



Vendors

These vendors participated in a vending survey to identify healthy snacks and beverages.

All Seasons Services

245 Rodman Road
Auburn, ME 04210-1048
Contact: Thomas Lerette
Phone: (800) 244-8115
(207) 783-3279 x104
Fax: (207) 782-7284
tlerette@allseasonsservices.com
Web: www.allseasonsservices.com
Region: Southern Maine and parts
of Mid-Maine

Athearn Vending Company

489 Appleton Road
Union, ME 04862
Contact: Aaron Athearn
Phone: (800) 649-1931
(207) 785-2800
Region: Bangor/Palmyra to Portland and
Farmington to Blue Hill

Automatic Vending & Games

167 Target Industrial Circle
Bangor, ME 04401
Contact: Carolyn Smith
Phone: (207) 945-0027
Fax: (207) 942-7757

Canteen Service Company

89 Industrial Park Road
Saco, ME 04072

244 Perry Road
Bangor, ME 04401

252 Old Lisbon Road
Lewiston, ME 04240

Contact: Jennifer Willey

Phone: (800) 499-0851

Fax: (207) 783-7143

lewiston@canteenmaine.com

Web: www.canteenmaine.com

Region: Every county in Maine with the
exception of Aroostook

Coca-Cola Bangor

91 Dowd Road
Bangor, ME 04401

Contact: Ron Tibbetts

Phone: (207) 942-5546

Fax: (207) 941-8053

Region: Eastport to Greenville and Thomaston
to Millinocket

Coca-Cola Presque Isle

1005 Airport Road
Presque Isle, ME 04795

Contact: Alton Hartt

Phone: (207) 764-4481

Fax: (207) 764-0346

Region: Aroostook County, Danforth
and Patten

Coca-Cola Southern Maine

316 Western Avenue
South Portland, ME 04106

Contact: Tony Phillips

Phone: (800) 339-2653

Fax: (207) 773-2462

Region: From Kittery to Waterville



Vendors (continued)

Fred's Vending Service

RR 1, Box 1340

Oakland, ME 04963

Contact: Paul Rodrigue

Phone: (207) 872-5824

Fax: (207) 873-2464

Region: Portland to Bangor and Farmington
to Belfast

Hedrich Vending

15 Industrial Street

Presque Isle, ME 04769

Contact: Todd Hedrich

Phone: (207) 764-3747

Fax: (207) 764-0003

Region: All of Aroostook County and parts of
Washington County

J & M Vending

67 Jarvis Gore Drive

Eddington, ME 04428

Contact: Mark/Jeanine Proulx

Phone: (207) 843-5451

Region: Bangor area, Hampden, Lincoln,
Ellsworth

L & L Vending

28 Ryder Bluff Road

Holden, ME 04429

Contact: Scott Proulx

Phone: (877) 989-4388

Region: Bangor area, Old Town, Route 1A to
Bar Harbor, and outskirts

Michaud Distributors

5 Lincoln Avenue

Scarborough, ME 04074

Contact: Greg Haskell

Phone: (207) 885-9473

Fax: (207) 883-0704

Region: Southern Maine

New England Vending

1 Lisbon Road

Lisbon, ME 04250

Phone: (207) 786-0721

Fax: (207) 786-2549

Region: Bangor to York

Pine State Vending

8 Ellis Avenue

Augusta, ME 04330

Contact: Larry Auger

Phone: (207) 622-3741

Fax: (207) 621-4029

Region: Bethel to York, Rockland, Camden,
Bangor, Waterville, Lewiston, Portland

Seltzer & Rydholm

191 Merrow Road

P.O. Box 1090

Auburn, ME 04211

Contact: Marcus Day

Phone: (207) 784-5791

Fax: (207) 784-8685

Region: The following counties: Sagadahoc,
Somerset, York, Androscoggin, Cumberland,
Franklin, Kennebec, Knox, Lincoln, Oxford,
half of Waldo



Healthy Beverages and Snacks* Available from Maine Vendors (at time of publication)

All items may not be available from all vendors.

