

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: Education Code sections 49430, 49431, 49431.7, California Code of Regulations sections 15575, 15577, 15578

An **elementary school** contains no grade higher than grade 6.
Effective Any time before school up to 30 minutes after school.

Applies to ALL foods sold to students by any entity.

Compliant foods are:

1. A full meal that meets the United State Department of Agriculture's meal pattern requirements
2. An exempt item which includes individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, non-fried vegetables, and legumes.
3. A dairy or whole grain food that contains:
 - ≤ 35% calories from fat, **and**
 - ≤ 10% calories from saturated fat, **and**
 - ≤ 35% sugar by weight, **and**
 - ≤ 175 calories per item/container

Dried blueberries, cranberries, cherries, and tropical fruit that contain added sugar are exempt from nutrition standards. All other exempt foods in # 2 above are not exempt if they contain added fat or sugar.

A purchased whole grain bread or grain product contains:

1. The statement "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduce the risk of heart disease and certain cancers," **or**
2. The first listed grain ingredient as whole grain, **or**
3. A combination of whole grain ingredients in which at least 51% of the total grain weight are whole grain (manufacturer must verify).

A whole grain bread or grain product prepared by schools:

The weight of the whole grain must be at least 51% of the total grain weight of the product.

Whole grain examples: California Code of Regulations Section 15575.

Effective 7/1/09: **Artificial trans fat foods** cannot be served or sold on school campus.

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: California Code of Regulations section 15500

Effective Any time before school up to 30 minutes after school, student organizations are not permitted to sell food or beverages.

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: Education Code sections 49431.5, California Code of Regulations Section 15576

An **elementary school** contains no grade higher than grade 6.

Effective Any time before school up to 30 minutes after school.

Applies to ALL beverages sold to students by any entity.

Compliant beverages are:

1. Fruit/vegetable juice:
 - ≥ 50% juice **and**
 - No added sweeteners
2. Milk:
 - Cow's or goat's milk, **and**
 - 2%, 1%, nonfat, **and**
 - Contains Vitamins A & D, **and**
 - ≥ 25% of the calcium Daily Value, **and**
 - ≤ 28 grams of total sugar per 8 fl. oz.
3. Non-dairy milk:
 - Contains Vitamins A & D, **and**
 - ≥ 25% of the calcium Daily Value, **and**
 - ≤ 28 grams of total sugar per 8 fl. oz, **and**
 - ≤ 5 grams fat per 8 fl. oz.
4. Water:
 - No added sweeteners

ELEMENTARY SCHOOL – FOODS/BEVS SOLD DURING A MEAL TIME

Reference: Code of Federal Regulations, Title 7, Part 210.11, Appendix B

No sales of these items can occur any time before school up to 30 minutes after school.

Applies only to the following foods sold to students by any entity:

- Carbonated and Aerated water
- Water ices – except if made only with 100% juice
- Chewing gum
- Hard candies
- Jelly and gum candies
- Marshmallow candies
- Fondant
- Licorice
- Spun candy
- Candy coated popcorn

Visit www.californiaprojectlean.org to determine if food/beverages meet California Education Code.

JUNIOR HIGH/HIGH SCHOOL – FOOD RESTRICTIONS

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

A **junior high** contains grades 7 and 8, and **high school** contains grades 9 to 12.

Effective Any time before school up to 30 minutes after school.*

Applies to ALL foods sold to students by any entity.

Compliant foods must meet the following criteria:

1. **“Snack”** food items must be:
 - ≤ 35% calories from fat, **and**
 - ≤ 10% calories from saturated fat, **and**
 - ≤ 35% sugar by weight, **and**
 - ≤ 250 calories per item/container
2. **“Entrée”** food items must be:
 - ≤ 400 calories, **and**
 - ≤ 4 grams fat per 100 calories, **and**Must either consist of:
 - Two or more groups (meat/meat alternate, fruit/vegetable, grain/bread), **or**
 - A meat/meat alternate alone

Exemptions:

- Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, non-fried vegetables, and legumes are exempt from the fat restriction.
- Eggs and cheese packaged for individual sale are exempt from the saturated fat restriction.
- Fruit and non-fried vegetables are exempt from the sugar restriction.
- Dried blueberries, cranberries, cherries, and tropical fruit that contain added sugar are exempt from the sugar restriction
- Mixed foods containing ONLY exempt items are exempt from all restrictions.
- Mixed foods containing at least one non-exempt food or ingredient must meet the nutrition restrictions set for either snacks or entrees.

Effective 7/1/09: **Artificial trans fat foods** cannot be served or sold on school campus.

* **Exception: non-compliant foods can be sold at a school-sponsored event that occurs directly after school.**

JUNIOR HIGH/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: California Code of Regulations section 15501

Effective Any time before school up to 30 minutes after school.

Applies ONLY to food and beverage sales by student organizations.

1. Only **three categories** of food or beverage items may be sold (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item must be **pre-approved by governing board** of school district.
3. Only **one student organization** is allowed to sell per day.
4. On any **four days** any and **all student organizations** can sell.
5. Food or beverage item **cannot be prepared on campus**.
6. Food or beverage categories are not **ones that are sold in the food service program** at that school during that school day.

JUNIOR HIGH/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: Education Code sections 49431.5, California Code of Regulations Section 15576

A **junior high** contains grades 7 and 8, and **high school** contains grades 9 to 12.

Effective Any time before school up to 30 minutes after school.

Applies to ALL beverages sold to students by any entity.

Compliant beverages are:

1. Fruit/vegetable juice:
 - ≥ 50% juice **and**
 - No added sweeteners
2. Milk:
 - Cow's or goat's milk, **and**
 - 2%, 1%, nonfat, **and**
 - Contains Vitamins A & D, **and**
 - ≥ 25% of the calcium Daily Value, **and**
 - ≤ 28 grams of total sugar per 8 fl. oz.
3. Non-dairy milk:
 - Contains Vitamins A & D, **and**
 - ≥ 25% of the calcium Daily Value, **and**
 - ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - ≤ 5 grams fat per 8 fl. oz.
4. Water:
 - No added sweeteners
5. Electrolyte replacement beverage:
 - Water as first ingredient, **and**
 - ≤ 2.1 grams added sweetener per 1 fl. oz., **and**
 - Between 10 and 150 milligrams of sodium per 8 fl. oz., **and**
 - Between 10 and 90 milligrams of potassium per 8 fl. oz., **and**
 - No added caffeine

Non-compliant beverages can be sold by any entity starting one-half hour after school.

JUNIOR HIGH/HIGH SCHOOL—FOODS/BEVS SOLD DURING A MEAL TIME

Reference: Code of Federal Regulations, Title 7, Part 210.11, Appendix B

No sales of these items can occur any time before school up to 30 minutes after school.

Applies only to the following foods sold to students by any entity:

- Carbonated and Aerated water
- Water ices – except if made only with 100% juice
- Chewing gum
- Hard candies
- Jelly and gum candies
- Marshmallow candies
- Fondant
- Licorice
- Spun candy
- Candy coated popcorn

Visit www.californiaprojectlean.org to determine if food/beverages meet California Education Code.

FOOD AND BEVERAGES LOG

NAME (GROUP OR INDIVIDUAL)	CONTACT INFO	EVENT DATE & TIME	LIST OF FOOD/BEVERAGES	STAFF COORDINATOR APPROVAL (print/signature,ext #)