



# COMPETITIVE FOODS GUIDANCE FOR SCHOOLS



## SCHOOL MEALS

### WHAT ARE COMPETITIVE FOODS?

Competitive Foods are foods sold during the school day that are not part of the reimbursable meal and must meet required nutrition standards. The school day begins at midnight and ends 30 minutes after the official school day ends. You can review the nutrition standards by visiting [www.SquareMeals.org/SmartSnacks](http://www.SquareMeals.org/SmartSnacks).

There are no restrictions on foods given away including foods at events such as field days and birthday parties.

### TIME AND PLACE RESTRICTIONS

#### WHAT CAN BE SOLD?

ALL foods sold at ALL grade levels must meet the nutrition requirements.

#### WHO CAN SELL COMPETITIVE FOODS?

A district may adopt, as part of its wellness policy, requirements about who, when, and where foods are sold during the school day.

**In lieu of a district policy the following is in effect:**

#### ELEMENTARY SCHOOL

Food service department *ONLY*

#### MIDDLE SCHOOL

The **food service department** may sell competitive foods from 30 minutes before the meal service period through 30 minutes after the meal service period on the school campus. *ONLY* outside of this designated time period, can individuals and groups sell competitive foods on the school campus.

#### HIGH SCHOOL

The **food service department** may sell competitive foods during the meal service period where reimbursable meals are sold or consumed on the school campus. *ONLY* outside of this designated time period and designated location, can individuals and groups sell competitive foods on the school campus.

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## WHAT ITEMS CAN BE SOLD AS FUNDRAISERS DURING THE SCHOOL DAY?

- Food items that meet competitive food nutrition standards such as pumpkin bread with whole grain-rich flour, air-popped popcorn, and trail mixes.
- Food items that are not intended to be consumed at school such as ready-to-bake cookie dough or ready-to-heat pizza.
- Districts may also elect to sell non-food items such as wristbands, wrapping paper, candles and magazines. Walk-a-thons, activity nights and car washes also add fun and exercise to fundraising efforts.

Fundraisers that include food items that do not meet the competitive food nutritional standards, and are intended to be consumed at a school, must be sold outside the school day.

Additionally, any foods sold by individuals and groups outside of the food service department must follow the time and place restrictions.

## ARE THERE ANY EXEMPTIONS TO THESE REQUIREMENTS?

No, all foods sold during the school day by the food service department, individuals and groups must meet required nutrition standards.



### TO LEARN MORE

Visit [www.SquareMeals.org](http://www.SquareMeals.org)

Call TDA at (877) TEX-MEAL

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