

Healthy Choices for Healthy Children (OH-SB210)

School Nutrition Training for New Ohio Regulations



Making the right food choices, together.

Healthy Choices for Healthy Children (SB210)

To amend sections of the Ohio Revised Code to

- establish nutritional standards for certain foods and beverages sold in schools
- to require students to have periodic body mass index measurements
- to establish a pilot program requiring daily physical activity for students and to make other changes regarding physical education
- and to establish the Healthy Choices for Healthy Children Council (SNA of Ohio holds one seat)



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When Where Who of HCHC

When

- Implementation Requirements begin July 1, 2011

Where

- all areas of school campus during regular and extended school day where food and beverage is sold to students
- extended school day included latch key, extra curricular, and enrichment
- does not include fund raisers after the regular school day
- does not include interscholastic athletic events
- vending machines that are not operated by fundraising groups follow guidelines during the extended school day

Who

- All chartered schools in Ohio
- Even schools not on the USDA meals program



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Other Specifics about HCHC Act

- School must consult with a licensed dietitian, dietetic technician or School Nutrition Specialist (SNS) for training on the beverage and food standards in HCHC Legislation
- This need only be a one time consultation and may be done one-on-one or in a group training format.

Established Nutrition Standards for Certain Food

- Affects all beverages
- Affects all food that **can not** be a component on the USDA meals programs
- Component sold a la carte must be in the same size as served on the reimbursable meal
- Food choices should follow the dietary guidelines and incorporate the guidelines into the standards



Exemption for Current Contracts

- If, on the act's effective date, a school district or school has an existing contract with a producer or distributor that requires the sale of food or beverage in violation of this act, the district/school is exempted from those provision until the contract expires.



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Established Nutrition Standards for Certain Beverages

- Beverage choices should consult the dietary guidelines and incorporate the guidelines into the standards
- Grade divided
- Milk standards are phased in
- Beverage standards are defined in the law



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Nutrition Standards for Beverages

Grades K-4

- Water
- 8 oz. 100% juice or fruit juice -water blend with no added sweeteners, not more than 160 calories per 8 oz.
- 8 oz. low fat or fat free milk, not more than 170 calories per 8 oz.

After January 1, 2014 milk can not contain more than 150 calories per 8 oz.

Nutrition Standards for Beverages

Grades 5-8

- Water
- 10 oz. 100% juice or fruit juice-water blend, no added sweeteners, not more than 160 calories per 8 oz.
- 8oz low fat or fat free milk, more than 170 calories per 8 oz.

After January 1, 2014 milk can not contain more than 150 calories per 8 oz.

Nutrition Standards for Beverages

Grades 9-12

- Water
- 12 oz. 100% juice or fruit juice-water blend, no added sweeteners, not more than 160 calories per 8 oz.
- 16 oz. low fat or fat free milk, not more than 170 calories per 8 oz.
- 12 oz. beverage that contains not more than 66 calories per 8 oz.

After January 1, 2014 milk can not contain more than 150 calories per 8 oz.

More About Nutrition Standards for Beverages Grades 9-12

Any size beverage that contains not more than 10 calories per 8 oz. may contain sweeteners, flavoring and carbonation (USDA regulation restricts carbonation from being allowed in meal service/consumption areas during serving times)



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More About Nutrition Standards for Beverages

- At least 50% of an a la carte beverage available on school campus during the regular and extended school day must be water or other beverages that contain not more than 10 calories per 8 oz.
- Milk and juice are included in the 50% calculation unless the vending machine is selling milk only.



Food Requirements

- Food which **could be** a component of a reimbursable meal are exempt from ala carte nutrition standards if they are sold ala carte in the same serving size as on the reimbursable meal

Serving Size of Components

- If a food item is **not** served as part of the reimbursable meals program but **could** qualify as a component of a reimbursable meal the serving size is determined by the school.

Examples – salad bars, large chef salad, large sub sandwiches

Food choices should follow the dietary guidelines and incorporate the guidelines into the standards.

Food which **could not** count as components of reimbursable meals...

- must meet the ala carte nutrition standard

Example – potato chip served as part of the reimbursable lunch must meet the ala carte nutrition standard to be sold ala carte because potato chips **can not** count as a component of a reimbursable meal



How do we meet these Ala Carte Nutrition Standards for Food?

Following Either of These Two Formats

- Alliance for Healthier Generation
- Nutrient Density Format

Nutrition Standards for Food

First Format Choice

- Alliance for Healthier Generation
 - Assesses 15 nutrients
 - Grade level related
 - Either meets guideline or does not
 - Free web site- has list of products that meet requirements and product calculator



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Healthier School Products
C:\Users\bspinks\Desktop\Healthier School Products.mht

Enter Keyword(s)...

At School

At Home

At the Doctor

In the Community

In Business

Success Stories

Healthier School Foods and
Beverages

Healthcare Benefits for Children

Help a School Get Healthy

Healthier School Products

The Alliance for a Healthier Generation knows that schools want to provide healthier foods and students. Here are some tools that help you find products that meet the Alliance Guidelines for and Beverages.

[Search the Product Navigator](#)

The Product Navigator is an interactive online tool that allows you to browse food and beverage food service management companies that provide healthier food and beverage options to schools.

[Calculate Specific Food Products](#)

If you have a food product's nutritional information, use the Product Calculator to determine if it meets the Guidelines. The Calculator does not work with beverage products.



