

Snack Foods and Beverages In Michigan Schools

A comparison of state policy with USDA's nutrition standards

This voluntary policy was developed by the Michigan Department of Education and approved by the State Board of Education in October 2010.

Policy Applications		
	USDA interim final rule	Michigan standards ¹
What is covered by the policy?	This policy applies to all snack foods and beverages sold in schools—elementary, middle, and high—operating the National School Lunch Program (NSLP) and School Breakfast Program (SBP) effective July 1, 2014.	This policy provides recommended (not required) nutrition standards for snack food and beverages served statewide on-campus in elementary, middle, and high schools.
Does the policy address exemption?	The interim final rule sets minimum standards for foods and beverages that local educational agencies, school food authorities, and schools must meet. State agencies and/or local school districts may establish other standards if they are consistent with or stricter than the national policy.	No standard
Definition of "school day"	The period from 12:01 a.m. until 30 minutes after the end of the instructional day.	This policy does apply to the extended school day. Foods and beverages served during and after the instructional day should meet nutrition standards. ¹
Definition of "school campus"	All areas of the school's property accessible to students during the school day are considered part of the school campus.	All areas of the school campus including a la carte, vending, fundraisers, classrooms, faculty lounges, concessions, open houses, parent/teacher conferences, school group meetings, school celebrations, banquets, retirement parties, and school board meetings. ¹

¹ This chart reflects state policies in place as of Aug. 1, 2014, and federal standards as of Sept. 11, 2014.

Foods		
	USDA interim final rule	Michigan standards
General	<p>A food item must meet all the competitive food-nutrient standards, as outlined in this chart, and</p> <ul style="list-style-type: none"> • be a whole-grain product containing 50% or more whole grains by weight or have whole grains listed as the first ingredient, or • have as the first ingredient one of the non-grain major food groups: a fruit, vegetable, dairy product, protein food, or • be a combination food that contains at least ¼ cup of fruit and/or vegetable, or • Through June 30, 2016, a competitive food can contain 10 percent of the Daily Value of a nutrient of public health concern as identified in the <i>Dietary Guidelines for Americans</i> (i.e. calcium, potassium, vitamin D or dietary fiber). <p>If water is the first ingredient, the second must be one of the food items above.</p>	<p>Food items may include fruits, vegetables, whole grains, and related combination products and low-fat and fat-free dairy as packaged.</p> <p>≤ 200 calories for snacks</p> <p>≤500 calories for entree items</p>
Calories (per item as packaged or served)	<p>≤ 200 calories for snacks and side dishes</p> <p>≤ 350 calories for entree items</p>	<p>≤ 200 calories for snacks</p> <p>≤500 calories for entree items</p>
Total fat	≤ 35% of total calories	≤ 35% of total calories
Saturated fat	≤ 10% of total calories	<p>< 10% of total calories</p> <p>≤ 6g per serving for entree items</p>
Trans fat	Zero grams	Trans-fat free (≤ 0.5 g per serving)
Sugar (per item as packaged or served)	≤ 35% of weight from total sugars in foods	≤ 35% of weight from total sugars in foods
Sodium (per item as packaged or served)	<p>≤ 230 mg of sodium for snack items (July 2014-June 30, 2016)</p> <p>≤ 200 mg of sodium for snack items (as of July 1, 2016)</p> <p>≤ 480 mg of sodium for entree items</p>	<p>≤ 230 mg sodium as packaged</p> <p>≤ 600 mg of sodium for entree items</p>
Other	<p>NSLP and SBP entrees sold a la carte are exempt from the rule's nutrient standards if sold on the day that they are offered as part of a reimbursable meal, or sold on the following school day.</p> <p>Accompaniments, such as condiments or salad dressing, must be included in the nutrient profile as a part of the item served.</p>	

