

Step-by-Step Instructions for Meals to Meet California Snack Nutrition Standards

The following provides step-by-step instructions to ensure compliance with the California snack nutrition standards:



- 1) First, each meal must include the **five components** in appropriate serving sizes as required by the USDA meal pattern for the CACFP afterschool meal.
 - a. A component is defined as a food item from one of the food groups: milk, fruit/vegetable, meat/meat alternate, or grain/bread.
 - b. Listed below are the five components required for the meal (NOTE: Two of the five components must be fruits and/or vegetables).

Food Component	Description	Serving Size
Milk	1 percent or non-fat	1 cup (8 fluid oz)
Fruit/Vegetable (two different types)	Fresh, frozen, dried, or canned Full strength (100 percent) juice	$\frac{3}{4}$ cup total ¹ Juice may account for no more than one half of the total serving size (3 fluid oz or less)
Meat/Meat Alternate	Lean meat, e.g., turkey, chicken, beef (edible portion of cooked product)	2 oz
	Tuna, plain	2 oz
	Cheese, sliced or shredded	2 oz
	Cottage cheese	2 oz
	Eggs	1 large
	Cooked dry beans/peas	$\frac{1}{2}$ cup
	Nuts ²	1 oz = $\frac{1}{2}$ serving
	Peanut or other nut butters	4 Tbsp
	Yogurt (plain or flavored)	8 oz or 1 cup
	Alternate protein product	2 oz
Grain/Bread (Must be whole grain or enriched; whole grain products are highly recommended)	Bread	1 slice
	Muffin, biscuit, roll	1 small
	Cooked cereal	$\frac{1}{2}$ cup
	Cooked pasta or rice	$\frac{1}{2}$ cup
	Whole grain crackers	1 oz
	Pretzels	1 oz
	Tortilla, corn or flour	6-inch

¹ The two servings of fruit and/or vegetable together must total at least $\frac{3}{4}$ cup.

² Nuts and seeds may meet only $\frac{1}{2}$ of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the supper requirement.

c. Examples of meals that meet both the California nutrition standards **and** the USDA meal requirements:

- Half sandwich made with whole grain bread and 2 ounces of turkey, 1 apple quartered, 1/8 cup mix dried fruit, 1 cup milk
- Four whole grain crackers, 2 ounces low fat string cheese, 1 banana, ½ cup carrot sticks, 1 cup milk
- One wrap made of 6-inch whole grain tortilla, 2 ounces chicken diced, ½ cup lettuce, cabbage, and cucumber, ½ cup pineapple, 1 cup milk
- One cup split pea soup, 1 small muffin, ½ cup fruit salad, ¼ cup raisins, 1 cup milk

2) Next, confirm that each of the components meet the California nutrition standards for fat, saturated fat, trans fat, and calories. Use the Project LEAN Snack Calculator and the Nutrition Facts label located on the product packing, **OR** use a calculator and the Nutrition Facts label. (See sample Nutrition Facts label, page 3.)

NOTE: The nutrition standards do not apply to individually packaged portions of nuts, nut butters, seeds, eggs, individually packaged cheese, fruit, vegetables that have not been deep-fried, and legumes. Each of these items meets or is exempt from the California nutrition standards.

Method 1. The Project Lean Snack Calculator is available at the following California Project Lean Web page: <http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95>. Enter the information from the Nutrition Facts label into the calculator. Press “Calculate” and the Snack Calculator will determine if the food item meets the nutrition standards.

Method 2. Using a handheld calculator and the Nutrition Facts label, perform the following calculations:

- Percent of calories from fat = calories from fat ÷ by total calories x 100 (must be no more than 35 percent)
- Percent of calories from saturated fat = total grams saturated fat x 9 calories/gram fat³ ÷ by total calories x 100 (must be no more than 10 percent)
- Percent sugar by weight = grams sugar ÷ total weight in grams x 100 (must be no more than 35 percent)
- For elementary students, each individual food item cannot exceed 175 calories
- For middle, junior high, and high school students, each individual food item cannot exceed 250 calories

3) Lastly, confirm that the answer to each of the following questions is “No.”

- Is any food component deep-fried, par fried, or flash fried by the entity preparing the meal?
- Is any food component deep-fried, par fried, flash fried as part of the manufacturing process with unacceptable oils? (“Acceptable” oils include canola, safflower, sunflower, corn, olive, soybean, peanut,

³ There are 9 calories in one gram of fat.

