

# Snack Foods and Beverages In Hawaii Schools

A comparison of state policy with USDA's nutrition standards

Hawaii State Board of Education Policy 1110-6, established in 1995 and amended in 2006, requires the Department of Education to set nutrition guidelines for foods available on each school campus during the school day, with the objectives of promoting student health and reducing childhood obesity. "The State of Hawaii Wellness Guidelines" were established in 2006 as a result, and each public school is required to adopt and implement them. In 2007, the Board of Education passed a policy limiting the sale of food to students in elementary and secondary schools. The Hawaii Department of Education has outlined six nutrition standards to implement the Board of Education Policy 1110-6 on its website. These policies are outlined in this document.

Policy Applications		
	USDA interim final rule	Hawaii standards <sup>1</sup>
<b>What is covered by the policy?</b>	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 applies to snack food and beverages sold or served to students anywhere at school or school sponsored events on school property, in elementary, middle, and high schools statewide. These include items available in vending, concession stands, a la carte, fundraisers, student stores, and school parties. <sup>7</sup>
<b>Does the policy address preemption?</b>	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.	This policy does not address preemption.
<b>Definition of "school day"</b>	The period from 12:01 a.m. until 30 minutes after the end of the instructional day.	Schools may not sell competitive foods to students from the beginning of the school day to the end, except certain beverages through vending machines and all-school events approved by the principal.  This policy applies to the extended school day, meaning it does affect after-school sponsored functions.
<b>Definition of "school campus"</b>	All areas of the school's property accessible to students during the school day are considered part of the school campus.	All areas on school property including vending, concession stands, a la carte fundraisers, student stores, and school parties.

<sup>1</sup> 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	Hawaii standards
<b>General</b>	<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"> <li>be a whole-grain product containing 50% or more whole grains by weight or have whole grains listed as the first ingredient, or</li> <li>have as the first ingredient one of the non-grain major food groups: a fruit, vegetable, dairy product, protein food, or</li> <li>be a combination food that contains at least ¼ cup of fruit and/or vegetable, or</li> <li>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).</li> </ul> <p>If water is the first ingredient, the second must be one of the food items above.</p>	<p>Elementary and secondary schools may sell only foods that are part of the School Breakfast Program or the National School Lunch Program, or are approved cafeteria supplementary food items or foods prepared by culinary arts classes as part of educational programming.</p> <p>All food sold or served must comply with the current USDA Dietary Guidelines for Americans. Snacks sold or served must comply with nutrition criteria based on the Institute of Medicine standards.</p> <p>The following items are not provided to students anywhere at school or at school-sponsored functions:</p> <ul style="list-style-type: none"> <li>foods of minimal nutritional value as defined by USDA regulations;</li> <li>all food and beverage items listing sugar, in any form, as the first ingredient, such as candy; and</li> <li>foods containing artificial trans fats.</li> </ul> <p>Exceptions can be made for foods and beverages provided at one-time, privately catered events such as a prom or winter ball.</p>
<b>Calories (per item as packaged or served)</b>	<p>≤ 200 calories for snacks and side dishes</p> <p>≤ 350 calories for entree items</p>	≤ 200 calories
<b>Total fat</b>	≤ 35% of total calories	≤ 8 grams of total fat
<b>Saturated fat</b>	≤ 10% of total calories	≤ 2 grams per serving
<b>Trans fat</b>	Zero grams	0 grams
<b>Sugar (per item as packaged or served)</b>	≤ 35% of weight from total sugars in foods	<p>≤ 8 grams sugar</p> <p>≤ 30 grams per 8-ounce portion for yogurt</p>
<b>Sodium (per item as packaged or served)</b>	<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>	≤ 200 mg sodium*
<b>Other</b>	<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	Hawaii standards
<b>General</b>	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.	All beverages in vending machines sold or served must comply with USDA Dietary Guidelines and Institute of Medicine guidelines.
<b>Juice</b>		
<b>Elementary</b>	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% fruit juice ≤ 4 fl oz*
<b>Middle</b>	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% fruit juice ≤ 4 fl oz*
<b>High</b>	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% fruit juice ≤ 8 fl oz*
<b>Milk and milk alternatives</b>		
<b>Elementary</b>	Low-fat milk, unflavored ≤ 8 fl oz  Nonfat milk, plain or flavored ≤ 8 fl oz  Nutritionally equivalent milk alternatives ≤ 8 fl oz	Low-fat and nonfat milk, plain or flavored ≤ 8 fl oz <ul style="list-style-type: none"> <li>• Lactose-free and soy beverages included</li> <li>• Flavored milk ≤ 22g of total sugars per 8 fl oz portion*</li> </ul>
<b>Middle</b>	Low-fat milk, unflavored ≤ 12 fl oz  Nonfat milk, plain or flavored ≤ 12 fl oz  Nutritionally equivalent milk alternatives ≤ 12 fl oz	Low-fat and nonfat milk, plain or flavored ≤ 8 fl oz* <ul style="list-style-type: none"> <li>• Lactose-free and soy beverages included*</li> <li>• Flavored milk ≤ 22g of total sugars per 8 fl oz portion*</li> </ul>
<b>High</b>	Low-fat milk, unflavored ≤ 12 fl oz  Nonfat milk, plain or flavored ≤ 12 fl oz  Nutritionally equivalent milk alternatives ≤ 12 fl oz	Low-fat and nonfat milk, plain or flavored ≤ 8 fl oz* <ul style="list-style-type: none"> <li>• Lactose-free and soy beverages included*</li> <li>• Flavored milk ≤ 22g of total sugars per 8 fl oz portion*</li> </ul>
<b>Water</b>		
<b>All grades</b>	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, or carbonation; no limits on portion size.

