

OREGON NUTRITION POLICY ALLIANCE

Healthier Food Options for Students

Enacted in response to the growing childhood obesity problem, this law helps to create a school environment where the healthy choice is an easier choice for kids in Oregon. It begins in the school year 2008-9 for prepackaged foods and beverages and applies to snacks and a la carte entrées made “in house” in school year 2009-10.

Summary of the law

The law sets nutrition standards for all foods and beverages sold outside the National School Lunch Program in ALL school locations during regular and extended day. It sets age appropriate portion sizes and calorie, fat and sugar limits for snacks and beverages.

When and where does the law apply?

In addition to regular school hours, the law applies to on-campus activities that are primarily under the supervision of the school board, such as clubs, school stores, yearbook, band or choir practice, in hallways and in the cafeteria a la carte line. It does not apply when school is being used for events where the adults are the main audience, such as sports events, theatre productions or recitals.

The law begins in school year 2008-9 for prepackaged foods and beverages and applies to snacks and a la carte entrée’s made “in house” beginning in school year 2009-10.

What the law does

- Sets specific nutrient guidelines for foods and beverages (such as calorie limits and percent fat) for elementary, middle and high schools, and establishes guidelines for beverages that are allowed and not allowed (See reverse side for specific criteria)
- Requires all new or renewing beverage and snack food contracts to meet the law’s nutrition standards
- Sets nutrition standards that have to be met by school stores, in the hallways, and on the a la carte line
- Allows individual districts to adopt more restrictive standards

The law does NOT

- Affect foods served as part of the National School Lunch and Breakfast Program
- List “good foods” or “ bad foods”
- Negate current snack food and beverage contracts
- Apply to foods brought from home or off school grounds

Who is in charge?

The school food service authority is in charge of the foods in the cafeteria. Other locations outside the cafeteria where foods and beverages are sold may be under the supervision of the principal, athletic or drama departments, or the school board. Ask at your school!

MISSION:

To increase awareness about the impact of nutrition on the health of Oregonians, and to promote policy that creates a healthy, active Oregon.

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SPECIFICS OF HOUSE BILL 2650

2008-09 SCHOOL YEAR:

Snacks

Sets **calorie limits per serving**: 150 in elementary school, 180 in middle school, 200 in high school

- Total **calories from fat may not exceed 35%** (except for foods that are mainly nuts, eggs, cheese, non-fried vegetables, legumes or seeds)
- **Sugar content may not exceed 35% by weight** except for fruits and vegetables
- **Saturated fat may not exceed 10% of total calories; trans fat may not exceed 0.5 grams per serving**

A la carte Entrée Items

- Items not made on site (**prepackaged**) must be less than **450 calories per serving and less than 36% fat**

Beverages - Plain water is **OK** at every grade level

Elementary schools

- Fruit or vegetable juice, individual serving size 8 oz or less and less than 120 calories
- Low fat, fat free, flavored or plain milk, individual serving size 8 oz or less and less than 150 calories

Middle schools

- Fruit or vegetable juice, individual serving size 10 oz or less and less than 120 calories per 8 oz
- Milk or flavored milk, low fat or fat free, individual serving size 10 oz or less and less than 150 calories per 8 oz

High schools

- Fruit or vegetable juice, individual serving size 12 oz or less and less than 120 calories per 8 oz
- Milk or flavored milk, low fat or fat free, individual serving size 12 oz or less and less than 150 calories per 8 oz
- No or low calorie beverages, individual serving size less than 10 calories per 8 oz
- Other beverages, individual serving sizes that are less than 12 oz and 66 calories per 8 oz

2009-10 SCHOOL YEAR:

In addition to the above, **a la carte entrees made on site must be less than 450 calories and less than 36% fat. Snacks made on site must meet the same nutritional standards as pre-packaged snacks as implemented in 2008.**

Contracts and Compliance:

New and renewed contracts for snack foods and beverages entered into after July 1, 2008 must comply with these standards.

If a previous contract is in place, the school district shall comply with these rules to the greatest extent possible during the term of the contract.

Each school year the local school board shall determine if the district is in compliance with the standards and reports the results to the Department of Education.