

School Nutrition-Environment State Policy Classification System

Definition of terms that are used throughout the SNESPCS	
Terminology	Definition
Competitive foods	USDA and GAO defined to include all foods and beverages sold or served outside of the reimbursable federal school meal program. ^{1,2}
Federal dietary guidelines	This refers to the 2005 federal dietary guidelines that recommends total fat intake between 20 to 35% of calories (saturated fat at less than 10% of calories) for ages 4 to 18; little added sugars or caloric sweeteners, and consumption of fiber rich fruit, vegetables and whole grains and non-fat and low-fat dairy foods. ³
Food of minimal nutritional value (FMNV)	Such food include carbonated beverages, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn (7 CFR 210 Appendix B). ^{4,5}
Food and beverages of low nutritive value	This refers to food and beverages providing most of its calories from fat and/or sugar and few vitamins and minerals.
HealthierUS Challenge Criteria	Developed in 2004, the HealthierUS School Challenge, administered by USDA's Food and Nutrition Service (FNS), recognizes schools that have taken a leadership role in helping students learn to make healthy eating and active lifestyle choices through the HealthierUS School Challenge. Schools can be awarded a gold, silver or bronze level award for making changes to their school nutrition environments, improving the quality of the foods served, and providing students with more nutritious, healthy choices. http://www.fns.usda.gov/tn/healthierus/criteria_instructions.pdf ⁶
HealthierUS Challenge Whole Grain document	<i>HealthierUS Whole Grains Challenge: Whole Grains Resource</i> http://www.fns.usda.gov/tn/HealthierUS/WholeGrainsforHealthierUS.pdf
USDA Memo dated 12/17/07: Incorporating the 2005 Dietary Guidelines for Americans into School Meals (memo code: SP 04-2008)	Memo to USDA Regions and State Child Nutrition Programs provides recommendations and guidance for fruits and vegetables, whole grains, milk, cholesterol and other nutrients/food groups to enhance meal patterns.

COMPETITIVE FOODS: *A la carte* in cafeterias (non-entrée) snacks only-excluding beverages in Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of <i>A la carte</i> (individual, non-entrée) food outside the reimbursable school meal programs, during the service of meals in the cafeteria, <u>or</u> allows only the following exceptions:</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • Non-fried fruit (fresh or packed in juice or water), and vegetables, whole grain products, non-fat and low fat dairy products (nonfat or 1% only, flavored or non-flavored) that are 200 calories or less per serving⁷ <u>and</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to dairy or fruit products) <u>and</u> • Sodium content 200 mg or less <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
5	<p>ES/MS/HS: State allows the sale or service of only the following <i>A la carte</i> (individual, non-entrée) food outside the reimbursable school meal programs, during the service of meals in the cafeteria:</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • 200 calories or less per serving <u>and</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) <u>and</u> • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to fruit or dairy) <u>and</u> • Sodium content 200 mg or less <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
4	<p>ES/MS/HS: State mandates nutrition standards that meet or exceed federal dietary guidelines,³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale/service of <i>A la carte</i> food of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement for <i>A la carte</i> food sold or served in cafeterias outside the school meal program is undefined (e.g., “healthy” foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to <i>A la carte</i> sales/service.</p>
1	<p>ES/MS/HS: State recommends nutrition standards for <i>A la carte</i> items.</p>

0	ES/MS/HS: No provision
Tracking variables	<p><u>Note: Exceptions to total sugar limit are allowed for dairy products and fruits</u></p> <p><u>Potential enhancement factor:</u> Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor:</u> Applies if penalties are established for violations.</p> <p><u>Potential enhancement factor:</u> Attempts are made to limit the amount of added sugar in flavored milk/dairy products (yogurt).</p> <p><u>Potential enhancement factor:</u> Applies if state further defines whole grains to be consistent with FDA guidance on whole grains (see below)</p> <p><u>Potential inhibiting factor:</u> Policy allows for a certain percentage of unhealthy/junk food items.</p> <p><u>Potential inhibiting factor:</u> Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to food/snacks.</p> <p><u>Potential inhibiting factor:</u> Applies if standards apply for less than the school day.</p>

FDA guidance on label statements defines whole grains as “cereal grains that consist of the intact, ground, cracked or flaked caryopsis, whose principal anatomical components--the starchy endosperm, germ, and bran--are present in the same relative proportions as they exist in the intact caryopsis--should be considered a whole grain food.”

