

BERRYESSA UNION SCHOOL DISTRICT

Student Wellness Policy Points for Middle School Parents & Teachers

(excerpted from Student Wellness Policy Administrative Regulations 5030, April 15, 2015)

Fundraisers:

- To support the district's nutrition promotion efforts, school fundraising activities held on campus during the school day will not involve food or will use only foods that meet state and federal child nutrition regulations. (see back page)
- Students may receive *compliant* foods and/or beverages from order forms or when redeeming purchased vouchers. If the foods and/or beverages are *noncompliant*, students must collect the foods and/or beverages off school campus or ½ hour after the end of the school day if on school campus.

Classroom Celebrations and Rewards:

- Class parties or celebrations that involve food shall be held after the lunch period and shall be limited to no more than one party per class per month.
- Parents are encouraged to offer healthy food and beverage choices for celebrations. Foods should be commercially purchased and devoid of common allergens, e.g., peanuts, to minimize the risk of food-borne illness and allergic reactions.
- Schools shall not use foods or beverages of minimal nutritive value as rewards.

School Meals:

- To help protect against foodborne illness, students and staff shall be prohibited from taking school meals off campus to eat, unless it is during a district-approved field trip, as set forth by Board Policy 3550.

* The Student Wellness Policy 5030 and Administrative Regulations can be viewed on the Child Nutrition Services webpage, which is accessed through the BUSD webpage, or directly at:

<http://www.schoolnutritionandfitness.com/index.php?page=wellnesspolicy&sid=1903132300206951>

MIDDLE SCHOOL – FOOD RESTRICTIONS

References: Education Code sections 49430, 49431.2, 49431.7, California Code of Regulations sections 15575, 15577, 15578, Code of Federal Regulations sections 210.11, 220.12

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Compliant foods:

1. “**Snack**” food items must be:
 - a. ≤ 35% calories from fat, **and**
 - b. < 10% calories from saturated fat, **and**
 - c. ≤ 35% sugar by weight, **and**
 - d. < 0.5 grams trans fat per serving, **and**
 - e. ≤ 230 milligrams sodium, **and**
 - f. ≤ 200 calories per item/container, **and**
 - g. Have fruit, vegetable, dairy, protein, or whole grain as the first ingredient, **or**
 - h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), **or**
 - i. Be a combination food containing at least ¼ cup fruit or vegetable.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

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

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk, **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit

Non-compliant foods may be sold from one-half hour after school through midnight.

* Excerpted from Student Wellness Policy AR 5030 Exhibit B (April 15, 2015)