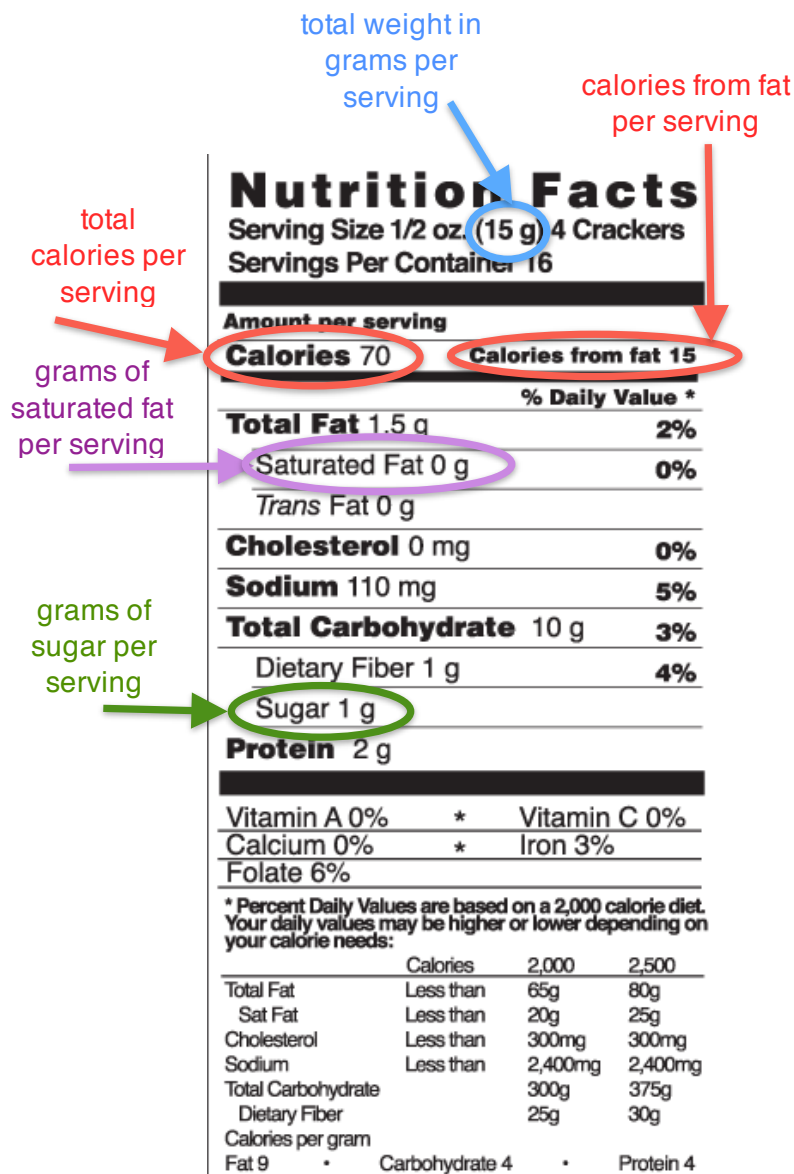
or a blend of these oils, typically liquid at room temperature, and are known for their positive cardiovascular benefit.)

- Does any food component contain artificial trans fat? (Refer to the Nutrition Facts Label.) For more information about trans fat go to <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079609.htm>

Sample Nutrition Facts Label

Tips for understanding the Nutrition Facts label:

- The number of **total calories** per serving is located in the upper left corner
- The amount of **saturated fat** is located below the amount listed for total fat
- The amount of **sugar** is located under the amount listed for total carbohydrate.
- The **total weight (grams) per serving** is located at the top next to the serving size.
- The number of **calories from fat** is located to the right of total calories, in the upper right side.



References

California Education Code Requirements

- Each after school program funded by ASES, 21st CCLC Elementary/Middle and Junior High, and ASSETs must serve a daily snack that meets the California Nutrition Standards. California *Education Code (EC)* Sections 8423(c)(3), 8483.3(c)(8), and ASSETs Ed Code at 8423 (c) 3
- *EC* Section 8482.3(d) requires that the nutritious snack conform to the nutrition standards in Article 2.5 of Chapter 9 of Part 27, commencing with *EC* Section 49431.

California Nutrition Standards

The current requirement for all recipients of ASES and 21st CCLC grants is to provide a daily snack that meets, at a minimum, the California nutrition standards as stated in the California *EC* Section 49431:

- A. Snacks provided in ASES and 21st Century funded ASPs must meet **all** of the following standards. Each individual food item **may not**:
 - a. Be deep fried, par fried, or flash fried by the entity preparing the snack
 - b. Be deep fried, par fried, flash fried as part of the manufacturing process unless an “acceptable” oil is used such as canola, safflower, sunflower, corn, olive, soybean, peanut, or a blend of these oils, typically liquid at room temperature, and are known for their positive cardiovascular benefit
 - c. Contain artificial trans fat
 - d. Contain more than 35 percent of its total calories from fat
 - e. Contain more than 10 percent of its total calories from saturated fat
 - f. Contain more than 35 percent of its total weight from sugar, including naturally occurring and added sugar
 - g. Contain more than 175 calories per individual food item (for elementary students)
 - h. Contain more than 250 calories per individual food item (for middle, junior high, or high school students)
- B. The above standards do not apply to individually packaged portions of nuts, nut butters, seeds, eggs, individually packaged cheese, fruit, vegetables that have not been deep fried, and legumes.
- C. Whole grain products are highly recommended.

