-type: none">• 100% fruit and/or vegetable juice<ul style="list-style-type: none">• No sweetener or non-nutritive sweetener added• 6 fl. Oz. Elementary and Middle Schools
Water	<ul style="list-style-type: none">• non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners• No limit on portion size of plain water
Caffeine	<ul style="list-style-type: none">• No beverages with caffeine

DISD Beverage Standards



Beverages	High School
Water	<ul style="list-style-type: none">• Plain water or plain carbonated water, No limit on portion size
Milk	<ul style="list-style-type: none">• Only low-fat (1% or less) or fat-free• Fat-free flavored milk meeting sugar standard• 12 oz. maximum serving
Juice	<ul style="list-style-type: none">• 100% fruit/vegetable juice, 12 fl. oz.• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners, 12 fl. oz.
Other Beverages	<ul style="list-style-type: none">• Other flavored beverages (20 fl. oz. max.) that are labeled to contain 5 calories or less per 8 fl. oz. or 10 calories or less per 20 fl. oz.• Other flavored beverages (12 fl. oz. or less) that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.

Records, Compliance & Resources



Record Keeping	<ul style="list-style-type: none">• Local Education Authority and School Food Authority are required to keep records• Receipts, nutrition labels, product specifications for all competitive foods need to be kept on file for 5 years• Schools need to designate a person to keep records
Monitoring & Compliance	<ul style="list-style-type: none">• Monitoring and compliance will be by the state agency• Department of Education has informed school districts
Smart Snacks Calculator	<ul style="list-style-type: none">• Determine if your product meets the USDA Smart Snacks in School nutrition standards: https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/
Approved Smart Snacks	<ul style="list-style-type: none">• A list of foods that meet the national nutrition standards: https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/