



Foods for Sale at School



Schools should aspire to sell only the best foods to the students in their care. When choosing foods to sell, look for the most nutrient-dense options. Each food group offers a different set of nutrients so variety is important. The following guidelines are based on the 2005 Dietary Guidelines for Americans, the 2005 Food Guide Pyramid and the latest scientific findings.

Snacks Re-Defined

Over the last few decades our idea of snack foods has changed. Once considered a small meal, snacks in today's world typically mean "treats" or for lack of a better word "junk food." When choosing the foods to offer children as snacks, take this opportunity to re-define the word. Choose snacks that help children meet their nutritional goals for the day; foods that are "original members" of the five food groups; foods like cheese, fruit, raw vegetables, nuts, pretzels and cereal; foods that have few ingredients and come in original flavors. These whole foods are the ones that children need to grow, learn, behave well and concentrate.

A Healthy Lunch

When choosing a lunch menu, it is important to think about the overall nutrient needs children have for the whole day. Typically, when nutritionists break down calories and nutrients by meal, lunch consists of one-third. For most children in elementary school, calorie needs range from 1,200 to 1,800. All foods offered at lunch should reasonably fit into a child's nutrient needs for the day. For more details about this and the number of servings per food group based on calorie needs, visit:

http://www.mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf

Label reading is key. Additionally, menu planning should consider balance, variety and portion control. Balance and variety means that each day there should be a variety of foods from each food group without too much emphasis given to any one. Portion control means that menu items should be offered as one portion, with the exception of fruits and vegetables that are not fried.

Pricing

It is important to analyze the pricing structure of food for sale at school. The goal is to encourage students to purchase healthy choices. Be sure that healthy options are priced competitively. Don't undercut your healthy options. For example, a 50 cent bag of tortilla chips is a more appealing option than a 95 cent apple.



How to Choose Healthy Snacks



Read the Food Label

Serving Size

- ◆ Choose items that have one serving per container.

Nutrition Facts

- ◆ Choose items with less than 200 calories
- ◆ Check for 0 g Trans-fat, and only 5-10% of the Daily Value for Fat content, Sodium, and Cholesterol
- ◆ Look for items with at least 10% of the Daily Value of Dietary Fiber, Vitamins, and Minerals

Ingredient List

- ◆ Look at the number of ingredients- the few the better!
- ◆ Eliminate options containing partially hydrogenated oils.
- ◆ Avoid items containing added sugar near the top of the list (high fructose corn syrup, maltose, dextrose, sucrose, evaporated cane juice, fructose, corn syrup solids, etc.).



Many products that do not provide much nutrition are often enriched to boost their nutritional value. Be cautious of choosing products that do this. For example, fruit drinks with lots of added sugar often enhance themselves by adding Vitamin C. They then claim "100% Vitamin C" on their label. Our bodies benefit most from receiving these nutrients from their natural sources.



READ IT *before you EAT IT!*

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What food would have this Nutrition Facts label? Answer below!

Get What You Need!

Get LESS

5% or less is low

20% or more is high

Get ENOUGH

5% or less is low

20% or more is high



General Guidelines for Healthy Foods



Whole, unprocessed foods are the best choice.

Guidelines for Drinks

Schools may offer the following types of drinks for sale to students

- ◆ 100% juice
- ◆ 1% or skim milk, plain or flavored (or soy)
- ◆ Water

Guidelines for Grains

Grains contain: fiber, Vitamin B, Folic Acid, Iron and Magnesium. It is recommended that we increase the amount of “whole grains” in our diets.

When looking for grains items to sell, try to identify those with the following:

- Whole grains listed as the first or second ingredient
- At least 10% of the above nutrients
- 2 grams of fiber per serving

Guidelines for Fruits and Vegetables

Fruits and vegetables contain the following: fiber, potassium, vitamins A, C, and E, and folic acid. Typically, the more colorful the fruit or vegetable, the greater the nutritional value of the food.

- ◆ All fresh fruits and vegetables are acceptable to sell to students.
- ◆ Look for canned items packed in 100% juice.
- ◆ Look for dried items that are not sugar covered.

Guidelines for Dairy

Dairy foods contain: Calcium, Potassium, Vitamin D, Protein and Magnesium

- ◆ Choose 1% or less (skim) dairy items.

Guidelines for Proteins

Protein rich foods also contain: B vitamins, iron, magnesium, zinc and vitamin E

- ◆ Nuts and seeds are excellent, vegetarian sources of protein.
- ◆ Look for “lean” protein sources.