

# AT A GLANCE

# Texas Public School Nutrition Policy for High Schools

Schools are in a powerful position to influence children's lifelong eating habits. To support this role and help combat the childhood obesity crisis, the Texas Department of Agriculture created new nutrition guidelines for public schools participating in the federally funded Child Nutrition Programs. This quick reference guide outlines the policies for Texas high schools, effective Aug. 1, 2004. For the purpose of this policy, high schools are defined as any campus containing a combination of grades 9, 10, 11 and 12).



## FOOD FROM HOME

This policy does not restrict the types of food that parents provide for their own child's consumption at school. However, schools may adopt more restrictive rules as a local policy.

## FOOD AT SCHOOL

ITEM	NUTRITION POLICY
<b>Foods of Minimal Nutritional Value*</b> (FMNVs)	The school may not provide access to FMNVs during meal periods in areas where school meals are served and consumed.
<b>Candy</b> (including candy bars and packaged candies not included as FMNVs)	Access to candy is allowed.
<b>Competitive Foods</b> (any food and beverages that are not provided by the school food service)	The school may not allow competitive foods during meal periods in areas where school meals are served and consumed.
<b>Fried Potato Products</b> (French fries, hash browns, etc.)	Servings cannot exceed 3 oz. and may only be purchased one serving at a time.
<b>Carbonated Beverages</b>	Sugared, carbonated beverages cannot be sold in containers larger than 12 oz. and are not allowed during meal periods in areas where school meals are served and consumed. By the 2005-06 school year, no more than 30 percent of beverages in vending machines should be sugared, carbonated drinks.

\* See reverse for definitions.

## EXEMPTIONS OUTSIDE THE CLASSROOM

WHERE & WHEN	NUTRITION POLICY EXEMPTION
<b>Outside the Class: Field Trips</b>	School-approved field trips are exempt from the nutrition policy.
<b>Outside the Class: Athletic, UIL and Band Competitions</b>	The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

This information was compiled in June 2004. For the most current policy updates, go to [www.squaremeals.org](http://www.squaremeals.org).

## Foods of Minimal Nutritional Value\*

### SODA WATER

Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

### WATER ICES

Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

### CHEWING GUM

Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

### CERTAIN CANDIES

Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

\*Some items have received exemptions from USDA. Go to [www.squaremeals.org](http://www.squaremeals.org) for that list.

(Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served and/or consumed, including during any exempted events.)

## FREQUENTLY ASKED QUESTIONS

### What exactly is a competitive food?

A competitive food is any food or beverage sold or made available to students that is not provided by the school cafeteria. This includes items sold in vending machines, in school stores or through school fundraisers conducted by parents, administrators or other groups and organizations. Outside food and beverages provided for events such as pizza parties, etc., are also considered competitive. For high schools, competitive foods are not allowed during meal times where school meals are served and consumed (for example, in the cafeteria).

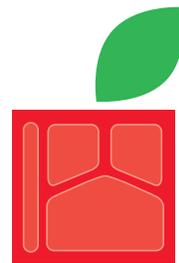
### How is a "school day" defined?

The school day is defined as beginning with the start of the first breakfast period until the end of the last instruction period of the day (last bell). School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy. If a school operates the federally-funded After School Snack Program, the policy will be in effect until this concludes for the day.

### Do these nutrition standards apply to fundraising?

For high school campuses, the nutrition standards will apply to food fundraising. TDA has developed a list of ideas for non-food fundraising available at [www.squaremeals.org](http://www.squaremeals.org). Go to the "For Schools" link.

For more FAQs, go to [www.squaremeals.org](http://www.squaremeals.org) and click on the link to TDA's "Food and Nutrition Division." For answers to additional questions, e-mail TDA at [healthykids@agr.state.tx.us](mailto:healthykids@agr.state.tx.us).



square meals

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