



Nutrition Regulations and Guidelines

Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, required all Local Education Agencies (LEA's) participating in the National School Lunch Program or the School Breakfast Program to develop a Local Wellness Policy by 2006. The Local Wellness Policy is required to address nutrition education and provide guidelines for all foods available on school campuses, with the objective of promoting student health and reducing childhood obesity. The standards apply to all grades in all buildings.

Competitive foods are foods offered at school, other than meals served through the National School Lunch or School Breakfast Programs, as would be the case for sale of foods in school stores. The U.S. Department of Agriculture (USDA) defines competitive foods as those foods and beverages sold at school outside of the USDA school meal program, regardless of their nutritional value. The only federal regulation on sale of foods and beverages outside of the school meal program addresses foods of minimal nutritional value (FMNV). Currently, federal regulations require only that a school prohibit access to foods of minimal nutritional value in food service areas during mealtimes, but your state and local policies could include restrictions on competitive food sales in your school. Check with your state and/or local education agency to find out your Local Wellness Policy.

[Click here](#) for a complete listing of foods of minimal nutritional value, as outlined by the United States Department of Agriculture, Code of Regulations, Title 7 (Agriculture), Chapter II (Food and Nutrition Service, Department of Agriculture), part 210 (National School Lunch Program), Appendix B (Categories of Foods of Minimal Nutritional Value).

[Click here](#) to review Public Law 108-265 (National School Lunch Program) in its entirety.

[Click here](#) to review the National Lunch Program state policies.