

SB-12 & SB-965 Compliant Worksheets Instructions (updated 4-7-08)

The SB-12 & SB-965 Compliant Worksheets was designed to be used by school administrators, Associated Student Body (ASB) directors, vendors, parents, students, and anyone who needs to determine if a snack, entrée, or beverage meets SB-12 or SB-965 guidelines. It requires basic knowledge of excel, and the product label or nutrition information. These worksheets are useful to keep track of snack foods, entrees, and beverages that are compliant, or not compliant all on one sheet. If you'd like to assess one snack or entrée item, you can visit the Project LEAN website and use the school foods calculator: <http://www.californiaprojectlean.org/calculator/>

This tool was created by the Project LEAN-LA Region, County of Los Angeles-Public Health, Nutrition Program. If you have any questions or comments please contact: LA County Public Health, Nutrition Program at 213-351-7889.

The worksheets are divided into 2 categories: Elementary Schools (ES) and Middle School (MS) & High School (HS). This is because the nutrition standards for both snack foods (SB12) and beverages (SB965) are slightly different in ES vs. MS & HS.

Important: Please make sure you are using the correct worksheet, and when printing, please print on the correct size paper (All worksheets except the entrée one require LEGAL paper) and it is important to only print 1-2 pages at a time.

To click on the correct worksheet, select the tab on the bottom of the worksheets. When you select a tab, it will be highlighted in **bold**. Some worksheet tabs may be hidden when you open the document. Just use the arrow buttons at the bottom to locate the various worksheets.

The worksheets are labeled as follows:

Snack Foods--ES

Snack Foods--MS & HS

Entrees--MS & HS

Beverages--ES

Beverage--MS & HS

Worksheets: Snack Foods-ES and Snack Foods -- MS & HS

This worksheet is designed to determine if a snack food meets SB-12 guidelines and for a school or vendor to be able to keep a list of products that are compliant. Brief instructions are listed at the top of each excel worksheet:

Instructions:

1. “Mouse over” the red flags in each column headings for additional information.
2. Enter product information in the appropriate boxes. Product information should be obtained from the actual package.
3. Please fill in all the appropriate boxes (required entries). Boxes left blank will affect the outcome.
4. The last column will show if the snack meets state requirements.

Below are step by step instructions on filling out the Snack Foods Worksheet:

1. Snack Food
 - a. Enter product name, brand, and flavor.
2. Required Entry
 - a. Compliant Snack? (y/n)
 - i. “y”= Snack food **is NOT** one of the following foods: deep fried vegetables (such as french fries, onion rings), candy, candy bars, corn chips, tortilla chips, potato chips, Cheetos, pastries, donuts, sweet rolls, cinnamon buns, and turkey/beef jerky. **Enter “y” if unsure.**
 - ii. “n”= Snack food **is** one of the following foods: deep fried vegetables (such as french fries, onion rings), candy, candy bars, corn chips, tortilla chips, potato chips, Cheetos, pastries, donuts, sweet rolls, cinnamon buns, and turkey/beef jerky.
3. Required Entry if Snack is Compliant
 - a. Exempted Snack? (y/n)
 - i. “y” = Snack food **is** one of the following: Nuts, Nut butters (such as peanut butter), Seeds (such as sunflower seeds), Eggs, Cheese packaged for individual sale, and fruit/vegetables that have not been deep fried, and legumes are exempt. **However, these snacks must be less than or equal to 175 calories for elementary and must be less than or equal to 250 calories for middle and high.**
 - ii. “n” = Snack food **is NOT** one of the following: Nuts, Nut butters (such as peanut butter), Seeds (such as sunflower seeds), Eggs, Cheese packaged for individual sale, and fruit/vegetables that have not been deep fried, and legumes are exempt.
 - b. Number of Servings per Package

