
Support the Amendment to Update Nutrition Standards For Foods and Beverages Sold in Schools

PURPOSE

Chairman Harkin will offer an amendment to update the national nutritional standards for foods and beverages sold out of vending machines, school stores, and other venues outside of the school meals programs. Supported by the public health community and by the food and beverage industry, the amendment is a practical, workable approach that will ensure that healthier foods and beverages are offered for sale in schools across the country.

WHAT THE AMENDMENT DOES

- **Sale of Foods and Beverages:** The amendment establishes the types of food and beverage products that may be offered for sale in schools.
 - **Beverages:**
 - Elementary and Middle Schools:
Bottled water, without added flavors, carbonation or sweeteners
Up to 8 oz servings of milk and juice, or fluid milk substitutes, up to 170 cal/8 oz
 - High Schools:
Bottled water, may include added flavoring, noncaloric sweeteners, or carbonation.
Up to 12 oz servings of milk or juice, or fluid milk substitutes, up to 170 cal/8 oz
Up to 12 oz servings of other beverages with no more than 66 cal/ 8 oz, phased down over 5 years to 25 cal/8 oz, except for beverages offered for sale in athletic areas
 - **Foods:**
 - Content Restrictions: ≤ 35% calories from fat (except for nuts and reduced-fat cheese)
≤ 10% of calories from saturated fat (except for reduced-fat cheese)
≤ 35% sugar by weight
Sodium Limits Apply
 - Calorie Restrictions: Elementary and Middle School – 180 calories
High School – 200 calories
 - Rulemaking: USDA would establish nutritional guidelines for main dishes sold a la carte outside of the reimbursable meals program.
- **Implementation:** USDA would be required to provide guidance to States to help them identify foods and beverages that meet these nutritional guidelines. USDA would have the authority to update the standards where necessary.
- **Effective Date:** To give states sufficient time to make gradual adjustments and comply with the nutritional standards, the effective date of the amendment is July 1, 2011.
- **Fundraising Exception:** Exceptions to the standards are provided for school-approved fundraisers.