100% Fruit Juice

Welch's

Apple	(5.5 oz., 10 oz., 11.5 oz., and 16 oz.)
Grape	(5.5 oz., 10 oz., and 11.5 oz.)
Grapefruit	(5.5 oz., 10 oz., and 11.5 oz.)
Orange	(5.5 oz., 10 oz., 11.5 oz., and 16 oz.)

Dole

Apple	(11.5 oz. and 16 oz.)
Grape	(11.5 oz. and 16 oz.)
Orange	(11.5 oz. and 16 oz.)

Minute Maid

Apple	(11.5 oz. and 16 oz.)
Orange	(11.5 oz. and 16 oz.)
Orange with Calcium	(11.5 oz. and 16 oz.)

Tropicana

Grape	(16 oz.)
Ruby Red	(16 oz.)

Very Fine

Grape	(10 oz. and 12 oz.)
Grapefruit	(10 oz. and 12 oz.)
Orange	(12 oz. and 16 oz.)

Oakhurst

Orange Juice	(16 oz.)
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100% Vegetable Juice

Campbell's

Tomato	(5.5 oz. and 11.5 oz.)
V-8	(5.5 oz. and 11.5 oz.)

Low Fat (1%) or Skim Milk

Oakhurst

Low Fat (1%) or Skim Milk (16 oz.)

Garelick

Low Fat (1%) or Skim Milk (8 oz., 10 oz., and 16 oz.)

Hood

Low Fat (1%) or Skim Milk (8 oz. and 16 oz.)

Fresh Fruit

Granny Smith Apples
 Grapes
 Grapefruit
 Navel Oranges
 Red Delicious Apples
 Tangerines

Low Fat Crackers and Cookies

Zoo

Animal Crackers

Nabisco

Fat-Free Fig Newtons

Kellogg's/Keebler

Animal Crackers

Pretzels (≤ 450 mg sodium)

Rold Gold

Classic Style Natural Pretzels
 Classic Thins
 Classic Tiny Twists
 Sourdough Specials
 Fat-Free Tiny Twist

Snyder's of Hanover

Pretzels Butter Snaps
 Pretzels Mini
 Pretzels Old Tyme
 Pretzel Sticks

Pretzel Snaps

Pretzel Specials

Pretzels Sourdough Hard

Pretzels Thin

Pretzels Honey Mustard and Onion Nibblers

Pretzels Sourdough Fat-Free Nibblers

Pretzels Organic Classic

Pretzels Organic Honey Wheat Sticks



Healthy Beverages and Snacks* Available from Maine Vendors (continued)

All items may not be available from all vendors.

Ready-to-Eat, Low-Sugar Cereals

(≤ 6 g sugar/100 g)

General Mills

Cheerios in a Bowl

Granola Bars (made with unsaturated fat)

Kellogg's Nutri-Grain Bars

Apple

Blueberry

Raspberry

Strawberry

Mixed Berry

Cherry

General Mills

Chocolate Chip Chewy

Cinnamon Crunchy

Oatmeal Crisp Fruit 'n Cereal Bars-Apple

Oatmeal Crisp Fruit 'n Cereal Bars-Strawberry

Oatmeal Raisin Chewy

Oats and Honey Crunchy

Peanut Butter Crunchy

Barbara's Puffins Cereal and Milk Bars

Blueberry Yogurt

French Toast

Strawberry Yogurt

Barbara's Multigrain Cereal Bars

Apple Cinnamon

Blueberry

Cherry

Raspberry

Strawberry

Triple Berry

Low Fat or Nonfat Yogurt

Colombo

Classic Fruit on the Bottom

Light Yogurt

Yoplait

Original 6 oz.

Original 4 oz.

