

## OCPS Record of Outside Food Form

(Food meant for sharing with students ONLY)

This form should be filled out for **ALL** outside food brought onto the school campus meant for sharing with students, anywhere on school property during the school day (midnight until 30 minutes after the last bell) and meets the USDA Nutrition Guidelines. Food must be in an **unopened manufacturer's container** with an *ingredient statement and expiration date*.

Once completed, return this form to the Food Service Manager for our record. Please attach the Food Label containing the Ingredients Statement and Expiration Date to this form.

**School Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **Homeroom Teacher:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Person responsible for the food on campus:** \_\_\_\_\_ **Extension #:** \_\_\_\_\_

**Date(s) that this food will be served to students:** \_\_\_\_\_

<b>Name of the product</b>	
<b>Expiration Date on Package</b>	____/____/202__
<b>Location where this food will be stored on campus</b>	
<b>Product sealed in the original package</b>	( ) YES ( ) NO (If not, product should not be accepted)

### Eat Smart Nutrition Standards Checklist:

Standards for Snacks and Beverages will comply with USDA Competitive Food Regulations, The Healthy Hunger Free Kids Act, Section 208 and Florida Department of Agriculture and Consumer Service Division of Food, Nutrition Wellness, 5P-1.003 Responsibilities for the School Food Service Program.	YES	NO
<b>Snack Foods</b>		
Food Label containing the Ingredient Statement and Expiration Date attached to this form. <b>(If the answer is NO, product should not be accepted)</b>		
Product is a whole-grain rich product or have whole grains as the first ingredient.		
Product does not contain more than 10% of total calories from saturated fats = $[(\text{grams of sat. fat} \times 9) / \text{total calories}] \times 100$		
35% or Less Sugar Grams by weight = $[\text{g sugar} / \text{total gram weight of package}] \times 100$		
Sodium content of 200 mg or less for all snacks		
No more than 200 calories for snacks		
Trans fat = 0 grams/serving		
<b>Exempt:</b> Nuts, Seeds, Dried Fruit with no added sweeteners or fats, reduced fat cheese		
<b>Beverages:</b>		
Carbonated Beverages <b>(Not Allowed)</b>		
100% Juice Fruit or Vegetable: 8oz or Less Elementary School / 12oz or Less Middle/High School		
High School <i>ONLY</i> : "Low calorie" beverages 12oz or Less that contain 40 calories or Less per 8oz or 60 calories or Less per 12oz.		

\*Use the Smart Snack Calculator to help you determine if the product meets nutrition standards. <https://foodplanner.healthiergeneration.org/calculator/>

### **List of suggested products for Snacks**

- Baked Tortilla Chips
- Baked Potato Chips
- Breads, Muffins, Rolls, Cereals → At least 8 grams of whole grain per serving
- Dried Fruits with no added sweetener or fats
- Fresh or Frozen Fruits and Vegetables with no added ingredients
- Canned fruits packed in 100% juice, light syrup, or water
- Reduced Fat Cheese
- Reduced Fat Popcorn
- Whole Grain Animal crackers
- Whole Grain Graham Crackers
- Whole Grain Goldfish Crackers
- Whole Grain Dry Cereals
- Beverages:
  - Smoothies comprised of only 100% juice, low fat or skim unflavored milk, ice or water and not larger than 8 fl oz. for Elementary and 12 fl oz. for Middle and High School Students.
  - V-8 juice
  - Water, plain or flavored
  - 100% juice; 8oz or less for Elementary and 12oz or less for Middle & High School (no carbonation)
  - Low-fat or Fat-Free Milk (flavored or unflavored)

*\*Coordinate with your School Food Service Manager to learn more about FNS Birthday Bites available to purchase as Smart Snack approved celebrations.\**