COMPETITIVE FOODS: *A la carte* in cafeterias (non-entrée) beverages only-excluding snacks in Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of <i>A la carte</i> (individual, non-entrée) beverages outside the reimbursable school meal programs, during the service of meals in the cafeteria, <u>or</u> allows only the following exceptions:</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water without added flavorings, additives or carbonation, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric or non-caloric sweeteners
5	<p>ES/MS/HS: State allows the sale or service of only the following <i>A la carte</i> (individual, non-entrée) beverages outside the reimbursable school meal programs, during the service of meals in the cafeteria:</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric sweeteners • Additional beverages allowed with limits on total calories and added sugar (would allow for some sports drinks, juice drinks, flavored waters, and diet sodas)
4	<p>ES/MS/HS: State mandates nutrition standards that meet or exceed federal dietary guidelines³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale/service of <i>A la carte</i> beverages of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement for <i>A la carte</i> beverages sold or served in cafeterias outside the school meal program is undefined (e.g., “healthy” foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to <i>A la carte</i> sales/service.</p>
1	<p>ES/MS/HS: State recommends nutrition standards for <i>A la carte</i> items.</p>
0	<p>ES/MS/HS: No provision</p>
Tracking variables	<p><u>Note:</u> Exceptions to total sugar limit are allowed for dairy products and fruits</p> <p><u>Potential enhancement factor:</u> Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor:</u> Applies if penalties are established for violations.</p> <p><u>Potential enhancement factor:</u> Attempts are made to limit the amount of added sugar in flavored milk/dairy products.</p> <p><u>Potential inhibiting factor:</u> Policy allows for a certain percentage of unhealthy/junk food items.</p> <p><u>Potential inhibiting factor:</u> Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to beverages.</p> <p><u>Potential inhibiting factor:</u> Applies if standards apply for less than the school day.</p>

COMPETITIVE FOODS: Entrée a la carte in cafeterias in Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
5	<p>ES/MS/HS: State prohibits the sale or service of <i>A la carte</i> entrée items outside the reimbursable school meal programs, <u>or</u> allows only the following exceptions:</p> <p><u>Entrée a la carte</u> items limited to:</p> <ul style="list-style-type: none"> • National school lunch entrée items <i>and</i> • No more than 35% of total calories from fat (with the exception of nut/seed products) <i>and</i> • Less than 10% calories from saturated fat <i>and</i> • Zero trans fat <i>and</i> • 35% or less by weight of total sugars or 35% or less of calories from total sugars, <i>and</i> • Sodium content 480 mg or less <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
4	<p>ES/MS/HS: State mandates nutrition standards for entrée a la carte items that meet or exceed federal dietary guidelines,³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar <u>or</u> sodium.</p> <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
3	<p>ES/MS/HS: State restricts sale/service for entrée a la carte items of low nutritive value but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement for <i>A la carte</i> entrée items sold or served in cafeterias outside the school meal program is undefined (e.g., “healthy” foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to a <i>la carte</i> sales/service for both individual snack and entrée items.</p>
1	<p>ES/MS/HS: State recommends nutrition standards for a <i>la carte</i> entrée items.</p>
0	<p>ES/MS/HS: No provision</p>
Tracking variables	<p><u>Note:</u> Exceptions to total sugar limit are allowed for dairy products and fruits.</p> <p><u>Potential enhancement factor:</u> Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor:</u> Applies if penalties are established for violations.</p> <p><u>Potential inhibiting factor:</u> Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to a la carte entrees.</p> <p><u>Potential inhibiting factor:</u> Applies if standards apply for less than the school day.</p>

COMPETITIVE FOODS: Vending Machines-non-entrée food/snacks only-excluding beverages available during the school day on school campus in Elementary (ES) Middle (MS) and High (HS) schools

Note: If state policy sets out standards for all competitive food items without specifying the category (e.g., there is no separation for vended items versus school stores versus canteens versus fundraisers), the policy should still receive a score in 4 areas Vending Machines-non entrée foods/snacks only; Vending Machines – beverages only; School stores, canteens, and snack bars – foods only, and School stores, canteens, and snack bars – beverages only).

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of food through vending <u>or</u> allows only the following exceptions.</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • Non-fried fruit (fresh or packed in juice or water) and vegetables, whole grain products, nonfat or 1% only, flavored or non-flavored dairy products that are 200 calories or less per serving⁸ <u>and</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) <u>and</u> • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to fruit or dairy) <u>and</u> • Sodium content 200 mg or less <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
5	<p>ES/MS/HS: State allows the sale or service of only the following food items through vending machines:</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • 200 calories or less per serving <u>and</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) <u>and</u> • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to fruit or dairy) <u>and</u> • Sodium content 200 mg or less <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
4	<p>ES/MS/HS: State mandates nutrition standards for the sale of foods through vending machines that meet or exceed federal dietary guidelines,³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale of foods through vending machines of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement of foods sold through vending machines is undefined (e.g., “healthy” foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to <i>A la carte</i> sales/service or other competitive foods.</p>