Beverages		
	USDA interim final rule	Michigan standards
General	Elementary and middle schools may only sell low-fat or nonfat milk, 100 percent fruit and/or vegetable juice, and water per USDA's portion guidelines. High schools may sell additional beverages meeting calorie and serving size limits.	
Juice		
Elementary	100% fruit/vegetable juice ≤ 8 fl oz 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ≤ 8 fl oz	100% juice ≤ 10 fl oz 100% juice/water blends with no added sugar ≤ 10 fl oz
Middle	100% fruit/vegetable juice ≤ 12 fl oz 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ≤ 12 fl oz	100% juice ≤ 10 fl oz ¹ 100% juice/water blends with no added sugar ≤ 10 fl oz ²
High	100% fruit/vegetable juice ≤ 12 fl oz 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ≤ 12 fl oz	100% juice ≤ 10 fl oz ¹ 100% juice/water blends with no added sugar ≤ 10 fl oz ²
Milk and milk alternatives		
Elementary	Low-fat milk, unflavored ≤ 8 fl oz Nonfat milk, plain or flavored ≤ 8 fl oz Nutritionally equivalent milk alternatives ≤ 8 fl oz	Low-fat, nonfat milk, lactose-free and soy beverages, flavored or unflavored ≤ 8 fl oz <ul style="list-style-type: none"> • ≤170 calories per 8 fl oz¹ • ≤28 grams of sugar per 8 fl oz²
Middle	Low-fat milk, unflavored ≤ 12 fl oz Nonfat milk, plain or flavored ≤ 12 fl oz Nutritionally equivalent milk alternatives ≤ 12 fl oz	Low-fat, nonfat milk, lactose-free and soy beverages, flavored or unflavored ≤ 8 fl oz ¹ <ul style="list-style-type: none"> • ≤170 calories per 8 fl oz² • ≤28 grams of sugar per 8 fl oz³
High	Low-fat milk, unflavored ≤ 12 fl oz Nonfat milk, plain or flavored ≤ 12 fl oz Nutritionally equivalent milk alternatives ≤ 12 fl oz	Low-fat, nonfat milk, lactose-free and soy beverages, flavored or unflavored ≤ 16 fl oz ¹ <ul style="list-style-type: none"> • ≤170 calories per 8 fl oz² • ≤28 grams of sugar per 8 fl oz³
Water		
All grades	Potable water must be available at no charge during meal service where breakfast and lunches are served. There is no ounce restriction on plain water for sale (carbonated or noncarbonated).	Water without flavoring, additives, carbonation, or added sugar is permitted.

Beverages		
	USDA interim final rule	Michigan standards
Other beverages		
	<p>Other beverages allowed only in high school:</p> <p>Calorie-free, flavored and/or carbonated water and other calorie-free beverages that comply with the Food and Drug Administration's requirement of ≤ 5 calories per 8 fluid oz serving (or ≤ 10 calories per 20 fluid oz), in no more than 20 oz servings.</p> <p>Beverages ≤ 40 calories per 8 fluid oz serving (or ≤ 60 calories per 12 fluid oz serving) in no more than 12 oz servings are also allowed.</p>	<p>Sports drinks should not be available in schools.⁷</p> <p>Other beverages allowed only in high school:</p> <ul style="list-style-type: none"> • Caffeinated, fortified, or flavored beverages with ≤ 5 calories per serving as packaged, in no more than 20-ounce servings. • 100% juice or 100% juice/water blends with carbonation, up to 12 oz. • Carbonated beverages cannot be sold in food service areas during meal periods unless they have received an exemption from USDA's foods of minimal nutritional value.
Caffeine		
Elementary	Not allowed	No standard
Middle	Not allowed	No standard
High	Caffeinated beverages allowed	Caffeinated beverages allowed
Artificial sweeteners		
	No standard	No standard

Other		
	USDA interim final rule	Michigan standards
Fundraisers	<p>Exemptions allowed for infrequent school-sponsored fundraisers.</p> <p>Frequency to be defined by state agency.</p> <p>Exempted fundraiser foods or beverages may not be sold in competition with school meals in the food service area during the meal service.</p>	<p>Fundraising activities will meet the standards, and fundraisers selling foods and/or beverages cannot be held less than 30 minutes before the first lunch period starts, or less than 30 minutes after the final lunch period ends.</p> <p>As of July 1, 2014, all fundraisers must meet USDA's Smart Snacks interim final rule, with no exemptions.</p>
Class parties/school celebrations	No standard	Classrooms are encouraged to minimize food as a method of celebration. If classroom parties include food and/or beverages, at least half of the items offered will meet standards.
Food marketing	No standard included in the USDA Smart Snacks interim final rule; however, USDA's proposed rule on Local Wellness Policies addresses this component.	Marketing of foods that do not meet the standards should be minimized or eliminated.'
Positive nutritional value	No standard	No standard
Nutrition labeling requirements	No standard	No standard
Local Wellness Policy	No standard included in the USDA Smart Snacks interim final rule; however, school districts are required by federal law to have a Local Wellness Policy.	Michigan adopted a model wellness policy in 2005. It outlines general standards for snacks, beverages, food rewards, classroom parties, and fundraisers. The policy is recommended, not mandatory.