Go to: <http://shopping.netsuite.com/healthiergeneration>

Product Navigator Reporting Tools

Product Navigator >

Search

- Product Navigator
 - [Beverages](#)
 - [Foods](#)
 - [Participating Companies](#)
 - [What's New](#)
 - [Reporting Tools](#)

Product Navigator

Welcome to the Healthy Schools Product Navigator! Use this free tool to browse our list of food and beverage products from companies that have agreed to produce and sell products to schools that meet the Alliance for a Healthier Generation School Competitive Foods and Beverage Guidelines. Check back often for your favorites because as more companies commit to work with the Alliance, more products will be added to the Navigator.

[Print the Complete List of Products](#)

[Beverages](#)

Find beverages that meet the Alliance School Beverage Guidelines.

[Foods](#)

Find snack foods and side items that meet the Alliance for a Healthier Generation School Competitive Foods Guidelines.

[Participating Companies](#)

Meet the companies committed to providing healthier food and beverage options to students.

[What's New](#)

Find out more about new signatories and the products offered!


[Product Navigator](#)
[Reporting Tools](#)
[Product Navigator](#) > [Foods](#) > [Snack Foods & Side Items for High School](#) >

Search

Go

Results 1-30 of 350

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [10](#)

Snack Foods & Side Items for High School

- Product Navigator

- [Beverages](#)

- [Foods](#)

- [Elementary School](#)

- [Snack Foods & Side Items by Category](#)

- [Snack Foods & Side Items for High School](#)

- [Snack Foods & Side Items for Middle School](#)

- [Participating Companies](#)

- [What's New](#)

- [Reporting Tools](#)



[100 Calorie Pack Honey Maid Thins .81 oz](#)

Approved for:
Elementary School
Middle School
High School



[Activia Light Cup Non Fat Yogurt Variety Pack Blueberry/Strawberry/Vanilla 4oz](#)

Approved for:
Elementary School
Middle School
High School



[100 Calorie Pack Oreo Thin Crisps .81 oz](#)

Approved for:
Elementary School
Middle School
High School

[Apples 40 lbs](#)

Approved for:
Elementary School
Middle School
High School



[100 Calorie Pack Planters Peanut Butter Cookie Crisps .84oz](#)



[Azar Sun Glory Raisins .5 oz](#)



At School

At Home

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Success Stories

Healthier School Foods and Beverages

Healthcare Benefits for Children

Help a School Get Healthy

Healthy Schools Product Calculator

Note: This calculator is for food only. For beverages, go to the [Product Navigator](#).

1. What Is The Product?

- Fresh Fruit and/or Vegetable
- Fruit and Nut
- Dried Fruit
- Fruit in Own Juice
- Fruit in Syrup
- Vegetable in Sauce
- Fried Vegetable
- Yogurt, Drinkable Yogurt, Cottage Cheese
- Nuts and Seeds
- Soup

2. Enter Product Information

Nutrition Facts

Serving Size g (1 oz = 28.35 g)

Amount Per Serving

Calories

Calories from Fat

(1 g of fat = 9 cal)

Total Fat g

Saturated Fat

All products must be 0g Trans Fat

Sodium mg

Potassium mg

Carbohydrates

Nutrition Standards for Food, cont.

Second Format Choice

- Nutrient Density Format
 - Assesses 11 nutrients
 - Rates the products as highest to lowest
 - No product in the lowest rating may be used
 - ODE is to provide this software to schools free of charge once they are able to obtain the software for free



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More about Nutrition Density for Certain Food

By July 1, 2011

20 % of a la carte food items available on school campus during the extended and regular school day shall be in the highest rated category

By July 1, 2012

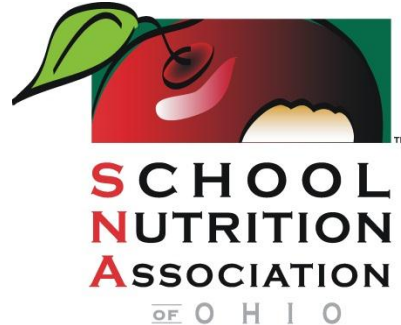
40 % of a la carte food items available on school campus during the extended and regular school day shall be in the highest rated category

ODE is to provide this software to schools free of charge once they are able to obtain the software for free

Other Specifics about HCHC Act cont.

- The Board shall designate staff to be responsible for ensuring the district/school meet the nutrition standards. The staff shall prepare an annual report and submit it to ODE.
- The report shall annually be presented at a regular board meeting.
- Board Policy - The policy must specify the types of food and beverages that may be sold on the premises of its schools, and specify the time and place each type of food or beverage may be sold. The policy cannot simply state “Alliance” or other food standards.

Resources



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www.snaohio.org or Peggy@Assnoffices.com

- Ohio Department of Education
- Alliance for Healthier Generation
www.healthiergeneration.org
- Gordon Food Service- on Experience, under resource, list of Alliance compliant foods- use food only, beverage are defined in the law

Questions?

A decorative graphic consisting of a solid red horizontal bar that transitions into a white background. On the right side, there are several horizontal lines of varying lengths and colors (red, white, red) creating a layered, stepped effect.

We are all in this together - and more changes are on the way...



Please join and support the
School Nutrition Association of Ohio.

We are a volunteer organization working hard for Ohio school meal programs.

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