1	ES/MS/HS: State recommends nutrition standards for sold through vending machines
0	ES/MS/HS: No provisión
Tracking variables	<p><u>Note: Exceptions to total sugar limit are allowed for dairy products and fruits</u></p> <p><u>Potential enhancement factor:</u> Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor:</u> Applies if penalties are established for violations.</p> <p><u>Potential enhancement factor:</u> Attempts are made to limit the amount of added sugar in flavored milk/dairy products (yogurt).</p> <p><u>Potential enhancement factor:</u> Applies if state further defines whole grains to be consistent with FDA and USDA guidance on whole grains (see below)</p> <p><u>Potential inhibiting factor:</u> Policy allows for a certain percentage of unhealthy/junk food items.</p> <p><u>Potential inhibiting factor:</u> Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to food/snacks.</p> <p><u>Potential inhibiting factor:</u> Applies if standards apply for less than the school day.</p>

FDA guidance on label statements defines *whole grains* as “cereal grains that consist of the intact, ground, cracked or flaked caryopsis, whose principal anatomical components--the starchy endosperm, germ, and bran--are present in the same relative proportions as they exist in the intact caryopsis--should be considered a whole grain food.”

Competitive Foods: Vending Machines-beverages only—excluding non-entrée food/snacks available during the school day on school campus in Elementary (ES) Middle (MS) and High (HS) schools

Note: If state policy sets out standards for all competitive food items without specifying the category (e.g., there is no separation for vended items versus school stores versus canteens versus fundraisers), the policy should still receive a score in 4 areas Vending Machines-non entrée foods/snacks only; Vending Machines – beverages only; School stores, canteens, and snack bars – foods only, and School stores, canteens, and snack bars – beverages only).

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of beverages through vending <u>or</u> allows only the following exceptions:</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water without added flavorings, additives or carbonation, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric or non-caloric sweeteners.
5	<p>ES/MS/HS: State allows the sale or service of only the following beverages through vending machines:</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric sweeteners • Additional beverages allowed with limits on total calories and added sugar (would allow for some sports drinks, juice drinks, flavored waters, and diet sodas)
4	<p>ES/MS/HS: State mandates nutrition standards for the sale of beverages through vending machines that meet or exceed federal dietary guidelines,³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale of beverages through vending machines of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement of beverages sold through vending machines is undefined (e.g., “healthy” foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to <i>A la carte</i> sales/service or other competitive foods.</p>
1	<p>ES/MS/HS: State recommends nutrition standards for beverages sold through vending machines</p>
0	<p>ES/MS/HS: No provision</p>
Tracking variables	<p><u>Note: Exceptions to total sugar limit are allowed for dairy products and fruits</u></p> <p><u>Potential enhancement factor:</u> Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor:</u> Applies if penalties are established for violations.</p> <p><u>Potential enhancement factor:</u> Attempts are made to limit the amount of added sugar in flavored milk/dairy products.</p> <p><u>Potential inhibiting factor:</u> Policy allows for a certain percentage of unhealthy/junk food items.</p>

	<p><u>Potential inhibiting factor</u>: Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to beverages.</p> <p>Potential inhibiting factor: Applies if standards apply for less than the school day.</p>
--	---

COMPETITIVE FOODS: School stores, canteens and snack bars-non-entrée food/snacks only-excluding beverages open or available during the school day on school campus in Elementary (ES) Middle (MS) and High (HS) schools

Note: If state policy sets out standards for all competitive food items without specifying the category (e.g., there is no separation for vended items versus school stores versus canteens versus fundraisers), the policy should still receive a score in 4 areas Vending Machines-non entrée foods/snacks only; Vending Machines – beverages only; School stores, canteens, and snack bars – foods only, and School stores, canteens, and snack bars – beverages only).

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of food through school stores, canteens and snack bars <u>or</u> allows only the following exceptions:</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • Non-fried fruit (fresh or packed in juice or water) and vegetables, whole grain products, non-fat and low fat dairy products (nonfat or 1% only, flavored or non-flavored) that are 200 calories or less per serving⁹ <u>and</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) <u>and</u> • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to fruit or dairy) <u>and</u> • Sodium content 200 mg or less <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
5	<p>ES/MS/HS: State allows the sale or service of only the following food items through school stores, canteens and snack bars:</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • 200 calories or less per serving <u>and</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) <u>and</u> • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to fruit or dairy) <u>and</u> • Sodium content 200 mg or less <p><i>Note:</i> Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</p>
4	<p>ES/MS/HS: State mandates nutrition standards for the sale of foods through school stores, canteens and snack bars that meet or exceed federal dietary guidelines,³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale of foods through school stores, canteens and snack bars of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement of foods sold through school stores, canteens and snack bars is</p>

	undefined (e.g., “healthy” foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to <i>A la carte</i> sales/service or other competitive foods.
1	ES/MS/HS: State recommends nutrition standards for sold through school stores, canteens and snack bars.
0	ES/MS/HS: No provision
Tracking variables	<p><u>Note:</u> Exceptions to total sugar limit are allowed for dairy products and fruits</p> <p><u>Potential enhancement factor:</u> Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor:</u> Applies if penalties are established for violations.</p> <p><u>Potential enhancement factor:</u> Attempts are made to limit the amount of added sugar in flavored milk/dairy products (yogurt).</p> <p><u>Potential inhibiting factor:</u> Policy allows for a certain percentage of unhealthy/junk food items.</p> <p><u>Potential inhibiting factor:</u> Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to food/snacks.</p> <p><u>Potential inhibiting factor:</u> Applies if standards apply for less than the school day.</p>

