

# Guidelines for Foods Sold and Distributed on Campus

## California Nutrition Regulations

**require** the following for foods sold and/or distributed outside of the school meal programs:

1. Food restrictions are effective during school hours and 1/2 hour after school.
2. Applies to **ALL** foods sold to students by student organizations and outside groups (such as PTAs and Foundations).
  - A. Snack must be:
    - $\leq 35\%$  calories from fat, **and**
    - $\leq 10\%$  calories from saturated fat, **and**
    - $\leq 35\%$  sugar by weight, **and**
    - **250 calories** per item/container.
  - B. Entrées must be:
    - $\leq 400$  calories, **and**
    - $\leq 4$  grams of fat per 100 calories, **and must either consist of:**
      - Two or more food groups: meat/meat alternate, fruit/vegetable, and/or grain/bread (such as turkey sandwich, baked potato with chili, fruit and cheese platter.), **or**
      - A meat/meat alternate alone (such as sausage patty or scrambled eggs).
  - C. **No** added fats or sugars; No artificial/added trans fats.

3. Allowed items that are **exempt** from the above restrictions must be sold in individual, one portion packages:

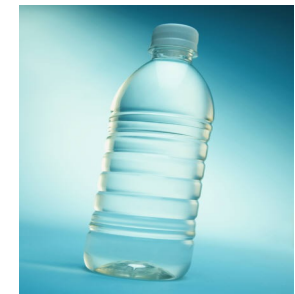
- Exempt from total fat and saturated fat restrictions:
  - Eggs
  - Cheese
  - Seeds
- Exempt from sugar restriction:
  - Fruit
  - Legumes
  - Non-fried Vegetables

4. Exempt foods can not be mixed with non-allowed foods (i.e. trail mix with candy or nuts).



Go to [www.californiaprojectclean.org](http://www.californiaprojectclean.org) and use Middle /High School Competitive Foods Calculator to determine if individual food item/entree meets requirement according to package nutrition facts. [http://www.californiaprojectclean.org/calculator\\_MH\\_S.asp?id=180](http://www.californiaprojectclean.org/calculator_MH_S.asp?id=180)

5. Allowed beverages: (effective 1/2 hour before, during and 1/2 hour after school)
  - Fruit or vegetable juice ( $\geq 50\%$  juice **and** no added sweeteners)
  - Milk
    - Cow's or goat's milk, **and** 2%, 1%, or nonfat, **and** contains Vitamins A and D, **and**  $\geq 25\%$  of Daily Value for calcium per 8 fl oz, **and**  $\leq 28$  grams of total sugar per 8 fl oz.
  - Non-Dairy Milk
    - Contains Vitamins A and D, **and**  $\geq 25\%$  of Daily Value for calcium per 8 fl oz, **and**  $\leq 28$  grams of total sugar per 8 fl oz, **and**  $\leq 5$  grams fat per 8 fl oz.



- Water (no added sweeteners)
- Electrolyte replacement beverages that contain no more than **2.1 grams of added sweetener per fluid ounce**, lists water as the first ingredient, **contain 10-150 milligrams of sodium, and 10-90 milligrams of potassium per 8 ounces** and contain **no added caffeine**.

## Student Organizations and Others

(PTAs, Foundations, etc) can sell food, but must meet the following:

1. Up to three **food or beverage** items per sale.
2. Items for sale must be preapproved by the school administration.
3. Items for sale cannot be prepared on campus.
4. On a **daily basis only one organization may sell** approved foods and beverages.
5. **Except for four days a year when any number of student organizations may sell** approved foods and beverages.
6. Items for sale cannot be the same item sold in the foodservice program that same day.

## Consider Alternative (Non-Food) Fundraisers:

- Activities You Can Do: Fun runs, Dances, Recycling of cell phones or ink cartridges, Auction, or Teacher/Principal does something special with students.
- Items for Sale: seeds or plants, safety or first aid kits, school promoting clothing items, student artwork, etc.

## Healthy Celebrations and Classroom Parties

Food should not be used as a reward nor should withholding food or physical activity be used as a punishment.

**Other ways to recognize students and non-food rewards:**

### For Individual Student

1. A note from the teacher to the student commending his or her achievement.
2. A phone call or email sent home to parents/guardians commending a student's achievement.
3. "No homework" pass.
4. Reading the school wide morning announcements.

### For Classroom

1. Holding class outdoors or in garden.
2. "Free choice" time at end of day.
3. Have special music or book reading.
4. Class field trip.

**Because of possible food allergies or dietary restrictions parents need to check with classroom teacher before bringing food.**



For more non-food reward ideas go to COI:

<http://ourcommunityourkids.org/media/2778/AlternativeReward.pdf>

# Guidelines for Foods Sold and Brought to School Campuses

*Middle & High School Campuses (Grades 7-12)*

**CONSISTENT MESSAGES FOR HEALTHY LIVING AT SCHOOL AND AT HOME**

**Additional Information Contact  
Food Services: 858-627-7305 or  
District Wellness Coordinator:  
Vanessa Forsythe 858-627-7580**

Healthy Living



Actividad Saludable



**San Diego Unified**  
SCHOOL DISTRICT