- i. Look on the Nutrition Facts label for “Servings Per Container.” If it is not listed, look for “serving size,” as it is most likely one serving. Enter that number.
 - c. Calories per Serving (number)
 - i. Look on the Nutrition Facts label for the number next to “Calories.” If there is more than one serving, just list the calorie amount for one serving.
 - 4. Additional Required Entry if Snack is Not Exempted
 - a. Package weight (grams)
 - i. Look on the snack food label for the total package weight. It should be listed on the front of the package, listed in both ounces and grams. Enter the gram amount.
 - b. Fat per Serving (grams)
 - i. Look on the Nutrition Facts label for the number listed next to “Total Fat.”
 - c. Saturated Fat per Serving (grams)
 - i. Look on the Nutrition Facts label for the number listed next to “Total Fat.”
 - d. Sugar per Serving (grams)
 - i. Look on the Nutrition Facts label for the number listed next to “Sugars.”
 - 5. Calculated Values
 - a. Total Calories (number)
 - i. This number is automatically generated.
 - b. Calories from Fat (percent)
 - i. The percentage is automatically generated.
 - c. Calories from Saturated Fat (percent)
 - i. The percentage is automatically generated.
 - d. Weight from Sugar (percent)
 - i. The percentage is automatically generated.
 - 6. Meeting SB-12?
 - a. The answer is automatically generated.
 - b. “y” = This snack food **is compliant** and meets SB-12 guidelines.
 - c. “n” = This snack food **is NOT compliant** and does NOT meet SB-12 guidelines.
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Worksheet: Entrees --MS & HS ONLY

This worksheet is designed to determine if an entrée meets SB-12 guidelines and for a school or vendor to be able to keep a list of entrees that are compliant. It is assumed that an “entrée” items will have calorie and fat information listed for the entire one serving.

Brief instructions are listed at the top of each excel worksheet:

Instructions:

1. Enter product information into the appropriate boxes. Product information should be obtained from the actual package.
2. The last column will show if the entrée meets state requirements.

Below are step by step instructions on filling out the Entrée Worksheet:

1. Entrée
 - a. Enter product name, brand, and flavor.
 2. Required Entry
 - a. Calories (number)
 - i. Look on the Nutrition Facts label for the number next to “Calories.”
 - b. Fat Content (grams)
 - i. Look on the Nutrition Facts label for the number listed next to “Total Fat.”
 3. Calculated Value
 - a. Grams of Fat per 100 calories
 - i. The number is automatically generated.
 4. Meets SB-12?
 - a. The answer is automatically generated.
 - b. “y”= This entrée **is compliant** and meets SB-12 guidelines.
 - c. “n” = This entrée **is NOT compliant** and does NOT meet SB-12 guidelines.
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Worksheets: Beverages-ES and Beverages -- MS & HS

This worksheet is designed to determine if a beverage meets SB-965 guidelines and for a school or vendor to be able to keep a list of products that are compliant.

Brief instructions are listed at the top of each excel worksheet:

Instructions:

1. "Mouse over" the red flags in columns headings for additional information.
2. Enter the required information from the product label for option 1, 2, or 3.
Enter data for one option only.
3. The last column will show if the beverage meets state requirements.

The beverage guidelines for ES and MS & HS are different, therefore, there are separate instructions for these worksheets.

Below are step by step instructions on filling out the Beverage Worksheet for ES:

1. Beverage
 - a. Enter product name, brand, and flavor.
2. Required Entry
 - a. Compliant Beverage?
 - i. "y" = Beverage **is NOT** one of the following: sodas and beverages with added sweetener, including electrolyte replacement beverages. Note: The only compliant beverages for Elementary Schools are: Fruit or vegetable based drinks, drinking water, and dairy or non-dairy milk. **Enter "y" if unsure.**
 - ii. "n" = Beverage **is** one of the following: soda and beverages with added sweetener, including electrolyte replacement beverages. Note: The only compliant beverages for Elementary Schools are: Fruit or vegetable based drinks, drinking water, and dairy or non-dairy milk.
3. Option 1
 - a. Amount of Juice in Fruit or Vegetable Drink (percent)
 - i. Look on the product label to determine the percent juice. Usually, it is listed on the container, above the "Nutrition Facts" label. If it says "contains no juice" list it as "0."
 - b. Fruit or Vegetable Drink Has Added Sweetener? (y/n)
 - i. Look for the ingredients of the fruit or vegetable juice. "Added sweetener" is any additive that enhances the sweetness of the beverage, including added sugar. EXAMPLES: acesulfame potassium, aspartame, corn syrup, crystalline fructose, high fructose corn syrup, saccharin, sucralose, sucrose, sucrose syrup, and sugar.

- ii. “y” = Beverage **does** contain added sweetener (examples of added sweetener listed above).
- iii. “n” = Beverage **does NOT** contain added sweetener (examples of added sweetener listed above).