COMPETITIVE FOODS: School stores, canteens and snack bars -beverages only-only-excluding foods/snacks open or available during the school day on school campus in Elementary (ES) Middle (MS) and High (HS) schools

Note: If state policy sets out standards for all competitive food items without specifying the category (e.g., there is no separation for vended items versus school stores versus canteens versus fundraisers), the policy should still receive a score in 4 areas Vending Machines-non entrée foods/snacks only; Vending Machines – beverages only; School stores, canteens, and snack bars – foods only, and School stores, canteens, and snack bars – beverages only).

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of beverages through school stores, canteen or snack bars <u>or</u> allows only the following exceptions:</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water without added flavorings, additives or carbonation, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric or non-caloric sweeteners
5	<p>ES/MS/HS: State allows the sale or service of only the following beverages through school stores, canteen or snack bars:</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric sweeteners • Other beverages allowed with limits on total calories and added sugar (would allow for some sports drinks, juice drinks, flavored waters, and diet sodas)
4	<p>ES/MS/HS: State mandates nutrition standards for the sale of beverages through school stores, canteen or snack bars that meet or exceed federal dietary guidelines,³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale of beverages through school stores, canteen or snack bars of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement of beverages sold through school stores, canteen or snack bars is undefined (e.g., “healthy” foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to <i>A la carte</i> sales/service or other competitive foods.</p>
1	<p>ES/MS/HS: State recommends nutrition standards for beverages sold through school stores, canteen or snack bars.</p>
0	<p>ES/MS/HS: No provision</p>
Tracking variables	<p><u>Potential enhancement factor:</u> Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor:</u> Applies if penalties are established for violations.</p> <p><u>Potential enhancement factor:</u> Attempts are made to limit the amount of added sugar in flavored milk/dairy products.</p>

	<p><u>Potential inhibiting factor:</u> Policy allows for a certain percentage of unhealthy/junk food items.</p> <p><u>Potential inhibiting factor:</u> Applies if standards apply for less than the school day.</p> <p><u>Potential inhibiting factor:</u> Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to beverages.</p>
--	--

COMPETITIVE FOODS: Fundraisers- non-entrée food/snacks only-excluding beverages held during the school day on school campus in Elementary (ES) Middle (MS) and High (HS) schools

Note: If state policy sets out standards for all competitive food items without specifying the category (e.g., there is no separation for vended items versus school stores versus canteens versus fundraisers), the policy should still receive a score in 4 areas Vending Machines-non entrée foods/snacks only; Vending Machines – beverages only; School stores, canteens, and snack bars – foods only, and School stores, canteens, and snack bars – beverages only).

*If the policy **specifically** identifies fundraisers as an area in which the standards apply, than score the policy using the Fundraisers: Foods/Snacks and Fundraisers: Beverages in addition to the 4 areas listed above.*

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of food through school-based, on campus fundraisers <u>or</u> allows only the following exceptions:</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • Non-fried fruit (fresh or packed in juice or water) and vegetables, whole grain products, nonfat or 1% only, flavored or non-flavored dairy products that are 200 calories or less per serving¹⁰ <u>and</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) <u>and</u> • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to fruit or dairy) <u>and</u> • Sodium content 200 mg or less <p><i>Note: Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</i></p>
5	<p>ES/MS/HS: State allows the sale or service of only the following food items through school based, on campus fundraisers, throughout the school day:</p> <p><u>Non-entrée food items limited to:</u></p> <ul style="list-style-type: none"> • 200 calories or less per serving <u>and:</u> • No more than 35% of total calories from fat (with the exception of nut/seed products) <u>and</u> • Less than 10% calories from saturated fat <u>and</u> • Zero trans fat <u>and</u> • 35% or less by weight of total sugars or 35% or less of calories from total sugars (does not apply to fruit or dairy) <u>and</u> • Sodium content 200 mg or less <p><i>Note: Points will apply if state has established a standard that uses a <i>gram</i> limit that is comparable to the % limits identified above for fat, saturated fat and sugar (i.e., no more than 6 grams of total fat per 150 calorie portion).</i></p>
4	<p>ES/MS/HS: State mandates nutrition standards for the sale of foods through school based, on campus fundraisers that meet or exceed federal dietary guidelines,³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale of foods through school based, on campus fundraisers of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>