Light

TRIX

Raisins and Other Dried Fruit (no sugar added)

Mr. Nature

Mr. Nature Raisins

Selected Fruit Mix

Kars

All Energy Trail Mix

Original Trail Mix

Snack Mixes of Cereal and Dried Fruit (low-sugar cereal/small amounts of nuts/seeds)

Canned Fruit (packed in 100% juice/no sugar added)

Fresh Vegetables

Bread Products (bread sticks, rolls, bagels, and pita bread)

Peanut Butter and Low Fat Crackers

* The beverages and snacks in this list fall under the headings (bolded) from CDC's Sample List of Vending Machine Foods Low in Saturated Fat and are low in fat (≤ 3 grams total fat per serving and ≤ 1 gram of saturated fat per serving).

1. Guidelines for School Health Programs to Promote Lifelong Healthy Eating. Morbidity and Mortality Weekly Report, Recommendations and Reports. Centers for Disease Control and Prevention. June 14, 1996/45(RR-9);1-33. Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>.



Defining Healthy Food

U.S. Food and Drug Administration (FDA)
Nutrition Labeling and Education Act of 1990 (NLEA)
<http://vm.cfsan.fda.gov>

- Healthy food is defined as follows:
 - Must be low in fat (three grams or less per serving) and low in saturated fat (one gram or less per serving) and contain limited amounts of cholesterol (60 mg or less per serving for a single-item food) and sodium (cannot exceed 360 mg per serving for a single-item food and 480 mg per serving for meal-type products).
 - Single-item foods that are not raw fruits or vegetables must provide at least 10% of the daily value of one or more of the following nutrients: vitamin A, vitamin C, iron, calcium, protein, and fiber. Exempt from this “10%” rule (and considered healthy) are certain raw, canned, and frozen fruits and vegetables; and certain cereal-grain products.

American Heart Association
Food Certification Program
<http://www.aha.org>

- Based on the standard serving sizes established by the U.S. government, a product may:
 - Include up to three grams total fat, up to one gram saturated fat, and up to 20 mg cholesterol.
 - Must not exceed a sodium disqualifying level of 480 mg.
 - Must include at least 10% of the Daily Value for at least one of six nutrients: protein, dietary fiber, vitamin A, vitamin C, calcium, or iron.
 - Seafood, game meats, and meat and poultry products must contain less than five grams total fat, less than two grams saturated fat, and less than 95 mg cholesterol per standard serving and per 100 grams.



Defining Healthy Food (continued)

U.S. Department of Agriculture Food and Nutrition Services

<http://www.fns.usda.gov>

- National School Lunch and Breakfast Programs
 - Nutrition standards for these school meal programs have been established for calories, total fat, saturated fat, protein, calcium, vitamins A and C, and iron.
 - Foods of minimal nutritional value.
 - Regulations that identify food and beverages that may not be sold in competition with breakfast and school lunch periods in food service areas.



Sample Policy

I. Purpose of the Policy

To improve the health of (community members/employees/employers/students/staff) by providing healthy food, snack, and beverage choices in vending machines wherever vending machines are located.

II. Rationale

Improving nutrition can prevent and control the epidemic of overweight and obesity, as well as decrease the risk of chronic diseases including cardiovascular disease, diabetes, cancer, and osteoporosis. Policies that support healthy food and beverage choices in vending machines make it easy for everyone to choose those options.

III. Nutritious Food and Beverage Choices

Nutritious and appealing foods and snacks including fruits; vegetables; low fat, low-sugar/no-sugar-added, reduced sodium, whole grain, and low fat grain products (pretzels, granola bars); low fat dairy foods; lean meats and meat alternates; fish and poultry; and low fat or fat-free will be available in all vending machines where foods/snacks are sold or offered. Nutritious and appealing beverages, such as water, 100% fruit juices, and low fat or fat-free milks will be available in all vending machines where beverages are sold or offered. Efforts will be made to encourage and promote choosing nutritious foods, snacks, and beverages from vending machines.

