



Date: September 2014

To: All District Staff

From: Amber Watson, Director of Nutrition Services

RE: Food Compliance Requirements for Schools

Effective July 1, 2014, the United States Department of Agriculture requires all food sold on campus to meet new stringent nutrition regulations called Smart Snacks in Schools. In addition, California's state laws SB 12, SB 965, and AB 626 also require foods sold on campus to meet nutrition requirements. Below is the summary of both state and federal laws regarding food sales, including fundraisers:

	Minimum Nutrition Requirements for Food Sales	Minimum Nutrition Requirements for Beverage Sales
Applicability	<ul style="list-style-type: none"> • Effective from midnight to one-half hour after school. • Applies to ALL foods/beverages sold to students by any entity. • Sold means the exchange of food for money, redeem a purchased coupon or voucher for food and/or beverages, or when the student receives foods and /or beverages from an order form. • The sale of compliant foods/beverages is only permitted away from the National School Lunch Program serving area. 	
Elementary Schools	<p>Compliant foods:</p> <ol style="list-style-type: none"> 1. Can ONLY be a: <ol style="list-style-type: none"> a. Fruit b. Non-fried vegetable c. Dairy food d. Nuts, Seeds, Legumes, Eggs, Cheese e. Whole grain item AND 2. Must meet the following: <ol style="list-style-type: none"> a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and d. < 0.5 grams trans fat per serving, and e. ≤ 230 milligrams sodium, and f. ≤ 175 calories per item/container <p style="text-align: center;">.....OR.....</p> <ol style="list-style-type: none"> 1. Meet the nutrient standards in #2 above AND 2. Be a full meal that meets the USDA school meal pattern AND 3. Each food in the meal must: <ol style="list-style-type: none"> a. Be a fruit, non-fried veggie, dairy, protein, or whole grain item, or b. Contain ≥ 10% DV for calcium, potassium, Vit D, or dietary fiber, or c. Be a combo food containing ¼ cup of fruit or non-fried vegetable 	<p>Compliant beverages:</p> <ol style="list-style-type: none"> 1. Fruit or Vegetable juice: <ol style="list-style-type: none"> a. ≥ 50% juice and b. No added sweeteners c. ≤ 8 fl. oz. serving size 2. Milk: <ol style="list-style-type: none"> 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. ≤ 8 fl. oz. serving size 3. Non-dairy milk: <ol style="list-style-type: none"> a. Nutritionally equivalent to milk; must contain per 8 fl. oz.: <ul style="list-style-type: none"> • ≥ 276 mg calcium • ≥ 8 g protein • ≥ 500 IU Vit A • ≥ 100 IU Vit D • ≥ 24 mg magnesium • ≥ 222 mg phosphorus • ≥ 349 mg potassium • ≥ 0.44 mg riboflavin • ≥ 1.1 mcg Vit B12, and b. ≤ 28 grams of total sugar per 8 fl. oz., and c. ≤ 5 grams fat per 8 fl. oz. d. ≤ 8 fl. oz. serving size 4. Water: <ol style="list-style-type: none"> a. No added sweeteners b. No serving size

	Minimum Nutrition Requirements for Food Sales	Minimum Nutrition Requirements for Beverage Sales
Intermediate Schools	<p>Compliant foods:</p> <ol style="list-style-type: none"> 1. “Snack” food items must be: <ol style="list-style-type: none"> a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and d. < 0.5 grams trans fat per serving, and e. ≤ 230 milligrams sodium, and f. ≤ 200 calories per item/container 2. “Entrée” food items must be: <ol style="list-style-type: none"> a. Meat/meat alternate and whole grain rich food; or b. Fruit or non-fried vegetable and meat/meat alternate; or c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks), <p>AND</p> <ol style="list-style-type: none"> 1. ≤ 35% calories from fat, and 2. < 10% calories from saturated fat, and 3. ≤ 35% sugar by weight, and 4. < 0.5 grams trans fat per serving, and 5. ≤ 480 milligrams sodium, and 6. ≤ 350 calories 	<p>Compliant beverages:</p> <ol style="list-style-type: none"> 1. Fruit or Vegetable juice: <ol style="list-style-type: none"> a. ≥ 50% juice and b. No added sweeteners c. ≤ 12 fl. oz. serving size 2. Milk: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> a. No added sweeteners b. No serving size limit
High Schools	<p>Compliant foods:</p> <ol style="list-style-type: none"> 1. “Snack” food items must be: <ol style="list-style-type: none"> a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and d. < 0.5 grams trans fat per serving, and e. ≤ 230 milligrams sodium, and f. ≤ 200 calories per item/container 2. “Entrée” food items must be: <ol style="list-style-type: none"> a. Meat/meat alternate and whole grain rich food; or b. Fruit or non-fried vegetable and meat/meat alternate; or c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks), <p>AND</p> <ol style="list-style-type: none"> 1. ≤ 35% calories from fat, and 2. < 10% calories from saturated fat, and 3. ≤ 35% sugar by weight, and 4. < 0.5 grams trans fat per serving, and 5. ≤ 480 milligrams sodium, and 6. ≤ 350 calories 	<p>Compliant beverages:</p> <ol style="list-style-type: none"> 1. Fruit or Vegetable juice: <ol style="list-style-type: none"> a. ≥ 50% juice and b. No added sweeteners c. ≤ 12 fl. oz. serving size 2. Milk: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> a. No added sweeteners b. No serving size limit 5. Other Non-calorie Beverages <ol style="list-style-type: none"> a. Water as first ingredient b. ≤ 16.8 grams added sweetener/8 fl. oz. c. ≤ 5 calories/8 fl. oz. (or ≤ 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. ≤ 20 fl. oz. serving size 6. Other Low-calorie Beverages <ol style="list-style-type: none"> a. Water as first ingredient b. ≤ 16.8 grams added sweetener/8 fl. oz. c. ≤ 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. ≤ 12 fl. oz. serving size

Food and Beverage Fundraiser Requirements

	Student Organizations	All Other
Elementary	<ul style="list-style-type: none"> • Effective from midnight to one-half hour after school. • Applies to food and beverage sales by student organizations <p>Student organization sales must meet all the following:</p> <ol style="list-style-type: none"> 1. Only one food or beverage item per sale. Item must meet nutrition requirements stated in this memo. 2. Must be pre-approved by the governing board of the school district. 3. The sale must occur after the lunch period has ended. 4. Cannot be prepared on campus. 5. Each school is allowed four sales per year. 6. Cannot be the same item sold in the food service program at that school during the same school day. 	<ul style="list-style-type: none"> • Effective from midnight to one-half hour after school. • Applies to food and beverage sales by any entity • Food and beverage items must meet nutrition requirements stated in this memo.
Middle/High	<ul style="list-style-type: none"> • Effective during school hours. • Applies to food and beverage sales by student organizations <p>Student organization sales must meet all the following:</p> <ol style="list-style-type: none"> 1. Up to three categories of foods or beverages <i>may</i> be sold each day (e.g. chips, sandwiches, juices, etc.). Item(s) must meet nutrition requirements stated in this memo. 2. Item(s) must be pre-approved by the governing board of the school district. 3. Only one student organization may be allowed to sell each day. 4. Cannot be prepared on 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. School administration may set these dates. 	<ul style="list-style-type: none"> • Effective from midnight to one-half hour after school. • Applies to food and beverage sales by any entity • Food and beverage items must meet nutrition requirements stated in this memo.