2	ES/MS/HS: State requirement of foods sold through school based, on campus fundraisers is undefined (e.g., “healthy” foods and beverages must be sold); or state requires a state agency to develop and adopt nutrition standards applicable to fundraisers.
1	ES/MS/HS: State recommends nutrition standards for sold through school based, on campus fundraisers.
0	ES/MS/HS: No provision.
Tracking variables	<p><u>Note: Exceptions to total sugar limit are allowed for dairy products and fruits</u></p> <p><u>Potential enhancement factor: Applies if state specifies that only non-food items are permitted for fundraisers.</u></p> <p><u>Potential enhancement factor: Applies if state policy requires/encourage the promotion of healthy food and beverage options or non-food options during after-school fundraising events and activities either on school property or off site</u></p> <p><u>Potential enhancement factor: Applies if state specifies portion sizes.</u></p> <p><u>Potential enhancement factor: Applies if penalties are established for violations.</u></p> <p><u>Potential enhancement factor: Attempts are made to limit the amount of added sugar in flavored milk/dairy products (yogurt).</u></p> <p><u>Potential inhibiting factor: Policy allows for a certain percentage of unhealthy/junk food items.</u></p> <p><u>Potential inhibiting factor: Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to food/snacks.</u></p> <p><u>Potential inhibiting factor: Applies if standards apply for less than the school day.</u></p>

COMPETITIVE FOODS: Fundraisers- beverages only-excluding non-entrée food/snacks held during the school day on school campus in Elementary (ES) Middle (MS) and High (HS) schools

Note: If state policy sets out standards for all competitive food items without specifying the category (e.g., there is no separation for vended items versus school stores versus canteens versus fundraisers), the policy should still receive a score in 4 areas Vending Machines-non entrée foods/snacks only; Vending Machines – beverages only; School stores, canteens, and snack bars – foods only, and School stores, canteens, and snack bars – beverages only).

*If the policy **specifically** identifies fundraisers as an area in which the standards apply, than score the policy using the Fundraisers: Foods/Snacks and Fundraisers: Beverages in addition to the 4 areas listed above.*

Score	Description
6	<p>ES/MS/HS: State prohibits the sale or service of beverages through school-based, on campus fundraisers <u>or</u> allows only the following exceptions.</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water without added flavorings, additives or carbonation, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric or non-caloric sweeteners
5	<p>ES/MS/HS: State allows the sale or service of only the following beverages through school-based, on campus fundraisers:</p> <p><u>Beverages limited to:</u></p> <ul style="list-style-type: none"> • Water, <u>and/or</u> • Nonfat or 1% only, flavored or non-flavored milk, <u>and/or</u> • Other beverages with at least 100% fruit/vegetable juice with no added caloric sweeteners • Other beverages allowed with limits on total calories and added sugar (would allow for some sports drinks, juice drinks, flavored waters, and diet sodas)
4	<p>ES/MS/HS: State mandates nutrition standards for the sale of beverages through school-based, on campus fundraisers that meet or exceed federal dietary guidelines³ with specified limits on calories, <u>or</u> fats (saturated and trans), <u>or</u> total or added sugar, <u>or</u> sodium.</p>
3	<p>ES/MS/HS: State restricts sale of beverages through school school-based, on campus fundraisers of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines.³</p>
2	<p>ES/MS/HS: State requirement of beverages sold through school-based, on campus fundraisers is undefined (e.g., “healthy” foods and beverages must be sold); or state requires a state agency to develop and adopt nutrition standards applicable to fundraisers.</p>
1	<p>ES/MS/HS: State recommends nutrition standards for beverages sold through school-based, on campus fundraisers.</p>
0	<p>ES/MS/HS: No provision</p>
Tracking variables	<p><u>Potential enhancement factor:</u> Applies if state specifies that only non-food items are permitted for fundraisers.</p> <p><u>Potential enhancement factor:</u> Applies if state requires/encourages the promotion of healthy food and beverage options or non-food options during after-school fundraising events and</p>

	<p>activities either on school property or off site</p> <p><u>Potential enhancement factor</u>: Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor</u>: Applies if penalties are established for violations.</p> <p><u>Potential enhancement factor</u>: Attempts are made to limit the amount of added sugar in flavored milk/dairy products.</p> <p><u>Potential inhibiting factor</u>: Policy allows for a certain percentage of unhealthy/junk food items</p> <p><u>Potential inhibiting factor</u>: Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to beverages.</p> <p><u>Potential inhibiting factor</u>: Applies if standards apply for less than the school day.</p>
--	--

