



DEPARTMENT OF DEFENSE  
EDUCATION ACTIVITY  
4800 MARK CENTER DRIVE  
ALEXANDRIA, VA 22350-1400

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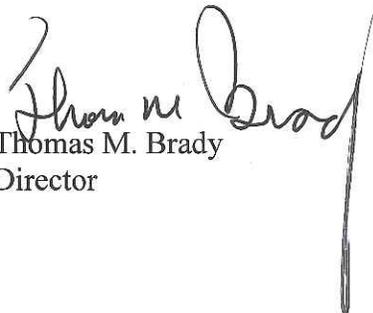
MEMORANDUM FOR DODEA AREA DIRECTORS  
DODEA DISTRICT SUPERINTENDENTS  
DODEA PRINCIPALS

SUBJECT: Requirements for All Foods and Beverages Sold in DoDEA Schools

DoDEA schools are now required to maintain compliance with the new United States Department of Agriculture's (USDA) rules for all foods and beverages sold in schools during the school day effective school year 2014-2015. In the past, USDA rules applied to just the main reimbursable meal, not the a la carte menu, school stores or fundraisers. This rule applies to ALL foods and beverages sold anywhere on campus. These guidelines apply to the school day only. The school day is defined as beginning at midnight before the start of school and concluding 30 minutes after the end of the official school day.

The attached guidance defines the requirements for foods and beverages sold in DoDEA schools. Principals may authorize no more than two exemptions to this policy per school year for fundraisers conducted on campus during the school day. Each exempt fundraiser may not exceed two school days. Additionally, school fundraisers involving foods and beverages compliant with this guidance may not compete with the Student Meal Program. Foods brought to, but not being sold in, DoDEA schools are exempt from this policy; however principals should consider providing guidance to parents for healthier food choices.

Our students live in environments with easy access to a wide variety of foods and beverages which are high in calories, but low in nutrients. With one third of our nation's children overweight or obese, it is imperative our schools offer well-balanced meals and snacks without competition from low nutrient dense foods. I applaud the 37 percent of principals surveyed in 2013 who do not include food and beverages as part of fundraisers and the additional 19 percent who limit this to one to two times per year.

  
Thomas M. Brady  
Director

Attachment:  
As stated

**Requirements for Foods and Beverages Sold in Department of Defense Education Activity  
(DoDEA) Schools**

Both the a la carte service in the student meal program (SMP) and school fundraisers are vital for students and their activities. The a la carte service is both financially and nutritionally important to the SMP; funds generated help the food service providers operate in a non-profit status while also helping students meet varying nutritional requirements. Fundraisers are critical for supporting extra-curricular activities. While the choices offered in these programs must be popular, choices should not undermine students' health and wellness.

The following is a summary of the guidance and examples of foods that may be offered. All foods sold in DoDEA schools must:

- Be "whole-grain rich" products containing 50% or more whole grains (the first ingredient must be a whole grain or contains 50% or more whole grains by weight). Examples include a whole grain rich bagel or English muffin or whole grain rich crackers. Tip: For wheat products the first ingredient should read "whole wheat" or "whole grain wheat" *not* "wheat" or "wheat enriched".
- Be items with the first ingredient as a fruit, vegetable, dairy, or protein food (nuts, eggs, beans, poultry, etc.). Examples include chopped fresh fruit salad, yogurt, or hard-boiled egg. Fresh and frozen fruits and vegetables with no added ingredients except water are exempt from all nutrient standards indicated in this attachment. Canned fruits with no added ingredient except water or that are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards indicated in this attachment.
- Be a combination food that meets the aforementioned criteria or contain ¼ cup of fruit and/or vegetable. Examples include a whole grain rich English muffin pizza or a blue berry muffin that is not whole grain rich but contains ¼ cup of blueberries per muffin.
- Entrees sold on the a la carte lines, as part of the National School Lunch Program (NSLP) or Breakfast Program, are exempt from all competitive food standards. However, these entrees may be sold on the a la carte line on the day of and following the day in which it is served on the menu (i.e. a whole wheat crust pizza is sold as an entrée on the school menu. It cannot be served on the a la carte line every day - only on the day it is served on the menu and the day after it is served on the menu).