Food, snacks, and beverages sold in vending machines shall meet nutritional standards and other guidelines set by the (government/state organization/school health council/wellness team/nutrition committee). This includes food, snacks, and beverages sold in vending machines located in or on the property of:

- Employee/staff lounges, break rooms, and cafeterias
- Locker rooms and changing rooms
- Facility hallways, entranceways
- School cafeterias
- Teacher's lounges
- Community buildings and facilities
- Government offices and buildings
- Highway rest areas
- Recreation centers
- Retail and grocery stores



Federal and State Regulations Around Food Sales in Maine Schools

I. Federal Regulations: 7CFR 210 March 1988

210.11 Competitive Food Services

- (a)(1) “Competitive foods” means any foods sold in competition with the Program (National School Lunch Program) to children in food service areas during the lunch periods.
- (a)(2) “Foods of minimal nutritional value” means: (a) In the case of artificially sweetened foods, a food which provides less than 5% of the Reference Daily Intake (RDI)* for each of eight specified nutrients per serving; (b) in the case of all other foods, a food which provides less than 5% of the RDI* for each of eight specified nutrients per 100 calories and less than 5% of the RDI* for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are: protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.
- (b) State Agencies and School Food Authorities shall establish such rules or regulations as are necessary to control the sale of foods in competition with lunches served under the program.

*Revised May 6, 1994.

II. State Regulations: From Department of Education. Chapter 051 School Nutrition Programs in Public Schools and Institutions

2. Restrictions on Sale of Foods in Competition with School Food Programs.

Any food or beverage sold during the normal school day on school property of a school participating in the National School Lunch or School Breakfast Programs shall be a planned part of the total food service program of the school and shall include only those items which contribute both to the nutritional needs of children and the development of desirable food habits. Funds from all food and beverage sales during the normal school day on school property shall accrue to the benefit of the school’s nonprofit school food service program; except that the local school board may establish, by policy, a process whereby a school or approved student organization is allowed to benefit from the sale of such foods and beverages.

Basis: Federal regulations required the State to establish regulations to control the sales of food in competition with the school’s nonprofit food service program. To meet this requirement, the State Board of Education’s 1967 policy relating to food sales was adopted.



Federal and State Regulations Around Food Sales in Maine Schools (continued)

Authority: 20MRSA Section 6602(5)

Effective Date: August 31, 1979, Amended February 21, 1989

I. If your School Board *has adopted* a food/beverage policy:

- a. All food/beverages sold must meet or exceed the 5% minimum nutritional value.

Fiscal reclaims will occur if:

- a. Any food/beverages are sold by any organization or by the School Food Service Program that do not meet or exceed the 5% minimum nutritional value; both Federal and State funds will be reclaimed; or
- b. A policy is not followed (i.e., policy states there will be no food/beverages sold other than by the School Food Service Program and an organization sells 100% fruit juice); State funds will be reclaimed.

II. If your school *has not adopted* a policy:

- a. Your school automatically follows the State of Maine's competitive foods policy:
 - 1) Only the School Food Service Program can sell food/beverages during the school day;
 - 2) Profits accrue to the School Food Service Program; and
 - 3) Food/beverages must exceed the 5% minimum nutritional value rule.

Fiscal reclaims will occur if:

- a. Any food/beverages are sold by any other organization on school property during the school day; State funds will be reclaimed;
- b. Any food/beverages are sold by any other organization during meal service, in the cafeteria; both Federal and State funds will be reclaimed; or
- c. Any food/beverages sold by the School Lunch Program on a la carte product, that does not meet or exceed the 5% minimum nutritional value; both Federal and State funds will be reclaimed.

Use How to Calculate if Foods and Beverages Meet the “5% Rule” on page 68.

Remember that a food or beverage needs to meet the 5% minimum nutritional value for only one of the following eight nutrients: protein, vitamin A, vitamin C, niacin, thiamin, riboflavin, calcium, and iron.