Reimbursable School Lunches in Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
6	<p>ES/MS/HS: State addresses nutrition in reimbursable school lunch programs by requiring meals in all schools to meet <u>all</u> of the following 4 criteria:</p> <ul style="list-style-type: none"> • Whole Grains: whole grain foods are offered 3 or more times per week; or, half of all grains offered are whole grains. • Fruits and vegetables: both a fruit and vegetable are offered each day, regardless of the menu planning approach used; or, three different fruits and five different vegetables are offered each week. • Milk: nonfat or 1% only, flavored or non-flavored milk offered daily. • Cholesterol: meals, on average over a school week, provide less than 100 mg cholesterol at lunch.
5	<p>ES/MS/HS: State addresses nutrition in reimbursable school lunch programs by requiring meals in all schools to meet <u>2 or 3</u> of the following 4 criteria:</p> <ul style="list-style-type: none"> • Whole Grains: whole grain foods are offered 3 or more times per week; or, half of all grains offered are whole grains. • Fruits and vegetables: both a fruit and vegetable are offered each day, regardless of the menu planning approach used; or, three different fruits and five different vegetables are offered each week. • Milk: nonfat or 1% only, flavored or non-flavored milk offered daily. • Cholesterol: meals, on average over a school week, provide less than 100 mg cholesterol at lunch.¹¹
4	<p>ES/MS/HS: State addresses nutrition in reimbursable school lunch programs by requiring meals in all schools to meet <u>at least 1 of the 4</u> criteria outlined above in the 5 point score category.</p>
3	<p>ES/MS/HS: State addresses nutrition in reimbursable school lunch programs with requirements or standards that exceed compliance with federal regulations for school meals (7 CFR 210 for the National School Lunch Program) but does not meet criteria outlined in the 4 or 5 point score categories outlined above.</p> <p><i>For example, state sets standards for some food groups/nutrients that do not meet standards in 4 or 5 score categories above; state prohibits deep-fried foods in school meals; state requires more fruits and vegetables without specifying amount an/or frequency.</i></p>
2	<p>ES/MS/HS: State addresses nutrition in reimbursable school lunch programs with a general mandate to develop and adopt requirements or standards that exceed compliance with federal regulations (e.g., State Education Agency is required to establish nutrition standards for all food and beverages sold or served in schools, including school nutrition programs).</p>
1	<p>ES/MS/HS: State recommends nutrition standards for school lunches that exceed compliance with federal regulations.</p>
0	<p>ES/MS/HS: No provision or state requires that school lunches meet existing federal regulations for school meals (7 CFR 210 for the National School Lunch Program).</p>
Tracking variables	<p><u>Potential enhancement factor</u>: Applies if state specifies portion sizes.</p> <p><u>Potential enhancement factor</u> – whole grain: Applies if state requires whole grains to be offered each day.</p>

<p><u>Potential enhancement factor</u> – cooked legumes (dried beans or peas): Applies if state specifies that they must be offered one or more times a week.</p> <p><u>Potential enhancement factor</u> – Vitamin C: Applies if state requires that a good source of Vitamin C be offered each day.</p> <p><u>Potential enhancement factor</u> – fruit and vegetable: Applies if state specifies that dark green or orange vegetables or fruit offered three or more times per week.</p> <p><u>Potential enhancement factor</u> - iron: Applies if state specifies that two or more sources of iron offered daily.</p> <p><u>Potential enhancement factor</u> - limits: Applies if state sets limits or targets for sodium or trans fat.</p> <p><u>Potential enhancement factor</u> - fiber: Applies if state sets a standard for fiber (at least 11 grams per meal or 11 grams averaged over the course of the week).</p> <p><u>Potential enhancement factor</u>: State requires nutrient information for each meal be available at point of purchase/in the cafeteria near where the meal is served or on the menu (e.g., fat, calories, protein, carbohydrates).</p> <p><u>Potential inhibiting factor</u>: Applies if there is a funding contingency written into the law that requires funding to implement the enhancements/improvements to meals.</p>

School Meal Environment

Score	Description
3	State mandates two standards (beyond the school meal federal requirements) ^{6,7} for designated meal periods, in categories such as: (1) specific meal scheduling time requirements (e.g., lunch must be served between 11 a.m. and 1 p.m. and/or lunch must follow recess), and (2) specific eating time requirements (e.g., school must provide 20 minutes for students to eat after students are seated).
2	State mandates one standard (beyond the school meal federal requirements) ^{6,7} for designated meal period, in categories such as: (1) specific meal scheduling time requirements (e.g., lunch must be served between 11 a.m. and 1 p.m.), and/or (2) specific eating time requirements (e.g., school must provide 20 minutes for students to eat after students are seated).
1	State recommends requirements for designated meal periods that exceed compliance with federal regulations for the school meal.
0	No provision.
Tracking Variables	<p><u>Potential Enhancement Factor</u>: If a school provides at least 10 minutes for breakfast and 20 minutes for lunch¹²</p> <p><u>Potential Enhancement Factor</u>: If a school only schedules lunch between 11am and 1pm¹²</p>

