

# Elementary Schools

## Competitive Food Sale Guidelines

Food Restrictions	Beverage Restrictions
<p>References:            Education Code 49430, 49431, 49431.7            California Code of Regulations 15575, 15577, 15578            Code of Federal Regulations sections 210.11, 220.12</p>	<p>References:            Education Code Section 49431.5            California Code of Regulations Section 15576            Code of Federal Regulations sections 210.10, 210.11, 220.8, 220.12</p>
<p>An <b>elementary school</b> contains no grade higher than grade 6.</p> <p><b>Effective</b> from midnight to one-half hour after school.</p> <p><b>Applies to ALL</b> foods sold to students by any entity.</p> <p><b>Sold</b> means the exchange of food for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus.</p> <p><b>Compliant foods are:</b></p> <ol style="list-style-type: none"> <li>1. A full meal that meets the USDA school meal pattern.</li> <li>2. Those that meet the following:           <ol style="list-style-type: none"> <li>a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), <b>and</b></li> <li>b. ≤ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), <b>and</b></li> <li>c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar ), <b>and</b></li> <li>d. &lt; 0.5 grams trans fat per serving (no exceptions), <b>and</b></li> <li>e. ≤ 230 milligrams sodium (no exceptions), <b>and</b></li> <li>f. ≤ 175 calories per item/container (no exceptions)</li> </ol> <p><b>AND</b></p> </li> <li>3. <b>MUST</b> meet <b>ONE</b> of the following:           <ol style="list-style-type: none"> <li>a. Fruit</li> <li>b. Non-fried vegetable</li> <li>c. Dairy food</li> <li>d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)</li> <li>e. Whole grain item**</li> </ol> </li> </ol> <p>If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.</p>	<p>An <b>elementary school</b> contains no grade higher than grade 6.</p> <p><b>Effective</b> from midnight to one-half hour after school.</p> <p><b>Applies to ALL</b> beverages sold to students by any entity.</p> <p><b>Sold</b> means the exchange of beverages for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus.</p> <p>A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.</p> <p><b>Compliant beverages are:</b></p> <ol style="list-style-type: none"> <li>1. Fruit or Vegetable juice:       <ol style="list-style-type: none"> <li>a. ≥ 50% juice <b>and</b></li> <li>b. No added sweeteners</li> <li>c. ≤ 8 fl. oz. serving size</li> </ol> </li> <li>2. Milk:       <ol style="list-style-type: none"> <li>a. Cow's or goat's milk, <b>and</b></li> <li>b. 1% (unflavored), nonfat (flavored or unflavored), <b>and</b></li> <li>c. Contains vitamins A &amp; D, <b>and</b></li> <li>d. ≥ 25% of the calcium Daily Value per 8 fl. oz., <b>and</b></li> <li>e. ≤ 28 grams of total sugar per 8 fl. oz.</li> <li>f. ≤ 8 fl. oz. serving size</li> </ol> </li> <li>3. Non-dairy milk:       <ol style="list-style-type: none"> <li>a. Nutritionally equivalent to milk (see 7 <i>CFR</i> 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:           <ul style="list-style-type: none"> <li>• ≥ 276 mg calcium</li> <li>• ≥ 8 g protein</li> <li>• ≥ 500 IU Vit A</li> <li>• ≥ 100 IU Vit D</li> <li>• ≥ 24 mg magnesium</li> </ul> </li> </ol> </li> </ol>

Food Restrictions (cont.)	Beverage Restrictions (cont.)
<p>*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards.</p> <p>**A whole grain item contains:</p> <ol style="list-style-type: none"> <li>The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” <b>or</b></li> <li>The first listed ingredient is whole grain, <b>or</b></li> <li>A combination of whole grain ingredients is at least 51% of the total grain weight (manufacturer must verify), <b>or</b></li> <li>The weight of the whole grain must be at least 51% of the total grain weight of the product.</li> </ol> <p style="text-align: center;"><b>Noncompliant foods may be sold from one-half hour after the school day through midnight.</b></p> <p style="text-align: center;"><i>CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES</i></p>	<ul style="list-style-type: none"> <li>• ≥ 222 mg phosphorus</li> <li>• ≥ 349 mg potassium</li> <li>• ≥ 0.44 mg riboflavin</li> <li>• ≥ 1.1 mcg Vit B12, <b>and</b></li> </ul> <ol style="list-style-type: none"> <li>≤ 28 grams of total sugar per 8 fl. oz, <b>and</b></li> <li>≤ 5 grams fat per 8 fl. oz.</li> <li>≤ 8 fl. oz. serving size</li> </ol> <p>4. Water:</p> <ol style="list-style-type: none"> <li>No added sweeteners</li> <li>No serving size</li> </ol> <p style="text-align: center;"><b>Noncompliant beverages may be sold from one-half hour after school through midnight.</b></p> <p style="text-align: center;"><i>CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES</i></p>

## Elementary School Student Organization Sales

Reference: California Code of Regulations Section 15500

**Effective** from midnight to one-half hour after school.

**Applies** to food and beverage sales by student organizations.

Student organization sales must meet **all** of the following:

- Only **one food or beverage item** per sale.
- The food or beverage item must be **preapproved** by the **governing board** of the school district.
- The sale must occur **after the lunch period** has ended.
- The food or beverage item **cannot be prepared on campus**.
- Each school is allowed four **sales per year**.
- The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

