

HEALTHY KIDS ACT

The purpose of the Healthy Kids Act is to establish physical activity requirements for students in kindergarten through 12th grade and to establish nutritional content standards for food and beverages sold on or provided on school grounds during the school day (first bell to last bell).

As a result of public comment in February 2009, the following nutrition standard changes were made to the proposed rules:

- Yogurt is unrestricted
- Implementation time is now July 1, 2010 except as noted in the charts
- A definition of "regulated fundraising" is added (the sale of foods or beverages on school property targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores)
- The fiber/whole grain standard has been clarified
- Secondary students have fewer restrictions than elementary students

Foods Table – Final Nutritional Content Standards *Effective July 1, 2010*

Nutrient	A la Carte, Vending, and Regulated Fundraising Items
Calories	\leq NSLP entrée items* Or \leq 400 calories per entrée item \leq NSLP sides* Or \leq 200 calories
Sodium	\leq NSLP entrée items* Or \leq 600 mg per entrée item [\leq 480 mg/serving entrees (2014)] \leq NSLP side* Or \leq 400 mg/serving sides [\leq 200 mg/serving sides (2014)]
Saturated Fat	\leq 10% calories (excluding reduced fat cheese)
Trans Fat	\leq 0.5 gm/serving
Total Fat	\leq 35% calories (excluding nuts, seeds, nut butters and reduced fat cheese)
Sugar	\leq 35% calories (excluding fruits and yogurts)
Dietary fiber/whole grain	50% of grains offered must be whole grain (primary ingredient by weight)

*NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

Beverages Table – Final Nutritional Content Standards *Effective July 1, 2010*

Beverage	A la Carte, Vending, and Regulated Fundraising Items
Milk	Low/nonfat regular Low/nonfat flavored no non-nutritive sweeteners In addition: ≤27 gm sugar/8 oz (2014) ≤24 gm sugar/8 oz (2017) ≤22 gm sugar/8 oz (2020)
100% Fruit/Vegetable Juice	No added sweeteners
Water	No added non-nutritive sweeteners
Sports Drinks, Flavored Water	None to be made available to elementary students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items
Caffeinated Beverages	None to be made available to students in elementary grades during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items, with the exception of beverages that contain trace amounts of naturally occurring caffeine-related substances (e.g., chocolate milk)
Sodas/Carbonated Beverages	None to be made available to any students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items

In addition to compliance with the above tables, schools and school districts that offer *a la carte*, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.

These state rules do not regulate the nutritional content of foods or beverages provided through a school breakfast program or school lunch program 's reimbursable meals, sold as a part of other fundraising events, sold at concession stands, provided by parents, other volunteers, or students for class events, or provided by staff for consumption by staff or students.

A Federal law that is more restrictive than Iowa's Healthy Kids Act will take precedence. Local wellness policies that are more restrictive than the Healthy Kids Act are recommended to remain in effect.

The Healthy Kids Act attempts to get Iowa's children moving and increase nutritional choices in school; helping to give them a solid foundation for a better future.

Healthy Kids Act – Link to FAQs

Frequently Asked Questions regarding this law are at <http://tinyurl.com/my76br>. Included at the end of the FAQ document is a sample contract that schools should tailor to their own needs and use to track how secondary students meet the physical activity requirement.