Note: According to federal regulations, schools that participate in the USDA National School Lunch Program must serve lunch between 10:00am and 2:00pm. Individual schools/school districts, not USDA, determine how much time to give students for lunch. USDA's Changing the Scene document recommends 20 minutes for lunch – after being served, and 10 minutes for breakfast – after being serve

Food Service Director Qualifications

Score	Description
4	State requires newly-hired district food service directors to have a minimum of a bachelor's degree in nutrition, dietetics, food service management, (or related field) or certification/credentialing from either a state or national program (e.g., School Nutrition Association or American Dietetic Association) at a level that specifies a post-secondary degree and a minimum requirement for specialized training in a nutrition-related field.
3	State requires newly-hired food service directors to have a minor in a nutrition, dietetics, food service management (or related field) or certification/credentialing that specifies a post-secondary degree (e.g., associate's degree) and a minimum requirement for specialized training in a nutrition-related field.
2	State requires newly-hired district food service directors to have a high school degree / GED and, in addition, a minimum requirement for specialized training in a nutrition-related field; or state requires certification/credentialing that specifies a HS/GED degree with a minimum requirement for specialized training in a nutrition-related field.
1	State recommends credentials for food service directors (or State certification is voluntary).
0	No provision.
Tracking variable	<u>Potential enhancement factor</u> : Applies if state addresses professional development for food service directors, whether related to certification or otherwise.

Coordinating, Advisory, or Wellness Teams or Councils

Score	Description
3	State mandates that districts, local education agencies or schools form school health coordinating, advisory or wellness councils that include a nutrition component and linked to local wellness policies required by the federal "Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265 section 204)" or otherwise, establishes a state-wide infrastructure to support such programs.
2	State mandates that districts, local education agencies or schools form school health coordinating, advisory or wellness councils linked to local wellness policies required by the federal "Child Nutrition and WIC Reauthorization Act of 2004" or otherwise.
1	State recommends voluntary coordinating, advisory or wellness councils for districts, local education agencies or schools.
0	No provision.
Tracking variable	<u>Potential enhancement factor</u> : applies if state creates a board/commission/ committee to provide advice and recommendations related to nutrition and youth overweight policies. <u>Potential enhancement factor</u> : Applies if state reviews/assesses local committee actions and makes recommendations.

Nutrition Education in Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
4	ES/MS/HS: State requires a curriculum to incorporate/integrate sequential nutrition education content into standards-based health education curriculum with reference to specific nutrition standards for specified grade levels. For example, standards may specify that by a certain grade level, certain standards, concepts or content should be completed by grades 2, 5, 8 and 12. Nutrition education components can be included as part of overall health curriculum.
3	ES/MS/HS: State requires a curriculum to incorporate/integrate sequential nutrition education content into standards-based health education curriculum without reference to specific nutrition standards or grades. Nutrition education components can be included as part of overall health curriculum.
2	ES/MS/HS: State requires a curriculum to incorporate nutrition education content into health curriculum without reference to any additional requirements. Note: If state requires comprehensive health education that is consistent with CDC's Coordinated School Health Program (CSHP), this would qualify, since nutrition is included.
1	ES/MS/HS: State recommends a curriculum to incorporate nutrition education content into health curriculum without reference to any additional requirements. Note: If state recommends comprehensive health education that is consistent with CDC's Coordinated School Health Program (CSHP), this would qualify since nutrition is included.
0	No provision for broad health education provision with no mention of nutrition.
Tracking variables	<p><u>Potential enhancement factor:</u> Applies if state specifies that schools must integrate/ coordinate nutrition instruction in the school with the food service program and/or instruction in other subjects.</p> <p><u>Potential enhancement factor:</u> Applies if state references the National Health Education Standards, the Dietary Guidelines for Americans, or MyPyramid, in language regarding health or nutrition education¹³</p> <p><u>Potential enhancement factor:</u> Applies if state specifies hours of student instruction per year (e.g., 50 hours per year) and/or hours of nutrition education professional development (e.g., 10 hours per year).</p> <p><u>Potential enhancement factor:</u> Applies if state requires health education (based on CDC's CSHP) for any grade.</p>

Marketing: Advertising

Score	Description
5	State prohibits the sales, promotion, advertising or giving away of food and beverages, during the school day, that do not conform to specified nutrition standards that meet or exceed federal dietary guidelines. ³
4	State prohibits commercial advertising/promotion of all food and beverages, during the school day, that do not conform to specified nutrition standards that meet or exceed federal dietary guidelines. ³
3	State limits certain types of commercial advertising/promotion for low-nutrient food and beverages in certain locations and/or at certain times (e.g., direct advertising, such as a requirement to switch vending machine signage for soda to signage for water; or indirect advertising, such as in-school fundraisers involving branded foods).
2	State requirement for advertising/marketing is undefined (e.g. schools must promote “healthy” food choices and prohibit advertising/marketing of “less healthy” food and beverages); or state requires districts or schools to develop and adopt a standard for commercial advertising/promotion of food or beverages.
1	State recommends a standard for nutrition-based marketing of food and beverages to students during the school day.
0	No provision.
Tracking variables	<p><u>Potential enhancement factor</u>: Applies if a state addresses the use of commercial food products (through coupon, incentives or other means) as a reward for school achievement.</p> <p><u>Potential enhancement factor</u>: State prohibits all advertising associated with instruction (such as the use of logos and brands for food/beverage items on educational materials provided by the school).</p>