## Middle and High Schools

### Competitive Food Sale Guidelines

Food Restrictions	Beverage Restrictions
<p>References:</p> <p>Education Code: 49430, 49431.2, 49431.7</p> <p>California Code of Regulations: 15575, 15577, 15578</p> <p>Code of Federal Regulations sections 210.11, 220.12</p>	<p>References:</p> <p>Education Code: 49431.5</p> <p>California Code of Regulations: 15576</p> <p>Code of Federal Regulations sections 210.10, 210.11, 220.8, 220.12</p>
<p>A <b>middle/junior high</b> contains grades 7- 8, 7-9, &amp; 7-10.</p> <p>A <b>high school</b> contains any of grades 10 to 12.</p> <p><b>Effective</b> from midnight to one-half hour after school.</p> <p><b>Applies to ALL</b> foods sold to students by any entity.</p> <p><b>Sold</b> means the exchange of food for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus.</p>	<p>A <b>middle/junior high</b> contains grades 7-8, 7-9, &amp; 7-10.</p> <p>A <b>high school</b> contains any of grades 10 to 12.</p> <p><b>Effective</b> from midnight to one-half hour after school.</p> <p><b>Applies to ALL</b> beverages sold to students by any entity.</p> <p><b>Sold</b> means the exchange of beverages for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus</p>
<p><b>Compliant foods must meet the following criteria:</b></p> <ol style="list-style-type: none"> <li>1. <b>Snack food items must be:</b> <ol style="list-style-type: none"> <li>a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), <b>and</b></li> <li>b. ≤ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), <b>and</b></li> <li>c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), <b>and</b></li> <li>d. &lt; 0.5 grams trans fat per serving (no exceptions), <b>and</b></li> <li>e. ≤ 230 milligrams sodium (no exceptions), <b>and</b></li> <li>f. ≤ 200 calories per item/container (no exceptions)</li> </ol> <p><b>AND</b> must meet one of the following</p> <ol style="list-style-type: none"> <li>g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), <b>or</b></li> <li>h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), <b>or</b></li> <li>i. Be a combination food containing at least ¼ cup fruit or vegetable.</li> <li>j. Be a combination food containing at least ¼ cup fruit or vegetable</li> </ol> </li> </ol>	<p><b>Compliant beverages are:</b></p> <ol style="list-style-type: none"> <li>1. Fruit or Vegetable juice:       <ol style="list-style-type: none"> <li>a. ≥ 50% juice, and</li> <li>b. No added sweeteners</li> <li>c. ≤ 12 fl. oz. serving size</li> </ol> </li> <li>2. Milk:       <ol style="list-style-type: none"> <li>a. Cow's or goat's milk, and</li> <li>b. 1% (unflavored), nonfat (flavored, unflavored), and</li> <li>c. Contains Vitamins A &amp; D, and</li> <li>d. ≥ 25% of the calcium Daily Value per 8 fl. oz. and</li> <li>e. ≤ 28 grams of total sugar per 8 fl. oz.</li> <li>f. ≤ 12 fl. oz. serving size</li> </ol> </li> <li>3. Non-dairy milk:       <ol style="list-style-type: none"> <li>a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and</li> <li>b. ≤ 28 grams of total sugar per 8 fl. oz. and</li> <li>c. ≤ 5 grams fat per 8 fl. oz.</li> <li>d. ≤ 12 fl. oz. serving size</li> </ol> </li> <li>4. Water:       <ol style="list-style-type: none"> <li>a. No added sweeteners</li> <li>b. No serving size limit</li> </ol> </li> </ol>

## FOOD RESTRICTIONS (cont.)

If exempt food(s) combine with nonexempt foods or added fat/sugar, they must meet ALL nutrient standards above.

\*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit is allowed in 100% juice only.

\*\* A whole grain item contains:

- a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." or
- b. A whole grain as the first ingredient, or
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- d. At least 51% whole grain by weight.

**Noncompliant foods may be sold from one-half hour after school until midnight**

*Check your district's wellness policy for stricter rules.*

## BEVERAGE RESTRICTIONS (cont.)

5. No-calorie Electrolyte Replacement Beverages (not allowed in middle schools)
  - a. Water as first ingredient
  - b.  $\leq 16.8$  grams added sweetener/8 fl. oz.
  - c.  $\leq 5$  calories/8 fl. oz. (or  $\leq 10$  cal/20 fl. oz.)
  - d. 10-150 mg Na+/8 fl. oz.
  - e. 10-90 mg K+/8 fl. oz.
  - f. No added caffeine
  - g.  $\leq 20$  fl. oz. serving size
6. Low-calorie Electrolyte Replacement Beverages (not allowed in middle schools)
  - a. Water as first ingredient
  - b.  $\leq 16.8$  grams added sweetener/8 fl. oz.
  - c.  $\leq 40$  calories/8 fl. oz.
  - d. 10-150 mg Na+/8 fl. oz.
  - e. 10-90 mg K+/8 fl. oz.
  - f. No added caffeine
  - g.  $\leq 12$  fl. oz. serving size

**Noncompliant beverages may be sold from one-half hour after school through midnight.**

*Check your district's wellness policy for stricter rules.*

## Middle and High School Student Organization Food Sales

**Effective from midnight to one-half hour after school.**

Reference: California Code of Regulations Section 15501

**Applies ONLY** to food and beverage sales by student organizations.

1. Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **preapproved** by governing board of school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **cannot** be **prepared on the campus**.
5. The food or beverage categories sold **cannot** be the same as the categories **sold in the food service program** at that school during the same school day.
6. In addition to one student organization sale each day, any and **all student organizations** may sell on the **same four designated days** per year. Dates to be determined by school administration.