



# Appendixes



# APPENDIX 1:

## LAWS, STANDARDS & REGULATIONS

The United States enjoys one of the safest food supplies in the world. The laws and regulations required to achieve that safe food supply are lengthy and complicated. A realistic goal is to understand the basic purpose of each law and know where to go for additional information when necessary.

The purposes of the food laws were stated in the 1977 edition of *Food Purchasing Pointers for School Food Service*, published by the Food and Nutrition Service of the U.S. Department of Agriculture (USDA). Those purposes remain true today. In short, the laws are designed to:

- Ensure real food value.
- Maintain integrity of foods.
- Protect quality and quantity of all basic foods.
- Protect the health of the buyer.
- Promote honesty.
- Provide informative labeling.

Here is a brief review of the laws that accomplish these purposes:

### ***The Food, Drug and Cosmetic Act***

The Food, Drug and Cosmetic Act was passed in 1938. The Food and Drug Administration (FDA), which is part of the U.S. Department of Health and Human Services, is responsible for administering it. To contribute to the safety of our food supply, this law...

- Prohibits the shipment in interstate commerce of a misbranded food product.
- Considers a food mislabeled if it contains false or misleading statements.

- Prohibits shipment in interstate commerce of adulterated food products.
- Establishes definitions, standards of identity, standards of quality, and standards of fills for containers of food.

### ***The Nutrition Labeling and Education Act***

The Nutrition Labeling and Education Act (NLEA) of 1990 made several important changes in the Food, Drug and Cosmetic Act. The NLEA requires a nutrition facts label on most food products sold in grocery stores. Institutional foods were exempt from the labeling requirements, but many food manufacturers voluntarily include the nutrition facts label on products for school use. This voluntary labeling provides valuable information for school food authorities working to implement the Dietary Guidelines for Americans in menus. A copy of a sample nutrition facts label is shown in Appendix 2.

### ***The Agriculture Marketing Act***

The Agriculture Marketing Act authorizes USDA's Agricultural Marketing Service (AMS) to provide a voluntary inspection and grading service for fruits and vegetables. This service has proved to be extremely valuable for purchasers of processed fruits and vegetables.

Most processed fruits and vegetables that schools purchase are not graded by USDA, but processors base their packing on USDA grade standards.

One of the many excellent references on private label quality designations is the National Food Service Management Institute's *First Choice, A Purchasing Systems Manual for School Food Service*.

# APPENDIX 2:

## NUTRITION LABEL

Nutrients are per serving size. The size is the amount of food customarily consumed, given in both household and metric measurements.

Labels show calories from fat here.

Daily Values show how this food fits into the overall daily diet. The percentage of any of the 14 nutrients the food may contain is compared to the daily recommended intake for the average person.

The list includes nutrients important to health, including these that we want to limit –

– as well most of these (except for sugars) we want in recommended amounts.

All ingredients must be listed on the label in descending order of predominance by weight. The list of ingredients tells what goes into the product.

### NUTRITION FACTS

Serving Size ½ cup (114g)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 260      **Calories from Fat** 120

% Daily Value\*

Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 66mg	28%
Total Carbohydrate 31g	11%
Dietary fiber 0g	0%
Sugars 5g	
Protein 5g	
<hr/>	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

\*Percent Daily Values are based on a 2,000-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
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



## APPENDIX 3: REVIEW THE POTENTIAL DISTRIBUTOR VENDOR

### **Product line**

1. Is this vendor a (circle the response): **full line**    **specialty**    **systems**    **other?**
2. What percentage of products required by the school are stocked? \_\_\_\_\_%
3. If awarding business on all-or-nothing basis by groups, how much time after bid award will the vendor require to have the additional items in stock? \_\_\_\_\_

### **Physical facilities**

1. Describe the receiving/loading area; can product be received/loaded in inclement weather without damage to packaging? Is this area refrigerated?  
\_\_\_\_\_  
\_\_\_\_\_

2. Describe the loading procedures; can trucks be loaded in inclement weather without damage to packaging; can deliveries be set and loaded in temperature appropriate space?  
\_\_\_\_\_

3. Cleanliness of floors? **acceptable**    **unacceptable**
4. Storage of damaged product? **acceptable**    **unacceptable**
5. Organization of product in slots? **acceptable**    **unacceptable**
6. Cleanliness/orderliness of cold storage? **acceptable**    **unacceptable**
7. Type of storage (circle those available): **dry**    **refrigerated**    **frozen**  
If several different temperature ranges, record the temperatures: \_\_\_\_\_
8. Pest Control **acceptable**    **unacceptable**
9. Describe storage of used pallets: \_\_\_\_\_  
\_\_\_\_\_

### **Delivery equipment**

1. What type of equipment is used? (circle one):  
**dry only**    **dry and frozen**    **refrigerated only**    **dry/frozen/refrigerated**

# APPENDIX 4:

## IDEAL STORAGE TEMPERATURES

32° to 40°		
Apples	Corn	Parsley
Apricots	Cranberries	Parsnips
Artichokes	Garlic	Peaches
Asparagus	Grapes	Pears (Ripe)
Beets	Greens	Peas
Berries	Green Onions	Pineapple (Fresh-Cut)
Broccoli	Herbs (other than Basil & Oregano)	Plums
Brussels Sprouts	Iceberg Lettuce	Radishes
Cabbage	Kale	Rhubarb
Cantaloupe	Kiwifruit	Rutabagas
Carambola	All Leaf Lettuce	Spinach
Carrots	Mushrooms	Sprouts
Cauliflower	Nectarines	Strawberries
Celery	Onions	Turnips
Cherries	Oranges (Florida & Texas)	Watercress
Coconuts		

40° to 50°		
Avocado (Ripe)	Jicama	Papaya
Basil (Fresh)	Lemons	Peppers
Beans	Mandarins	Pineapples
Cucumbers	Melons	Potatoes
Eggplant	Okra	Squash (Summer)
Ginger Root	Oranges (California)	Tomatoes (Ripe)*
Honeydews	Oregano (Fresh)	

Leave Out of Cold Room		
Avocados (Unripe)	Mangos	Squash (Winter)
Bananas	Pears (Unripe)	Sweet Potatoes
Grapefruit	Plantains	Tomatoes (Green)
Limes	Pumpkins	Watermelons (Whole)
	Shallots	

Source: PMA Foodservice Produce Reference Manual, Postharvest Technology - University of California - 1992  
 \*Will lose flavor at this temperature during prolonged storage.



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