

Texas public school nutrition policy

In 2004, the Texas Department of Agriculture (TDA) implemented a much more restrictive policy on foods that are provided to students. The policy is aggressively enforced and schools found to have violated the policy will lose a day of meal reimbursement funds from the state and will be required to reimburse the food service account for the lost reimbursement. The policy applies to foods of minimal nutritional value (FMNV), and any type of candy and also restricts the provision of "competitive foods," which are all foods and beverages not provided by school food services. The policy also limits the number of grams of fat and sugar Texas schoolchildren are served each week, restricts portion sizes for items such as chips, cookies, frozen desserts and beverages, and calls for phasing out deep-fat frying in schools. Nutrition policy exemptions allow for such events as birthday parties, pizza parties and classroom snacks (see the Exemptions section on facing page for details). The full Texas Public School Nutrition policy is available on the Texas Department of Agriculture Web site at www.squaremeals.org. Policy highlights include:

Policy	Elementary Schools (a campus containing a combination of grades early elementary to 6)	Middle/Junior High Schools (a campus containing grades 6, 7 and 8; grades 7 and 8; or grades 7, 8 and 9)	High Schools (a campus containing a combination of grades 9, 10, 11 and 12)
FMNV	Not allowed at any time during the school day.	Not allowed until after the last lunch period.	Not allowed during meal periods in areas where reimbursable meals
Soda water			
Water ices			



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<p>Chewing gum</p> <p>Certain candies</p> <p>(see www.squaremeals.org for more details and list of USDA exemptions)</p>	<p>(certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by campus officials)</p>	<p>(certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by campus officials)</p>	<p>are served and consumed.</p>
<p>CANDY</p> <p>(including candy bars and packaged candies not included as FMNVs)</p>	<p>Not allowed at any time during the school day.</p> <p>(certain exemptions are allowed for students with special needs and up to three schoolwide events pre-approved by campus officials)</p>	<p>Not allowed until after the last lunch period.</p> <p>(certain exemptions are allowed for students with special needs and up to three schoolwide events pre-approved by campus officials)</p>	<p>Allowed.</p>
<p>CARBONATED BEVERAGES</p>	<p>Not allowed at any time during the school day.</p>	<p>Not allowed until after the last lunch period.</p>	<p>Sugared, carbonated beverages cannot be sold in containers larger than 12 oz. and are not allowed during meal periods in areas where reimbursable 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.</p>

<p>COMPETITIVE FOODS</p> <p>(all food and beverages that are not provided by school food service)</p>	<p>Not allowed at any time during the school day.</p> <p>(see exemptions listed below)</p>	<p>Not allowed during meal periods.</p>	<p>Not allowed during meal periods in areas where reimbursable meals are served and consumed.</p>
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Nutrition Policy Exemptions

Where & When	Nutrition Policy
<p>Classroom birthday parties</p>	<p>Foods otherwise restricted by the policy are permitted at student birthday parties. It is recommended that such parties be scheduled after the end of the last lunch period so that these celebrations will not replace a nutritious lunch. Federal regulations do not permit FMNV to be served in the food service area during meal periods.</p>
<p>Pizza parties, etc.</p>	<p>With the exception of school birthday parties, schools may not allow alternative meals (pizza, BBQ, sandwiches, etc.) to be provided to students in competition with meals made available by the school food service department under the National School Lunch and School Breakfast Programs. However, such items may be provided if they are supplemented with additional food provided by food service to become a reimbursable meal. This allows the addition of fruits and vegetables for a complete nutritious meal, as well as providing federal reimbursement funds to the school.</p>
<p>School Events</p>	<p>Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by campus. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.</p>
<p>Elementary School Classroom Snacks</p>	<p>Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack must comply with the fat and sugar</p>

	<p>limits of the Public School Nutrition Policy and may not contain any FMNV or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The classroom snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students. See below for TDA nutritious snack ideas.</p>
Snacks for TAKS Test Days	<p>Schools and parents may provide one additional nutritious snack per day for students taking the TAKS tests. The snack must comply with the fat and sugar limits of the Public School Nutrition Policy and may not contain any FMNV or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). See below for TDA nutritious snack ideas.</p>
Field Trips	<p>Campus-approved field trips are exempt from nutrition policy.</p>
Athletic, UIL, Band and Other Competitions	<p>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.</p>
Fund-raising activities	<p>For middle and high school campuses, the nutrition policy will apply to food fund-raising during the school day. No food fund-raising will be allowed on an elementary school campus during the school day; however, schools or school-approved organizations may take orders or sell vouchers during the school day for candy or other restricted items and deliver these items after the end of the school day. Students may order or purchase such items during the school day as long as they receive the items after the school day ends.</p>