

 <p><b>TUCSON UNIFIED</b> SCHOOL DISTRICT</p> <p><b>GOVERNING BOARD EXHIBIT</b></p>	<p>EXHIBIT TITLE:</p> <p>District Wellness—Nutrition Standards</p>
	<p>EXHIBIT CODE: IHAM-E</p>

**District Nutrition Standards Intent/Rationale**

The District Nutrition Standards demonstrate the district’s policy of promoting wellness by supporting good nutrition practices as part of the total learning environment. The Tucson Unified School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy and not excessive in calories. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the availability and sale of food, beverage, and candy on school grounds.

Schools are encouraged to study these standards and develop a school procedure using the following District Nutrition Standards as minimal guidelines. School procedures that are more restrictive than the District Nutrition Standards must receive approval of the District Wellness Committee.

**General:**

The District Nutrition Standards include the nutritional standards and requirements of the National School Lunch Program and School Breakfast Program and the Arizona Nutrition Standards except if amended as stated here. The District Nutrition Standards apply to all grade levels. The District Nutrition Standards apply to foods and beverages available to students on school grounds prior to the start of the instructional day, throughout the instructional day, and after the instructional day excluding public events. Areas where students are not permitted access are exempt from the District Nutrition Standards. The District Nutrition Standards are summarized in the table below.

Adopted: June 30, 2006  
 Revised: November 26, 2018

**CROSS REF:**

[IHAM – Physical Activity and Wellness](#)  
[IHAM-R1 – District Wellness Program](#)

Nutrition Standards for All Foods Sold in School		
Food/Nutrient	Standard	Exemptions to the Standard
<p><b>General Standard for Competitive Food.</b></p>	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> <li>1) meet all of the competitive food nutrient standards; and</li> <li>2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i></li> <li>3) 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.); <i>or</i></li> <li>4) be a combination food that contains at least ¼ cup fruit and/or vegetable.</li> </ol> <p><i>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</i></p>	<ul style="list-style-type: none"> <li>• Fresh and frozen fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.</li> <li>• Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.</li> <li>• Low sodium/No salt added canned vegetables with no added fats are exempt from all nutrient standards.</li> </ul>

<b>Nutrition Standards for All Foods Sold in School</b>		
<b>Food/Nutrient</b>	<b>Standard</b>	<b>Exemptions to the Standard</b>
<b>NSLP/SBP Entrée Items Sold A la Carte.</b>	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
<b>Sugar-Free Chewing Gum</b>	Sugar-free chewing gum is exempt from all competitive food standards.	
<b>Grain Items</b>	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
<b>Total Fats</b>	Acceptable food items must have $\leq 35\%$ calories from total fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part- skim mozzarella) is exempt from the total fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the total fat standard.</li> <li>• Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.</li> </ul>

Nutrition Standards for All Foods Sold in School		
Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> <li>Seafood with no added fat is exempt from the total fat standard.</li> <li>Whole eggs with no added fat are exempt from the total fat standard.</li> <li>Combination products other than paired exempt foods are not exempt and must meet all the nutrient standards.</li> </ul>
<b>Saturated Fats</b>	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> <li>Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.</li> <li>Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.</li> <li>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.</li> <li>Whole eggs with no added fat are exempt from the saturated fat standard.</li> <li>Combination products other than paired exempt foods are not exempt and must meet all nutrient standards.</li> </ul>

<b>Nutrition Standards for All Foods Sold in School</b>		
<b>Food/Nutrient</b>	<b>Standard</b>	<b>Exemptions to the Standard</b>
<b>Trans Fats</b>	Zero grams of trans fat as served ( $\leq 0.5$ g per portion).	
<b>Sugar</b>	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> <li>• Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.</li> <li>• Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</li> <li>• Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</li> </ul>
<b>Sodium</b>	<p>Snack items and side dishes sold a la carte: <math>\leq 200</math> mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: <math>\leq 480</math> mg sodium per item as served, including any added accompaniments.</p>	

<b>Nutrition Standards for All Foods Sold in School</b>		
<b>Food/Nutrient</b>	<b>Standard</b>	<b>Exemptions to the Standard</b>
<b>Calories</b>	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> <li>Entrée items served as an NSLP or SBP entrée are exempt on the day of and the day after service in the program meal.</li> </ul>
<b>Accompaniments</b>	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all standards.	
<b>Caffeine</b>	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<b><i>Beverages</i></b>		
<b>Beverages</b>	<p>Elementary School</p> <ul style="list-style-type: none"> <li>Plain water or plain carbonated water (no size limit);</li> <li>Low-fat milk, unflavored (≤8 fl oz);</li> <li>Non-fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk</li> </ul>	

**Nutrition Standards for All Foods Sold in School**

<b>Food/Nutrient</b>	<b>Standard</b>	<b>Exemptions to the Standard</b>
	<p>alternatives as permitted by the school meal requirements;</p> <ul style="list-style-type: none"> <li>• 100% fruit/vegetable juice (≤8 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤8 fl oz).</li> </ul> <p>Middle School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (≤12 fl oz);</li> <li>• Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal</li> <li>• 100% fruit/vegetable juice (≤12 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz).</li> </ul> <p>High School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (≤12 fl oz);</li> <li>• Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> </ul>	

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<b>Food/Nutrient</b>	<b>Standard</b>	<b>Exemptions to the Standard</b>
	<ul style="list-style-type: none"> <li>• 100% fruit/vegetable juice (≤12 fl oz);</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz);</li> <li>• Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz; and</li> <li>• Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz.</li> </ul>	

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