



State of Arizona  
**Department of Education**

**Tom Horne**  
Superintendent of  
Public Instruction

**CN# 12-07**

MEMORANDUM

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**To:** School Health & Nutrition Program Sponsors  
**From:** Mary Szafranski, Deputy Associate Superintendent  
Arizona Department of Education, Health & Nutrition Services  
Kacey Frey, Health Program Director  
Arizona Department of Education, School Health & Nutrition Programs  
**Date:** October 2, 2006  
**RE:** Arizona Nutrition Standards - Frequently Asked Questions

*Original Signed*

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Over the past several months the Arizona Department of Education (ADE) School Health and Nutrition Programs has received several questions regarding clarification on the Arizona Nutrition Standards (ANS). The purpose of this memo is to provide Local Educational Agencies (LEAs) further clarification on several provisions of the Arizona Nutrition Standards.

The following are answers to the most frequently asked questions ADE has received pertaining to the ANS.

**Q:** My school does not participate in the National School Lunch Program (NSLP). Is my school required to implement the Arizona Nutrition Standards?

**A:** Yes. As per Arizona Revised Statute 15-242, **all** elementary, middle, and junior high schools are required to implement the ANS regardless of whether the school is participating in the NSLP or not. Furthermore, all elementary, middle, and junior high schools **must** participate in the NSLP with the exception of districts with fewer than one hundred students and who are not currently participating in the NSLP.

**Q:** Our school enjoys honoring student achievements. For example, in the past we have held pizza parties and ice cream socials for honor roll students. Do the ANS pertain to these events?

**A:** Yes, all foods and beverages sold or served during school sponsored events that occur during the normal school day must meet the ANS.

**Q:** During early release school days we sometimes have field days after classes are released. Do foods and beverages need to meet the ANS?

**A:** No, if the instructional period has ended and the normal school day is over. However, if the event occurs before students are released, foods and beverages must meet the ANS.

**Q:** Do the ANS pertain to classroom parties and activities?

**A:** No, the ANS do not pertain to classroom parties or address classroom incentive programs. Many district/school wellness policies address classroom parties and incentive programs. Teachers should review their district/school wellness policy to ensure they are in compliance. The ADE encourages districts/schools to address classroom parties and the use of non-food incentive programs in their wellness policy.

**Q:** What is the difference between a classroom party and a school sponsored event?

**A:** A classroom party is defined as a celebration that occurs within a given classroom and is limited to only those students enrolled in that classroom. A school sponsored event is an event that occurs outside of a single classroom and involves several members of the student body.

Examples of classroom parties are holiday parties and birthday parties that occur in the classroom. Examples of school sponsored events include field days, spirit days, pep rallies, or other school celebrations.

**Q:** My school has events such as Donuts with Dad and Muffins with Mom in the mornings before school begins. Are we still able to hold those events?

**A:** The nutrition standards pertain to ALL foods and beverages sold or served outside of program meals during the normal school day. If the school participates in the School Breakfast Program, the nutrition standards will also pertain to any foods being sold during the breakfast period which generally occurs before the start of school day. If donuts and muffins are being sold or served outside of program meals during breakfast (i.e. fundraiser), they need to meet the standards.

**Q:** Can candy, soda, and deep fried French fries be sold during after school sporting events in middle school?

**A:** Yes, the ANS only pertains to foods and beverages sold or served during the normal school day. Events occurring outside of the normal school day are exempt from the standards. Many district/school wellness policies address after school programs and events. Review your district/school wellness policy to ensure compliance.

**Q:** Can foods and beverages that exceed the nutrition standards be sold in school faculty lounges during the school day?

**A:** Yes, the standards do not pertain to foods and beverages sold to staff and faculty intended for their consumption. Schools should consider encouraging staff and faculty to model proper eating behaviors.

**Q:** Are dried fruits and vegetables required to meet the 35% sugar by weight standard?

**A:** Fruits and vegetables including dried fruit and vegetables are excluded from the 35% Sugar by Weight standard as long as they are served as single fruits, vegetables or in combination with one another. If fruits/vegetables are included in products containing items other than dried fruit, vegetables, nuts and seeds such as cereal bars, granola bars, trail mixes, cookies, etc... they are

then subjected to the 35% sugar by weight standard. The ADE certainly encourages the consumption of fruits and vegetables, however, nutrition fact labels do not distinguish between natural occurring sugars in fruits/vegetables and added sugars when reporting grams of sugar. Therefore, items such as the granola bars, cookies, etc... that contain dried fruit must meet the 35% sugar by weight standard.

Also, the standards for nuts and seeds are similar to that of fruits and vegetables. Nuts and seeds are exempt from the fat standards (must meet all other food standards) unless combined with other ingredients. In which case, they become part of the whole item which must meet all of the food standards.

To review the Arizona Nutrition Standards visit <http://www.ade.az.gov/health-safety/cnp/HB2544/Default.asp>.

If you have questions or concerns regarding this memo, please contact your assigned School Health & Nutrition Program Specialist at 602-542-8700.