



# ORANGE COUNTY PUBLIC SCHOOLS

## EAT SMART NUTRITION STANDARDS

Revised 09/13/19

Standards for Snack Food or Beverages will be in compliance with the USDA Competitive Food Regulations, The Healthy Hunger-Free Kids Act, Section 208; and Florida Department of Agriculture and Consumer Services Division of Food, Nutrition and Wellness, 5P-1.003 Responsibilities for the School Food Service Program.

The defined school day is midnight to 30 minutes after the last bell.

Only those foods which are consistent with the OCPS Eat Smart Nutrition Standards will be allowed to be served during the school day on a particular school campus and **require the use of the Outside Food Form**. The Outside Food Form does not permit the sharing of foods that do not meet these standards and must be kept on file in the school food service manager's office with ingredient and nutrition labels, location and sponsor contact information.

Vending machines under the OCPS district contract are allowed to be on during the school day if all content meets the Eat Smart Nutrition Standards.

No sale of food or beverage is allowed on school campus until thirty (30) minutes after the conclusion of the last designated meal service period unless operated through the OCPS Food and Nutrition Services Department. If served during the school day these items are required to meet the nutrition requirements below. If the items do not meet these standards, they cannot be sold or served until 30 minutes after the last bell of the school day.

### Snack Foods

- 1) Be a fruit, vegetable, dairy product, protein food, a whole-grain right product (50% or more whole grains by weight) or have whole grains as the first ingredient, or a combination food that contains at least ¼ cup of fruit or vegetable.
- 2) May not be combination of bread and meat or meat alternate, or take the place of a meal.

#### **In addition all snack foods must contain:**

- One serving per package
- No more than 10 percent of total calories from saturated fats
- No more than 35 percent of total calories from fat,
- Zero trans. fat (less than or equal to 0.5 g. per serving)
- 35% or less sugar grams by weight
- Sodium content of 200 mg. sodium for all snacks
- No more than 200 calories for snacks
- Exempt: nuts, seeds, dried fruit with no added sweeteners or fats, reduced fat cheese

### Beverages

- No carbonated beverage sales (flavored or unflavored), including carbonated water is allowed: no artificial sweeteners will be used.
- Elementary Schools may sell up to 8-oz. portions of unflavored low/none fat milk or flavored fat free milk
- Middle and High Schools may sell up to 12-oz. portions of unflavored low/none fat milk or flavored fat free milk
- Plain Water: No portion size limit
- 100% Juice fruit or vegetable: ≤ 8 oz. Elementary School; ≤ 12 oz. Middle and High Schools
- 100% Juice fruit or vegetable diluted with water, and no added sweetener: ≤ 8 oz. Elementary schools; ≤ 12 oz. Middle schools and High schools
- **High School only:** "No calorie" or "low calorie" beverages: ≤ 20 oz. that are labeled to contain ≤ 5 calories per 8 oz. or ≤ 10 calories per 20 oz.
- **High School only:** "Low calorie" beverages: ≤ 12 oz. that contain ≤ 40 calories per 8 oz. or ≤ 60 calories per 12 oz.
- **High School only:** may contain up to 180 mg. caffeine and must provide one serving of either 8 oz. of dairy or 100% juice.