How to Calculate if Foods and Beverages Meet the “5% Rule”

Federal regulations require that foods sold in schools shall have at least one of these eight nutrients: protein, vitamin A, vitamin C, niacin, thiamin, riboflavin, calcium, and iron, in excess of 5% of the Reference Daily Intake (RDI) per 100 calories.

Working with decimals

We have to work with decimals in order to put this regulation into practice.

If you have 200 anything, divided by 100 anything, you get 2.00.

You should note that the decimal point has moved to the left two places. Two would be a factor representing the relationship of 200 to 100. Moving the decimal point left two places is equivalent to dividing by 100.

Using product label information

Example A: If a serving of a product has 200 calories, what is the minimum percent of one nutrient needed?

Process: Figure 200 calories divided by 100 = 2.00

$$\begin{array}{r}
 5\% \text{ per } 100 \text{ calories} \\
 \hline
 \text{X2} \qquad \text{X2} \\
 \hline
 10\% \text{ per } 200 \text{ calories}
 \end{array}$$

Answer: 10% would be the minimum amount of one nutrient needed in a 200-calorie serving.

Example B: If the product contains 160 calories, what is the minimum percent of one nutrient needed?

Process: Figure 160 calories divided by 100 = 1.6

$$\begin{array}{r}
 5\% \text{ per } 100 \text{ calories} \\
 \hline
 \text{X1.6} \qquad \text{X1.6} \\
 \hline
 8\% \text{ per } 160 \text{ calories}
 \end{array}$$

Answer: 8% would be the minimum amount of one nutrient needed in a 160-calorie serving.



How to Calculate if Foods and Beverages Meet the “5% Rule” (continued)

Example C: If the product contains 215 calories, what is the minimum percent of one nutrient needed?

Process: Figure 215 calories divided by 100 = 2.15

$$\begin{array}{r}
 5\% \text{ per } 100 \text{ calories} \\
 \hline
 \text{X}2.15 \quad \text{X}2.15 \\
 \hline
 10.75\% \quad 215 \text{ calories}
 \end{array}$$

Answer: 11% is the minimum amount of one nutrient for a 215-calorie serving because nutrients are listed only in whole numbers.

DAILY VALUE

Nutrient	DV	5% DV
Protein*	50 g	2.5 g

REFERENCE DAILY INTAKE (RDI)

Nutrient	RDI VALUE	5% RDI VALUE
Vitamin A*	5,000 IU	250 IU
Vitamin C*	60 mg	3 mg
Niacin	20 mg	1 mg
Thiamin (B1)	1.5 mg	.075 mg
Riboflavin (B2)	1.7 mg	.085 mg
Calcium	1,000 mg	50 mg
Iron*	18 mg	.9 mg

*These nutrients must be on a label.



How to Calculate if Foods and Beverages Meet the “5% Rule” (continued)

Comparing calories or percentages of a product to 100 calories

Comparison Equation:

$$\frac{100 \text{ calories}}{\text{Calories of product}} = \frac{X}{\text{Nutrient mg (or \% RDI)}}$$

i.e., apple juice contains 138 calories and 5.9 mg vitamin C (or 8% RDI)

Compare Nutrient in mg

or

Compare by Percentage

$$\frac{100 \text{ calories}}{138 \text{ calories}} = \frac{X}{5.9 \text{ mg}}$$

$$\frac{100 \text{ calories}}{138 \text{ calories}} = \frac{X}{8\%}$$

$$100 \times 5.9 = 138 \times X$$

$$100 \times 8 = 138 \times X$$

$$\frac{590}{138} = X$$

$$\frac{800}{138} = X$$

$$138 \overline{) 590} \quad 4.27 \text{ mg}$$

$$138 \overline{) 800} \quad 5.8\%$$

4.27 mg is more than 3 mg (5% or RDI) for 100 calories.

5.8 is greater than 5% for 100 calories.

Adapted from Maine Department of Education, Child Nutrition Services “Does Your A La Carte Product Make the Grade?”



