

GOAL 4

COMPETITIVE FOODS

HEALTHIERUS CHALLENGE CRITERIA: COMPETITIVE FOODS				
	Bronze	Silver	Gold	Gold Award of Distinction
All School Levels (Elementary and Secondary)	If the school sells any other food and beverages on campus (competitive foods), sales must meet the criteria on page 37 as well as the restricted times and locations stated below.			
	During meal periods	During meal periods	Throughout the whole school day	Throughout the whole school day
	Within the foodservice area(s)	Within the foodservice area(s)	Throughout the school campus	Throughout the school campus
	<p style="text-align: center; color: red;">During Meal Period</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 5px auto; width: 80%;">School</div> <div style="border: 1px solid red; padding: 2px; text-align: center; margin: 5px auto; width: 20%;">Cafeteria</div>		<p style="text-align: center; color: red;">Throughout School Day</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 5px auto; width: 80%;">School</div> <div style="border: 1px solid red; padding: 2px; text-align: center; margin: 5px auto; width: 20%;">Cafeteria</div>	
— = Area rule applies				

NOTES:

Items not included in the competitive food requirements:

Schools are not expected to monitor what a parent sends to school for a birthday party. Food items sold at an afterschool fundraiser do not have to meet the competitive foods criteria. *Seconds or extra sales of entrées offered as part of the day's reimbursable lunches are exempt.*

Definitions: competitive foods include any foods or beverage served outside the reimbursable meal: this includes school stores, vending machines, a la carte, and any other food and beverage sales on campus.

Meal period: the time from the beginning of the school's scheduled meal service until the end of the scheduled meal service, or until the last student is served, whichever comes last.

Food Service Area(s): any area on school premises where program meals are either served and/or eaten.



Fill out the Competitive Foods Worksheet on page 10 of the application. The online application has a competitive foods calculator which will help you determine if your competitive foods meet the criteria.

CRITERIA FOR COMPETITIVE FOODS

HEALTHIERUS CHALLENGE CRITERIA				
All School Levels (Elementary and Secondary)	Bronze	Silver	Gold	Gold Award of Distinction
Total Fat	Calories from total fat must be at or below 35% per serving. <i>Excludes nuts, seeds, nut butters, and reduced fat cheese.</i>			
Trans Fat	Less than .5 g trans fat (trans fat free) per serving.			
Saturated Fat	Calories from saturated fat must be below 10% per serving. <i>Excludes reduced fat cheese.</i>			
Sugar	Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars). <i>Excludes fruits, vegetables, and milk.</i>			
Sodium	$\leq 480\text{mg}$ per <u>side</u> dish/ non-entrée serving $\leq 600\text{mg}$ per main dish/ <u>entrée</u> serving			$\leq 200\text{mg}$ per <u>side</u> dish $\leq 480\text{mg}$ per main dish OR 150 min/ week Physical Education
Portion Sizes/ Calories	Not to exceed the serving size of the food served in the NSLP. For other items, the package or container is not to exceed 200 calories.			
COMPETITIVE BEVERAGES: ONLY THE FOLLOWING BEVERAGES ARE ALLOWED:				
Milk	<u>Only</u> low-fat or fat-free (1% or less), flavored or unflavored, fluid milk.			
Milk Serving Sizes	Must be limited to 8 fluid oz serving or less.			
Fruit and Vegetable Juices	100% full strength fruit and vegetable juices with <i>no sweeteners or non-nutritive sweeteners.</i> Maximum of 6 fluid oz for elementary and middle schools. Maximum of 8 fluid oz for high schools.			
Water	Unflavored, no sweeteners, noncarbonated, caffeine-free			