

Appendix B-2

Summary Table of Applicable Illinois Food and Beverage Requirements

These charts provide a summary of the time periods and areas of the school building affected by the state food and beverage requirements. More detailed information for participating schools that enroll students in grades 8 or below may be found in questions 10 through 15.

Reimbursable Meal³	
State Food Requirements¹	Not applicable ³
State Beverage Requirements²	Not applicable ³

	Inside the Food Service Area			
	Before the Regular School Day	During the Meal Periods³	During the Regular School Day	After the Regular School Day
State Food Requirements¹	Applicable	Not applicable ³	Applicable	Not applicable
State Beverage Requirements²	Applicable	Applicable ^{3,4}	Applicable	Not applicable

	Outside the Food Service Area			
	Before the Regular School Day	During the Meal Periods	During the Regular School Day	After the Regular School Day
State Food Requirements¹	Applicable	Applicable	Applicable	Not applicable
State Beverage Requirements²	Applicable	Applicable	Applicable	Not applicable

¹ The state food requirements are as follows: Foods sold to students in grades 8 or below outside of food service areas or within food service areas other than during meal periods by participating schools shall include only:

- Nuts, seeds, nut butters, eggs, cheese packaged for individual sale, fruits or non-fried vegetables, or low-fat yogurt products; or
- Any food item that meets all of the following criteria:
 - Total calories from fat do not exceed 35 percent;
 - Total calories from saturated fat do not exceed 10 percent;
 - Total amount of sugar by weight does not exceed 35 percent; and
 - Calories do not exceed 200.

² The state beverage requirements are as follows: Beverages sold to students in grades or below before or during the regular school day including the meal period shall include only:

- Flavored or plain whole, reduced-fat (2 percent), low-fat (1 percent), or nonfat fluid milk that meets State and local standards for pasteurized fluid milk;
- Reduced-fat and enriched alternative dairy beverages (i.e., rice, nut, or soy milk, or any other alternative dairy beverage approved by the USDA);
- Fruit and vegetable drinks containing 50 percent or more fruit or vegetable juice;
- Water (non-flavored, non-sweetened, and non-carbonated);
- Fruit smoothie (yogurt or ice-based) that contains less than 400 calories and no added sugars, and is made from fresh or frozen fruit or fruit drinks that contain at least 50 percent fruit juice; and
- Any beverage exempted from the USDA's list of FMNV (see Appendix C).

³ The federal regulations governing FMNV are applicable. (See Question 10 and 13)

⁴ The School Food Service Rules stipulate that participating schools are prohibited from selling confections, candy and potato chips to students in grades 5 and below.