4. Option 2

- a. Water Has Added Sweetener? (y/n)
 - i. Look for the ingredients of the water. “Added sweetener” is any additive that enhances the sweetness of the beverage, including added sugar. EXAMPLES: acesulfame potassium, aspartame, corn syrup, crystalline fructose, high fructose corn syrup, saccharin, sucralose, sucrose, sucrose syrup, and sugar.
 - ii. “y” = Beverage **does** contain added sweetener (examples of added sweetener listed above).
 - iii. “n” = Beverage **does NOT** contain added sweetener (examples of added sweetener listed above).

5. Option 3

- a. Dairy or Non-Dairy Milk Products Meets Guidelines? (y/n)
 - i. Look at the product label for the percent fat. Skim = 0% fat.
 - ii. “y” = Dairy or Non-Dairy Milk **is** 2%, 1%, nonfat milk, soy milk, rice milk and other similar nondairy milk.
 - iii. “n” = Dairy or Non-Dairy Milk **is NOT** 2%, 1%, nonfat milk, soy milk, rice milk and other similar nondairy milk.

6. Meets SB-965?

- a. The answer is automatically generated.
- b. “y”= This beverage **is compliant** and meets SB-965 guidelines.
- c. “n” = This beverage **is NOT compliant** and does NOT meet SB-965 guidelines.

Below are step by step instructions on filling out the Beverage Worksheet for MS & HS:

- 1. Beverage
 - a. Enter product name, brand, and flavor.
- 2. Required Entry
 - a. Compliant Beverage?
 - i. “y” = Beverage **is NOT** one of the following: sodas and beverages with added sweetener, except compliant electrolyte replacement beverages. Note: The only compliant beverages for Middle School and High School are: Fruit or vegetable based drinks, drinking water, dairy or non-dairy milk and compliant electrolyte replacement beverages. **Enter “y” if unsure.**

- ii. “n” = Beverage **is** one of the following: Fruit or vegetable based drinks, drinking water, dairy or non-dairy milk and compliant electrolyte replacement beverages.

3. Option 1

- a. Amount of Juice in Fruit or Vegetable Drink (percent)
 - i. Look on the product label to determine the percent juice. Usually, it is listed on the container, above the “Nutrition Facts” label. If it says “contains no juice” list it as “0.”
- b. Fruit or Vegetable Drink Has Added Sweetener? (y/n)
 - i. Look for the ingredients of the fruit or vegetable juice. "Added sweetener" is any additive that enhances the sweetness of the beverage, including added sugar. EXAMPLES: acesulfame potassium, aspartame, corn syrup, crystalline fructose, high fructose corn syrup, saccharin, sucralose, sucrose, sucrose syrup, and sugar.
 - ii. “y” = Beverage **does** contain added sweetener (examples of added sweetener listed above).
 - iii. “n” = Beverage **does NOT** contain added sweetener (examples of added sweetener listed above).

4. Option 2

- a. Water Has Added Sweetener? (y/n)
 - i. Look for the ingredients of the water. “Added sweetener" is any additive that enhances the sweetness of the beverage, including added sugar. EXAMPLES: acesulfame potassium, aspartame, corn syrup, crystalline fructose, high fructose corn syrup, saccharin, sucralose, sucrose, sucrose syrup, and sugar.
 - ii. “y” = Beverage **does** contain added sweetener (examples of added sweetener listed above).
 - iii. “n” = Beverage **does NOT** contain added sweetener (examples of added sweetener listed above).

5. Option 3

- a. Dairy or Non-Dairy Milk Products Meets Guidelines? (y/n)
 - i. Look at the product label for the percent fat. Skim = 0% fat.
 - ii. “y” = Dairy or Non-Dairy Milk **is** 2%, 1%, nonfat milk, soy milk, rice milk and other similar nondairy milk.
 - iii. “n” = Dairy or Non-Dairy Milk **is NOT** 2%, 1%, nonfat milk, soy milk, rice milk and other similar nondairy milk.

6. Option 4
 - a. Size of Electrolyte Replacement Beverage Serving (ounces)
 - i. Look at the Nutrition Facts label for the number next to “Serving Size.” Enter that number.
 - b. Added Sweetener in Electrolyte Replacement Beverage (grams)
 - i. Look at the Nutrition Facts label for the number next to “Sugars.” Enter that number.

7. Meets SB-965?
 - a. The answer is automatically generated.
 - b. “y”= This beverage **is compliant** and meets SB-965 guidelines.
 - c. “n” = This beverage **is NOT compliant** and does NOT meet SB-965 guidelines.