Joint Position of the Maine Dietetic Association and the Maine School Food Service Association—Nutrition Services in Maine Schools

It is the position of the Maine Dietetic Association and the Maine School Food Service Association that Maine schools provide an environment to support nutrition education, encourage the consumption of healthy foods, and promote regular physical activity. In this context, the foods served within the School Lunch Program and competitive foods should exemplify what constitutes healthy foods. The Associations also believe that a comprehensive approach towards the improved health of our children needs to come from a partnership of the schools, parents, and community.

RATIONALE:

There is numerous evidence to support the worsening health and rising obesity in American children. Many children consume at least one-third of their daily food intake in the school setting. Having healthy foods available could contribute to better nutrient intake and a more appropriate level of calorie consumption. Good nutrition provides the foundation for student growth, development, and learning. Healthy eating can improve academic performance, attendance, mood, alertness, and behavioral issues.

By the schools modeling healthy food choices, children will be receiving a message consistent with nutrition information taught in the classroom. Behavioral changes are more permanent if there is the opportunity to put the information received into action. By children practicing healthy eating behaviors at school, they are more likely to extend these behaviors into the home and into later life.

Evidence also points to the need for children to be more physically active. Schools should provide adequate time for children to participate daily in moderately vigorous physical activity as recommended by Federal guidelines (U.S. Surgeon General's Report; U.S. Dietary Guidelines).

RECOMMENDATIONS:

Improve Nutrition Education

Nutrition education should be provided for not only children, but for school administrators, teachers, staff, food service personnel, and parents. A qualified nutrition professional should be available as a consultant for each school district for such purposes and to assist the schools in developing and implementing school nutrition policies. It is recommended that at least one food service employee in each district be certified as a nutrition specialist by the American School Food Service Association.



Joint Position (continued)

Put the Value of Nutrition into Action

To reinforce nutrition education in the classroom, foods served in the school environment should model healthy eating. At minimum, this includes foods served in the School Lunch Program, a la carte items, foods served in school stores, and all vending machines on school property. It is suggested that each district develop a comprehensive policy regarding all foods offered on school grounds. This might include but not be limited to—fund-raisers, reward systems in classrooms, concessions, school functions, corporate-sponsored teaching materials/promotionals/product giveaways.

Healthy foods would be defined as fruits, vegetables, whole grains, low fat animal protein foods, low fat dairy products, legumes/soy products, nuts, and seeds. Foods served would be relatively low in fat (especially saturated fat), sugar, and sodium (see Appendix for specific recommendations). This would exclude sodas, sports beverages, candy, a number of high fat/high sugar/nutrient-poor snack foods, and fortified foods that do not fit into one of the above food group categories. Adding vitamins and/or minerals to a basically unhealthy food does not change it into a healthy food. (Maine’s current interpretation of “foods of minimal nutritional value,” or the “5% rule,” allows less healthy foods that are fortified to be served.)

Schools should not allow marketing of less healthy food items and should instead promote the consumption of healthy food choices.

Children bringing snacks or meals to school should be strongly encouraged to make healthy food choices.

Open campuses where students are allowed to leave school grounds, especially during lunch, appear to counter healthy food policies by creating competition from fast-food restaurants and convenience stores. Students should be required to remain on school grounds at least during meal service.

Adequate time should be allowed for children to consume meals. The recommendation is to provide at least 20 minutes of actual eating time per meal (not counting time spent waiting in line for food). Schools should also limit interference from other student meetings occurring during the lunch period.

Recess is often after lunch, which means that children rush through their meals, consume inadequate amounts of food, or choose less healthy foods that are faster to eat. Changing the recess format, such as to before lunch, could improve eating habits.



