



The Smart Snacks in School nutrition standards apply to all foods and beverages sold to students outside of the school meals programs including: vending machines, a la carte, school stores, snack carts and fundraising. Smart Snacks Regulations will be in effect for the entire school day (midnight before to 30 minutes after the end of the school day) across the entire school campus and must meet the nutrient standards of the USDA Smart Snacks in School Guidelines.

Inside you will find steps to have a successful fundraisers, as well as the federal and state nutrition standards for all foods and beverages sold on campus.

#### Smart Snacks Resources

Alliance for a Healthier Generation:  
[www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks)

- Smart Snack Calculator
- List of approved products
- Other helpful info

USDA Smart Snacks site:  
[www.fns.usda.gov/school-meals/smart-snacks-school](http://www.fns.usda.gov/school-meals/smart-snacks-school)

- Summary info
- Regulations and details

***Not sure if your fundraiser idea is compliant? Contact Nutrition Services! We will look at the requirements and determine the eligibility before paperwork is ever filled out!***



New!  
Free Mobile Menu App



#### Nutrition Services Mission

The Food Service Staff at Lodi Unified School District is dedicate to providing students and staff members with attractive, well balanced, and nutritious meals. We value all students and staff as our customers. We strive to provide the best possible quality foods, services and nutritional knowledge to out students and employees. We want to be the friendliest and most efficient school food service establishment in San Joaquin County.

For additional information about school fundraisers, please contact us.

Nutrition Services Department  
 1305 E. Vine Street  
 Lodi, CA 95240

(209) 331-7155  
 1-888-287-5873

Visit us on the web:  
<http://foodservice.lodiUSD.net>  
 Check out our Mobile App!

# Lodi Unified School District

## SCHOOL FUNDRAISERS AND SMART SNACKS IN SCHOOLS GUIDE



**NUTRITION SERVICES  
LODI UNIFIED SCHOOL DISTRICT**

## Steps:

So you want to have a fundraiser? Here are the steps!

1. Go on the LUSD District Website [www.lodiusd.net](http://www.lodiusd.net)
2. Under Departments, go to Business Services > Food Services > Forms > Advance Notice of Fundraiser Form.
3. Fill out Form, including dates and times of Fundraiser.
4. Have your school principal sign the form and turn into Student Services. This can be turned in directly to the District Office, or have the school secretary Inter-office. Wait for Approval for your fundraiser from Student Services. **30 day minimum!**

## Non-Food Fundraiser Options

Below are successful ideas:

- Restaurant dining percentage
  - Off campus & super easy!
- Magazine sales
- Wrapping paper sales
- Homemade cards for holiday "grams"
  - Have your leadership, or student council create homemade cards to sell during holidays such as: Valentine's day, Halloween, first day of fall, winter, and spring
- School spirit hydration bottles
- Stickers
- Key Chains
- Pencils
- School Spirit sunglasses

## Nutrition Services Food Fundraiser Options

Having a catering or special event? Let Nutrition Services help you! Muffins for Mom, Bagels with Dad, Field Day, Carnival, Nutrition Services is here to help with your every food need.

\*For availability, pricing & delivery, check our website! <http://foodservice.lodiusd.net>

## Federal/State Requirements for Food & Beverage Sales

### Elementary, Middle, & High School

An **elementary school** contains no grade higher than grade 6. **Middle school** contains grades 7 to 8, 7 to 9, 7 to 10. **High school** contains any grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

**Applies to ALL** foods sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

### Compliant Snack Foods

**Must meet the following:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these as the first ingredient)

**AND must meet the following nutrition standards**

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit\*\*, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Reference: *Ed Code* sections 49430, 49431, 49431.7; *CA Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

**Note:** Groups or individuals selling foods/ beverages to students must keep their own records as proof of compliance.

## Fed/State Req Con'd

### Beverage Restrictions

Effective from midnight before to one-half hour after the end of the official school day. Applies to ALL beverages sold to students by any entity. A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant Beverages:

1. Fruit or Vegetable Juice:
  - A. ≥50% juice and
  - A. No added sweetener
  - B. ≤8 oz serving (K-5), ≤12 oz serving (7-12)
2. Milk:
  - A. Cows 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 oz, and
  - E. ≤ 28 grams of total sugar per 8 oz, and
  - F. ≤ 8 oz serving (K-5), ≤ 12 oz serving (7-12)
3. Non-dairy milk:
  - A. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)) and
  - B. ≤ 28 grams total sugar per 8 oz, and
  - C. ≤ 5 grams fat per 8 oz,
  - D. ≤ 8 oz serving (K-5), ≤ 12 oz serving (7-12)
4. Water:
  - A. No added sweeteners, no size limit
5. Electrolyte Replacement (High School ONLY)
  - A. Must be either ≤ 5 calories/8 oz (no calorie) OR ≤ 40 calories/8 oz (low calorie)
  - B. ≤ 16.8 grams added sweetener/8 oz
  - C. 10-150 mg sodium/8oz
  - D. 10-90 mg potassium/8 oz
  - E. ≤ 20 oz serving (no calorie), OR ≤ 12 oz serving (low calorie)

Reference: *Ed Code* section 49431.5, *CA Code of Regulations* section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12.

**Note:** All beverages must be caffeine-free.