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Sent: Tuesday, September 21, 2010 11:47 AM

To: FCPS WATCHDOG GROUP (fcpswatchdog@stopterc.com)

Subject: FCPS WATCHDOG #9: FCPS violates its own regulation (and MSDE guidance) regarding snacks (that are too fatty)

FCPS Violation: As we have seen in prior [FCPS WATCHDOG](#)

[Newsletters](#), FCPS serves *deep-fried* Utz potato chips to our children. An example of this is seen immediately right, with full nutrition information far right.

However, serving this UTZ snack violates both FCPS Regulation 400-82 (and MSDE guidance), for having excessive grams of fat and excessive saturated fat.



Nutrition Facts	
Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
INGREDIENTS:	
Potatoes, Cottonseed Oil, Dextrose, Salt, Sugar, Corn Flour, Torula Yeast, Onion and Garlic Powders, Horseradish Powder, Tomato Powder, Natural Coloring (includes Extractives of Paprika, Annatto and Turmeric), Spice Extractives, Natural Smoke Flavor. This is a Gluten Free Food.	
UTZ QUALITY FOODS, INC. HANOVER, PA 17331 Reg. Penna. Dept. Agr.	
Can't find Utz products in your area? Call the Utz Mail Order Department at 1-800-FOR-SNAX or visit our Web Site @ www.utzsnacks.com	

FCPS Regulation 400-82: So, what does FCPS itself have to say about foods being served to our children of 'Questionable Nutritional Value' (as in, mostly fat)? According to [FCPS Regulation 400-82](#):

"Packaged a la carte foods will meet the recommended guidance from MSDE and on a per serving basis, contain no more than: 9 grams of fat, 2 grams of saturated fat, 15 grams of sugar per serving."

MSDE Guidance: The [Maryland State Department of Education's Policy on foods of Minimal Nutritional Value](#) states:

"In elementary and middle schools, all other food sold, including packaged snacks, should be offered only in single-serving portions. The unit sold, regardless of the number of portions in the package, should contain: (1) No more than 9 grams of total fat, excluding packaged nuts and seeds. (2) No more than 2 grams of saturated fat, and (3) No more than 15 grams of sugar, excluding dried fruit with no added sugar."

What the USDA says: According to the USDA's [2010 Dietary Guidelines for Americans Report](#), one of four major finds of this report (see 'Call for Action' in the [Executive Summary](#)) is:

"Significantly reduce intake of foods containing ... fats"

▶▶ When will FCPS "follow their own rules" and more importantly, follow USDA recommendations?

At the limits: It is more than interesting to note just how many of the a la carte food items that FCPS serves are *exactly equal* to the specified limits. Like most Utz chips have exactly 9 grams of fat ([view nutrition info](#)) and exactly 2 grams of saturated fat. Or like most ice cream deserts that have exactly 15 grams of sugar.

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