Marketing: Preferential Pricing

Score	Description
4	State mandates preferential pricing, applicable to multiple settings, to promote nutrient-dense food or beverages choices (e.g., preferential pricing of fruits and vegetables wherever sold or served in school).
3	State mandates preferential pricing; applicable to a single setting or food group to promote nutrient-dense food or beverages choices (e.g., vending prices may not favor carbonated beverages over water or 100% fruit juice).
2	State mandates a general requirement for preferential pricing (e.g., districts or schools shall promote healthy foods through preferential pricing); or State requires districts or schools to develop and adopt a policy related to preferential pricing for nutrient-dense food and beverages.
1	State recommends preferential pricing to promote nutrient-dense food or beverage choices.
0	No provision.
Tracking variable	<u>Potential enhancement factor</u> : Applies if state addresses placement of food or beverages to promote nutrient-dense food and beverage choices* (e.g., fruits and vegetables should be offered at all points of service).

Body Mass Index (BMI) Screening

Score	Description
3	State mandates BMI screening (if not exempted by parents) in all grades AND mandates purpose of screening, expected outcomes, appropriate parent notification/communication, and appropriate follow-up actions. ¹⁴
2	State mandates BMI screening (if not exempted by parents) AND mandates purpose of screening, expected outcomes, appropriate parent notification/communication, and appropriate follow-up actions. Grade levels not specified.
1	State recommends/encourages/allows schools to conduct BMI screening that would include purpose of screening, expected outcomes, appropriate parent notification/communication, and appropriate follow-up actions.
0	No BMI screening provision OR BMI screening required/recommended but no mention of purpose, outcomes, parent notification/communication, and/or appropriate follow up.
Tracking variable	<u>Inhibiting factor</u> (to track distinction between the two zero categories): BMI screening required/recommended but no mention of purpose, outcomes, parent notification/communication, and/or appropriate follow up.

Other Enhancement Factor

Classroom parties/activities/events/practices: State policy addresses the need for classroom activities/parties/events/practices to encourage healthy food and beverage options or non-food options.

References

- ¹ USDA (United States Department of Agriculture). National School Lunch Program: foods sold in competition with USDA school meal programs. A report to Congress, 2001. Washington, D.C.: USDA;2001. [cited 2006 Sept 25]. Available from: http://www.fns.usda.gov/cnd/lunch/competitivefoods/report_congress.htm.
- ² GAO (Government Accounting Office). School Meal Programs: Competitive Foods are Widely Available and Generate Substantial Revenues for Schools. GAO-05-563. Washington, DC: GAO; 2005.
- ³ U.S. Department of Health and Human Services and (USDA) U.S. Department of Agriculture. Dietary guidelines for Americans. 2005 Jan [cited 2005 Feb 3]. Available from: <http://www.healthierus.gov/dietaryguidelines/>.
- ⁴ School Breakfast Program, 7 C.F.R. 220.12 (2005). Available from: http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfrv4_05.html.
- ⁵ National School Lunch Program, 7 C.F.R. 210.11 and 7 C.F.R. 210 (Appendix B) (2005). Available from: <http://www.fns.usda.gov/cnd/menu/fmnv.htm>
- ⁶ Institute of Medicine report: Nutrition Standards for Foods in Schools: Leading the Way Towards Healthier Youth. April 2007, <http://www.iom.edu/CMS/3788/30181/42502.aspx>
- ⁷ IOM, 2007
- ⁸ IOM, 2007
- ⁹ IOM, 2007
- ¹⁰ IOM, 2007
- ¹¹ USHealthier School Challenge Criteria: <http://www.fns.usda.gov/tn/HealthierUS/index.html>; USDA Memo, December 2007
- ¹² USDA Team Nutrition Changing the Scene: <http://www.fns.usda.gov/TN/Resources/changing.html>
- ¹³ CDC HECAT Healthy Eating Module: http://www.cdc.gov/HealthyYouth/HECAT/pdf/HECAT_Module-HE.pdf
- ¹⁴ Nihiser AJ, Lee SM, Wechsler H, McKenna M, Odom E, Reinold C, Thompson D, Grummer-Strawn L. Body Mass Index Measurement in Schools. Journal of School Health. 2007;77(10):651–671. http://www.ashaweb.org/journal_schoolhealth.html#bmi