Joint Position (continued)

Improve the Value Placed on Nutrition/School Lunch Program

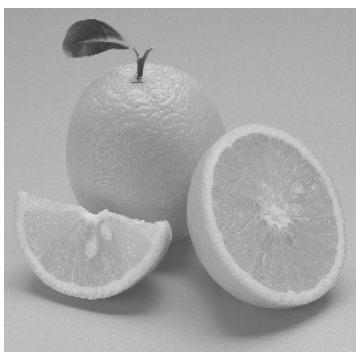
Currently, many School Food Service Programs are paralyzed by financial constraints relative to serving healthier foods. There needs to be increased value placed on the role nutrition plays in our children's health, growth, and academic success. The School Lunch Program should be financially supported, similar to the academic programs in the school, out of school budgets and not required to be self-sustaining or a profit generator for the school. This would reduce the need for serving less healthy foods that provide a greater cash revenue. Additionally, states currently making more dramatic improvement in serving healthy foods are getting a higher state reimbursement rate per meal than schools in Maine.

Priority should also be placed on financially supporting health/nutrition educators in the schools and for each district to have a Food Service Director (not just a manager). Ideally, there should be a state-level Director of School Nutrition Services (preferably a registered dietitian) to coordinate what is happening throughout the State and to serve as a statewide resource. There should also be financial compensation for food service employees to obtain certification in nutrition. Food service employees should have time and financial compensation for periodic workshops on nutrition issues, similar to the workshops provided for classroom teachers. At the State level, there should be funds allocated for a sufficient number of qualified personnel to regularly review whether nutrition recommendations are being met by each district. They would also serve as a resource for making improvements.

Adequate time should be allotted in the curriculum for health, nutrition, and physical activity education to emphasize their importance as life skills. Knowledge acquired by children from these classes could be elevated academically by including it as part of standardized testing.

Conclusion

There is already evidence of concern for the short- and long-term health of our children. It is a critical time to take action and prioritize nutrition and physical activity. Our response needs to be a comprehensive approach that involves school administration and staff, parents, and the community. What a great gift we have the chance to give our children—the potential for a long and healthy life.





Joint Position (continued)

APPENDIX #1

Specific Recommendations for Foods Allowed in Schools

Category	Foods Not Allowed	Foods Allowed
Beverages	Soft drinks, sports drinks, fruit punch, iced tea, other beverages containing caffeine (except chocolate milk) or added sugar, juices containing less than 50% real juice.	Low fat and nonfat milk, soy milk, rice milk, and chocolate milk; juices containing $\geq 50\%$ real juice; bottled water or seltzer; other beverages without added sweeteners (natural or artificial).
Entrees/Side Dishes	Excessive portions* More than 30% of total calories from fat (excluding fat from nuts, seeds, peanut butter). More than 10% of calories from saturated fat. More than 35% by weight of sugar (excluding sugars occurring naturally in fruit and dairy products).	Appropriate portions* All fruits, vegetables, legumes/soy products, lean animal protein foods, nuts, seeds, peanut butter, low or nonfat dairy products.
Desserts/Snack Foods/Grain Foods	Excessive portions* More than 30% of total calories from fat (excluding fat from nuts, seeds, peanut butter). More than 10% of calories from saturated fat. More than 35% by weight of sugar (excluding sugars found naturally in fruit and dairy products).	Appropriate portions* Lower-fat grain foods (preferably whole grain with at least 2 grams fiber) such as some popcorn, some chips, some granola bars, some crackers, pretzels, low fat/low-sugar baked goods, low-sugar cereals. Snacks or desserts with naturally occurring nutrients such as pudding, trail mix of grains/nuts/seeds and/or dried fruit; 100% fruit popsicles; lower-sugar/lower-fat cookies such as animal crackers, graham crackers, oatmeal raisin cookies, fig bars.
Miscellaneous	Candy, regular chips, chewing gum	

*See portions defined in Appendix #2.

Note—Schools should still be aware of the sodium content of foods and try to avoid excess; general guidelines might be to try to limit sodium to ≤ 360 mg per serving (See Appendix #3).