Exemptions to food and beverage standards		
	USDA interim final rule	Michigan standards
General		
General exemptions	<p>Fresh, canned, and frozen fruit or vegetables with no added ingredients except water, or in the case of fruit, packed in 100 percent juice, extra light, or light syrup are exempt from the interim final rule's nutrient standards.</p> <p>Canned vegetables that contain a small amount of sugar to maintain the quality and structure of the vegetable are exempt from the rule's nutrient standards.</p> <p>Sugar-free chewing gum is exempt from competitive food standards and may be sold to students at the discretion of the local educational agency.</p> <p>"Paired exemptions" are items designated as exempt from one or more of the nutrient requirements individually and packaged together without any additional ingredients. These items retain their individually designated exemption for total fat, saturated fat, and/or sugar when packaged together and sold. "Paired exemptions" are required to meet the calorie and sodium limits for Smart Snacks.</p>	
Exemptions from total fat	<p>Nuts, seeds, nut/seed butters</p> <p>Reduced-fat and part-skim mozzarella cheeses</p> <p>Products consisting of only dried fruits with nuts and/or seeds, with no added nutritive[†] sweetener or fat</p> <p>Seafood with no added fat</p> <p>Combination foods are not exempt and must meet all nutrient standards.</p>	<ul style="list-style-type: none"> • Nuts, seeds in 1-oz portions • Reduced-fat cheese in 1-oz portions
Exemptions from saturated fat	<p>Nuts, seeds, nut/seed butters</p> <p>Reduced-fat and part-skim mozzarella cheeses</p> <p>Products consisting of only dried fruits with nuts and or seeds, with no added nutritive sweetener or fat</p> <p>Combination products are not exempt and must meet all nutrient standards.</p>	<ul style="list-style-type: none"> • Nuts, seeds in 1-oz portions • Reduced-fat cheese in 1-oz portions
Exemptions from sugar (per item as packaged or served)	<p>Dried whole fruit or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruit or vegetables with no added nutritive sweeteners</p> <p>Dried fruit with added nutritive sweeteners required for processing and/or palatability purposes</p> <p>Products consisting of only dried fruits with nuts and or seeds with no added nutritive sweeteners or fat.</p>	<ul style="list-style-type: none"> • Yogurt may contain no more than 30 g of total sugar per 8-oz portion

[†] Components of the standards that are considered to be stronger than the USDA standards.

[†] Nutritive and non-nutritive sweeteners enhance the flavor and/or texture of food. Nutritive sweeteners provide the body with calories, whereas non-nutritive sweeteners are low in calories or contain none. They can be added to both food and beverages.

References

Federal Register, 2013, 7 CFR Parts 210 and 220, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in Schools as Required by the Healthy, Hunger-Free Kids Act of 2010; Interim Final Rule*, U.S. Department of Agriculture, 78 (125) (June 28, 2013).

Federal Register, 2014, 7 CFR Parts 210 and 220, *Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010: Proposed Rule*, U.S. Department of Agriculture, 79 (38) (February 26, 2014).

Michigan Department of Education (2010). "Recommendations for all Foods and Beverages Available in Michigan Schools," http://www.michigan.gov/documents/mde/Michigan_Nutrition_Standards_Approved_10.12.10_338356_7.pdf.

Michigan State Board of Education (2005). "Model Local Wellness Policy," http://www.michigan.gov/documents/Policy_on_Welness_141434_7.pdf.

School Nutrition Association (2014). "Smart Snacks: State Agency Fundraising Exemptions," http://schoolnutrition.org/uploadedFiles/News_and_Publications/News/SmartSnacksFundraisingExemption.pdf.

**KIDS' SAFE &
HEALTHFUL
FOODS PROJECT**


Robert Wood Johnson
Foundation

 **THE
PEW**
CHARITABLE TRUSTS

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The Kids' Safe and Healthful Foods Project, a collaboration between The Pew Charitable Trusts and the Robert Wood Johnson Foundation, provides nonpartisan analysis and evidence-based recommendations to make sure that all foods and beverages sold in U.S. schools are safe and healthful.