In addition, food must also meet the following requirements (The United States Department of Agriculture provides a calculator to help determine if your product meets the criteria. The calculator may be found at <http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>):

- Total calories from fat are less than or equal to 35% as packaged or served. Exempt items include:

- Nuts, seeds, nut butters
- Dried fruit without added nutritive sweeteners or fat
- Total calories from saturated fat are less than 10% as packaged or served. Exempt items include:
  - Reduced fat cheese, including part skim mozzarella cheese
  - Nuts, seeds, and nut butters
  - Dried fruit and nuts without added nutritive sweeteners or fat
- Foods have zero grams trans fat, defined as less than 0.5g per serving. Naturally occurring trans-fats are exempted (e.g., dairy and beef).
- Sodium content is limited to:
  - 230 milligrams per snack item, and;
  - 480 milligrams per entrée item (on July 1, 2016, the snack requirement will be 200 milligrams)
- Total sugar is no more than 35% by weight. Dried fruit not containing added sugar is exempted.
- Snack items and side dishes (including accompaniments, such as salad dressing) provide no more than 200 calories as served.
- Entrée items include no more than 350 calories unless served as the entrée on the day of and following the day in which it is served on the menu.
- Accompaniments (i.e. salt, mayonnaise, etc.) be included in the nutrient profile.
- If water is a first ingredient, the second ingredient be a fruit or vegetable with no added ingredients, except water (fruit canned in 100% juice or light syrup is exempted. Vegetables, with small amounts of sugar added for processing only, is also exempted).
- Beverages for elementary, middle, and high school students be limited to plain water (carbonated or un-carbonated), one-percent fat (unflavored) or non-fat milk (flavored or unflavored), 100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water (but no added sugar). In addition, the following applies:
  - Serving size is limited to eight ounces (except water) for elementary school
  - Serving size is limited to 12 ounces (except water) for middle school
  - Middle school students may be served nutritionally equivalent milk alternatives
  - Beverages must be caffeine free for elementary and middle school students
- Beverages for high school students may also include:

- Other flavored and/or carbonated beverages (no larger than 20 fluid ounce servings), containing no more than five calories per eight fluid ounce serving or ten calories per 20 fluid ounce serving
- Other flavored and/or carbonated beverages (no larger than a 12 fluid ounce servings), containing no more than 40 calories per eight fluid ounce serving or 60 calories per 12 fluid ounce serving
- Beverages or products with no more than 75 milligrams of caffeine per 12 fluid ounce serving

These guidelines remain in effect from midnight before the start of the school day to 30 minutes after the end of the school day and for all school campus events.

**Examples of Foods and Beverages to Serve in the A la Carte Line or in Fundraisers**

<b><u>Category</u></b>	<b><u>Suggestions</u></b>	<b><u>Benefits</u></b>
<b>The Quick Classics</b>	Peel and chop fruit instead of offering whole.....it will disappear quickly!	Soluble and insoluble fiber, potassium
	Freshly popped popcorn (air popped or with a small amount of canola oil)	Fiber
	“Ants on a log” celery, peanut butter, and raisins	Potassium, protein, fiber and iron
	Sliced apple and peanut butter	Soluble and insoluble fiber, protein and iron
	Frozen 100% fruit juice popsicles	
	Whole wheat vanilla wafers and 1% or non-fat milk	Calcium, vitamin D, fiber
	Whole grain crackers and low-fat cheese	Fiber, calcium, protein
	Vegetable slices with low-fat yogurt based dip	Fiber, calcium
	Whole grain graham crackers and peanut butter	Fiber, iron and protein
	<b>New Favorites</b>	Trail mix: dried fruit without added sugar (raisins, apricots, etc), almonds or peanuts, whole grain cereal
Whole grain tortilla wrap with lean meat, dark green lettuce, tomatoes and low-fat mayonnaise		Fiber, protein, potassium
Whole grain English muffin pizza with tomato sauce and low-fat mozzarella cheese		Fiber, protein
Orange sliced into coins, drizzled with a small amount of honey and sprinkled with berries and a side of plain yogurt (the fruit and honey flavor the yogurt naturally)		Vitamin C, both types of fiber
Spa water: Slice fresh lemon, lime, orange, grapefruit, melons, or even cucumber. Add to a clear beverage container filled with water and ice		Inexpensive, gives water great flavor without calories, looks great
Baked corn tortilla chips served with pico de gallo or salsa		Vitamin A and C
Homemade chili with baked tortilla chips or whole grain crackers; use Greek yogurt instead of sour cream (or drain low fat yogurt through cheesecloth overnight...a less expensive option)		Chili is healthy if the fat is drained from the cooked meat. Check the nutrition label
Hummus dip with vegetables or whole grain pita bread or crackers		Folate, fiber
Vanilla yogurt, fresh fruit, and a small amount of low fat granola		Calcium, Vitamin D
Homemade spaghetti sauce or low sodium canned sauce with whole grain pasta		Vitamin A and C, fiber

