

MCPS Wellness Regulation (JPG-RA) requires foods sold outside the federally reimbursable meals programs to comply with USDA's *Smart Snacks in Schools* standards and some additional standards set by the state and MCPS. Competitive foods (i.e., foods sold a la carte, in vending machines or for fundraisers) sold or marketed **from midnight until 30 minutes after the end of the school day** must:

- be a grain product that contains $\geq 50\%$ whole grains by weight (known as whole grain rich) or have whole grains as the 1st ingredient; or
- have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- be a combination food that contains at least $\frac{1}{4}$ cup fresh fruit and/or vegetable

| Standards for Foods | |
|---|--|
| Total Calories from Fat | $\leq 35\%$ per serving <i>Excludes nuts, seeds, nut-butters and reduced-fat cheese</i> |
| Calories from Trans Fat | 0 g/item (as marked – amounts < 0.5 grams permitted) |
| Calories Saturated Fat | $< 10\%$ per serving <i>Excludes reduced-fat cheese</i> |
| Sugar | Total sugar $\leq 35\%$ by weight (natural and added) <i>Excludes fruits, vegetables and milk</i> |
| Sodium | Snacks/side dishes: ≤ 200 mg/item Entrée: ≤ 480 mg/item |
| Portion Size/Calories | Snack items: ≤ 200 calories Entrée items: ≤ 350 calories |
| Grain Items | Whole grains must be $\geq 50\%$ by weight, or have whole grains as the first ingredient |
| Fruits and Non-Fried Vegetables | May be fresh, frozen, canned (in juice or light syrup) or dried (with no added sweetener, with exception for bitter fruits like cranberries) |
| Prohibited Ingredients and Items | Candy of any type and donuts are prohibited from sale. Products may not contain caffeine, aspartame or acesulfame potassium. |

| Beverages that May Be Sold | |
|-----------------------------------|---|
| Milk | Only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or alternative dairy beverages; ≤ 21 grams sugar/8 oz. if milk product is available Serving size: ≤ 8 fl oz. in elementary schools; ≤ 12 fl oz. in secondary schools |
| Fruit and Vegetable Juices | 100% juice without sweeteners (nutritive or non-nutritive) Serving size: ≤ 8 fl oz. in elementary schools; ≤ 12 fl oz. in secondary schools |
| Water | Plain water with or without carbonation. No flavored water in elementary schools. |
| Other Beverages | Soda and caffeinated beverages are not allowed. Beverages served in elementary schools cannot contain added sweeteners. Other flavored and/or carbonated or sparkling beverages are permitted in high schools only with calorie restrictions: for ≤ 12 oz. containers, no more than 40 calories per 8 oz. or 60 calories per 12 oz. For ≤ 20 ounce containers, no more than 5 calories per 8 oz. or 10 per 20 oz. |

| Other | |
|-----------------------|--|
| Accompaniments | Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. |

In addition, in September, 2014, DFNS issued an internal policy for future food contracts prohibiting the following ingredients: MSG; lean finely textured beef; synthetic dyes: Blue 2, Green 3, Red 3, Yellow 5 and 6; BHA; Potassium Bromate; Propyl Gallate; Saccharin; STPP and TBHQ.