Joint Position (continued)

APPENDIX #2

Recommended Portion Limits

Item	Maximum Portion
Entrees	Consistent with National School Lunch Program
Beverages (water not limited)	12 oz.
Yogurt (not frozen)	8 oz.
Frozen Desserts/Ice Cream	3 fl. oz.
Bakery Items (such as pastries, muffins, etc.)	3 oz.
Cookies/Cereal Bars	2 oz.
Snacks/Sweets Such as chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, etc.	1.25 oz.



Joint Position (continued)

APPENDIX #3

Definition of “Healthy Food” as defined by the FDA’s Nutrition Labeling and Education Act of 1990

Healthy. A “healthy” food must be low in fat and saturated fat and contain limited amounts of cholesterol and sodium. In addition, if it’s a single-item food, it must provide at least 10% of one or more of vitamins A or C, iron, calcium, protein, or fiber. Exempt from this “10% rule” are certain raw, canned, and frozen fruits and vegetables and certain cereal-grain products. These foods can be labeled “healthy” if they do not contain ingredients that change the nutritional profile and, in the case of enriched grain products, conform to standards of identity, which call for certain required ingredients. If it’s a meal-type product, such as frozen entrees and multi-course frozen dinners, it must provide 10% of two or three of these vitamins or minerals or of protein or fiber, in addition to meeting the other criteria. The sodium content cannot exceed 360 mg per serving for individual foods and 480 mg per serving for meal-type products.

Note: The Nutrition Labeling Act of 1994 defines “low fat” as ≤ 3 g fat per serving and “low saturated fat” as ≤ 1 g saturated fat per serving.

Recommended Resources

Center for Science in the Public Interest (CSPI) School Foods Tool Kit.
(<http://cspinet.org/schoolfoods>)

Position of the American Dietetic Association: Local support of nutrition integrity in schools. *J Am Diet Assoc.* 2000; 100: 108-111.
(www.eatright.org/Public/GovernmentAffairs/92_adap0100.cfm)

Position Statement of the American Dietetic Association, Society for Nutrition Education, and the American School Food Service Association—Nutrition services: An essential component of comprehensive School Health Programs. *J Am Diet Assoc.* 2003; 103: 505-514.
(www.eatright.org/Public/GovernmentAffairs/92_8243.cfm)

Policy Statement—American Academy of Pediatrics, Prevention of Pediatric Overweight and Obesity. *Pediatrics.* 2003; 112(2): 424-430.
(<http://aap.org/policy/s100029.html>)

California Center for Public Health Advocacy—National Consensus Panel on School Nutrition: Recommendations for Competitive Food Standards in California Schools. March 2002.
(www.publichealthadvocacy.org/school_food_standards/school_food_standards.html)

Resolution #10 (2002)—Maine Medical Association—Curtailing Childhood Obesity.



School Foods Tool Kit Document Summary

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Downloadable Version:

www.cspinet.org/schoolfoods

Cost:

Electronic copy is free.

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Cost: Hard copies are \$10.00.

What Is This Document About?

This Kit is designed to help parents, health professionals, community groups, teachers, and school administrators improve the nutritional quality of the meals, drinks, and snacks available to students. The Kit includes model policies, fact sheets, sample letters, and flyers. It also includes suggestions on how to collaborate with and influence school decision-makers.

Highlights and Pages Not to Miss:

Page 4 of the kit provides a summary of nutrition standards for foods and beverages sold in school vending machines, a la carte choices, and fund-raising projects. Part II includes clearly written samples for proposing legislation, making presentations to a school board, and talking points for meetings. Pages 40-41 list many healthy snacks and beverage options for school vending machines. Pages 44-45 provide many ideas for fund-raising that do not involve food! Please go to the CSPI Web site (www.cspinet.org/schoolfoods) to access Part III. Part III is maintained on their Web site so timely updates can be made. You'll find wonderful examples from states that have succeeded in improving the nutritional quality of food offered to students, as well as examples from schools that have changed their vending machine policies.

Check out the two examples from Maine! Maine School Administrative District #22 and School Union #106 are showcased for their successful vending machine changes.