Beverages		
	USDA interim final rule	Hawaii standards
<b>Other beverages</b>		
	<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 <math>\leq 5</math> calories per 8 fluid oz serving (or <math>\leq 10</math> calories per 20 fluid oz), in no more than 20 oz servings.</p> <p>Beverages <math>\leq 40</math> calories per 8 fluid oz serving (or <math>\leq 60</math> calories per 12 fluid oz serving) in no more than 12 oz servings are also allowed.</p>	<p>Other beverages allowed in high schools after school:</p> <ul style="list-style-type: none"> <li>Non-caffeinated, non-fortified beverages with <math>&lt; 5</math> calories per portion as packaged (with or without non-nutritive sweeteners, carbonation, or flavoring)</li> <li>Sports drinks are not allowed except when provided by the school for student athletes participating in sports programs, where they are involved in an hour or more of vigorous physical activity</li> </ul>
<b>Caffeine</b>		
<b>Elementary</b>	Not allowed	Beverages must be caffeine-free with only trace amounts allowed from naturally occurring caffeine substances
<b>Middle</b>	Not allowed	Beverages must be caffeine-free with only trace amounts allowed from naturally occurring caffeine substances
<b>High</b>	Caffeinated beverages allowed	Beverages must be caffeine-free with only trace amounts allowed from naturally occurring caffeine substances
<b>Artificial sweeteners</b>		
	No standard	No standard

Other		
	USDA interim final rule	Hawaii standards
<b>Fundraisers</b>	<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>	As of July 1, 2014, all fundraisers are required to meet nutrition standards, with no exemptions allowed.
<b>Class parties/school celebrations</b>	No standard	These standards apply to food provided in the classroom.*
<b>Food marketing</b>	No standard included in the USDA Smart Snacks interim final rule; however, USDA's proposed rule on Local Wellness Policies addresses this component.	Food and beverage providers must promote positive nutritional logos and trademarks on school grounds.*
<b>Positive nutritional value</b>	No standard	All food and beverages sold must comply with the current USDA Dietary Guidelines for Americans.
<b>Nutrition labeling requirements</b>	No standard	Nutrition information for products offered in snack bars, a la carte, vending, etc., must be readily available near the point of purchase.*
<b>Local Wellness Policy</b>	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.	No standard

Exemptions to food and beverage standards		
	USDA interim final rule	Hawaii standards
<b>General</b>		
<b>General exemptions</b>	<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>	
<b>Exemptions from total fat</b>	<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<sup>†</sup> sweetener or fat</p> <p>Seafood with no added fat</p> <p>Combination foods are not exempt and must meet all nutrient standards.</p>	Nuts and seeds
<b>Exemptions from saturated fat</b>	<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>	
<b>Exemptions from sugar (per item as packaged or served)</b>	<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>	

<sup>\*</sup> Components of the standards that are considered to be stronger than the USDA standards.

<sup>†</sup> 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).

Hawaii State Board of Education, Policy 6810 (amended 2007),  
<http://www.hawaiiboe.net/policies/6000series/Pages/6810.aspx>.

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<http://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/WellnessGuidelines/Pages/home.aspx>.

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**KIDS' SAFE &  
HEALTHFUL  
FOODS PROJECT**

  
Robert Wood Johnson  
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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.