



The United States Department of Agriculture (USDA), RI General Law and the RI Department of Education has nutrient standards for _____ are snack foods and beverages that compete with the healthy reimbursable meals offered through the USDA School Lunch and Breakfast Programs.

_____ nutrient standards apply to all foods and beverages sold to students during the school day on the school campus. This includes fundraising food sales and vending machine sales.

These standards do not apply to:

- Fundraising held after school or on the weekend, or at off-campus fundraising events.
- Foods brought to school in a bagged lunch or brought in for activities such as birthday parties or other celebrations.

Districts are encouraged to address healthy fundraising and healthy celebrations in their local school Wellness Policies. The Healthier US School Challenge program discourages the sale of food for fundraisers.



_____ all areas of the property under the jurisdiction of the school that are accessible to students during the school day.



_____ from midnight before to 60 minutes after the end of the official school day.



_____ the time taken to serve and eat meals.



_____ a food or beverage that meets the RI and USDA nutrition standards for competitive foods. It can be sold or distributed in RI schools during the school day.



_____ a food or beverage that does not meet the RI and USDA nutrition standards. It cannot be sold or distributed in RI schools during the school day.

	Elementary School	Middle or High School
Plain water (with or without carbonation)	Any size	Any size



A grain product that contains at least 50% whole grain, or

Have as the first ingredient

a fruit,

a vegetable,

a dairy product,

or a protein food; or

Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or

Contain 10% of the Daily Value (DV) of one of the these nutrients (calcium, potassium, vitamin D, or dietary fiber) only thru July 1, 2016*

(some exemptions below)

Calorie limits: No more than 200 calories

Sodium limits: No more than 230 mg (On July 1, 2016, snack items must contain 200 mg sodium per item)

Fat limits : No more than 30% of item's calories come from fat.

Saturated fat : Less than 10% of item's calories come from saturated fat

Trans fat: Zero grams of trans fat

Sugar limit : No more than 35% of item's weight is from total sugars

The use of artificial sweeteners is not allowed.