

**REGULATIONS FOR THE IMPLEMENTATION OF
THE POLICY FOR THE SALE OF FOODS IN MILFORD EV SCHOOLS**

Milford Exempted Village Schools' nutrition standards governing the types of foods and beverages that may be sold on the premises of its schools must comply with Ohio and Federal regulations.

1. The sale of food during the school day shall be limited to:
 - Reimbursable lunches, as defined by the USDA National School lunch Program
 - White Low Fat/Fat Free Milk or Fat Free Flavored Milk
 - A la Carte Items that meet the "Smart Snacks in School" rules for Foods and Beverages.
2. The school day shall be defined as the period from midnight before to 30 minutes after the end of the official school day.
3. Food and beverages sold outside of the defined regular school day and/or any food and beverages given to students at no cost are exempt from the nutrition standards.
4. Food and beverage sales that are strictly for adults or accessible only for adults are exempt from nutrition standards.

SCHOOL FOOD GUIDELINES AND USDA SMART SNACKS

Foods will be approved based on the Alliance for a Healthier Generation product calculator. Any food sold in schools must:

- Be a whole grain-rich product (>50% whole grain by weight or whole grain is the first ingredient or first ingredient after water); or
- Have as a first ingredient a fruit, vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). This option is valid through 6/30/16.

Food Guidelines as defined in ORC Sec 3313.817 and USDA smart Snacks:

DESCRIPTION	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	SUGARS BY WEIGHT	SODIUM
*Sugar standard					< 35% of wt. Of total sugars	
**Saturated Fat Standard			< 10% of calories			
**Total Fat Standard		< 35% of calories				
Trans Fat				0g		
Non-Exempt Entrée Items (includes accompaniments)	<350	< 35% of calories	< 10% of calories	0	< 35% of wt. Of total sugars	< 480 mg
Other Foods-not entrees	<200	< 35% of calories	< 10% of calories	0	< 35% of wt. Of total sugars	< 230 mg (Changes to < 200 mg 7/1/1)
<p>*Dried whole or pieces of fruits or vegetables with no added nutritive sweeteners or nutritive sweeteners. Required for processing and/or palatability are exempt. Also exempt: products of dried fruit with nuts and/or seed with no added nutritive sweeteners or fats</p> <p>** Foods exempt from saturated fat standard and total fats; RF cheese, nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners</p>						

Beverage Guidelines as defined in ORC Sec 3313.816 and USDA Smart Snacks:

Beverages	Elementary	Middle School	High School
Water (plain)	No size restriction	No size restriction	No size restriction
Water (flavored)	None	None	
Milk	8 ounces: 1% or fat free unflavored or fat free flavored	Up to 12 ounces: 1% or fat free unflavored or fat free flavored	Up to 12 ounces: 1% or fat free unflavored or fat free flavored
100% Juice or Fruit Juice Water Blend, No added sweeteners	8 ounces (maximum 160 calories)	10 ounces (maximum 200 calories)	12 ounces (maximum 240 calories)
Mid Calorie Beverages (other)	None	None	12 ounce maximum size (maximum 60 calories)
Zero or Low Calorie Beverages (other)	None	None	20 ounces maximum (maximum 10 calories)

Adopted: 7/10/79

Revised: 11/15/90, 8/24/00, 9/19/02, 7/01/06, 5/19/11, 12/18/15

LEGAL REFS.: OHIO SENATE BILL 210; ORC 3313.816, R.C. 3313.817