

# Fundraisers & Child Nutrition Guidelines

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## **DEFINITIONS:**

**School Fundraisers:** Fundraisers are considered by the USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity. These activities that involve the sale of food items for consumption during the school day must be in accordance USDA Smart Snacks in School Standards.

**Competitive Foods:** Foods and beverages sold to students during the school day and therefore compete with the school's operation of reimbursable meals and snacks. This definition includes, but is not limited to, foods and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers.

**School Day:** USDA defines it as midnight before to 30 minutes after the end of instruction. Enrichment period is included as part of instruction.

**Instructional Day:** The time of instruction at the schools. Normally the bell schedule is used to determine beginning and end of instructional day

**Smart Snack:** Smart Snacks are science-based nutrition standards for food and beverages sold to students at school during the day. Smart Snacks guidelines pertain to a la carte, competitive foods, and fundraisers provided to students. Smart Snacks shall not apply to food sold during nonschool hours, weekends, and off-campus fundraising events.

**Fundraiser Exempt Dates:** Up to 6 "free" days or events during the school year for each campus shall be allowed in which students may be sold candy items or other restricted food and beverages during the school day.

## **REGULATION:**

All school-sponsored (or other nonprofit organizations selling items on school property) fundraising activities that involve the sale of food items for consumption during the school day must be approved by campus principal and Child Nutrition Director.

Any food or beverage items sold to students during the instructional day must meet state and Federal Smart Snack Guidelines.

No competitive food or beverage items may be sold to students, including through direct or indirect sales, during the instructional day at any campus.

Competitive foods/beverages are not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.

Texas policy under the USDA Food and Nutrition Service guidelines for Smart Snacks in school allow each campus to select 6 days during the school year on which "non-Smart Snack" foods may be sold. These dates are noted as Fundraiser Exempt Dates, providing campuses and school organizations an opportunity to use "non-smart

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snack” foods to raise funds.

Up to 6 “free” days or events during the school year for each campus shall be allowed in which students may be sold candy items or other restricted food and beverages during the school day. These days or events shall be reported to the child nutrition director by **October 1** of each school year and shall be published on the school calendar.

All snacks sold to students on any other dates must meet the Smart Snacks guidelines. Nutrition labels for each item to be sold must be reviewed and approved by CNS Director prior to sale.

Requests for items that are already being sold by child nutrition services shall not be approved for sale during the school day.

No homemade food items may be sold for fundraisers or given away. Only store-bought items may be provided to students.

### **NUTRITIONAL REQUIREMENTS FOR FOOD & BEVERAGE ITEMS (non-exempt days):**

In order for a food item to meet the nutritional requirements to be offered as a fundraiser or sold to students during the school day, it must undergo a two-step process. Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.

- 1) The food item must meet ONE of the following:
  - a) Be a whole grain rich grain product: 51% or more must be made with whole grain product and the rest of the grains must be enriched.
  - b) Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food.
  - c) Be a combination food that contains at least 1/4 cup of fruit and/or vegetable

2) Once the food item has met one of the above criteria it then must meet several nutrient requirements (must meet all of the below):

- a) Calorie limits:
  - i. Snack items  $\leq$  200 calories
  - ii. Entrée items  $\leq$  350 calories
- b) Sodium limits:
  - i. Snack items  $\leq$  230 mg
  - ii. Entrée items  $\leq$  480 mg
- c) Fat limits:
  - i. Total fat  $\leq$  35% of calories

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- ii. Saturated fat < 10% of calories
- iii. Trans fat: zero grams

d) Sugar limit:

- i.  $\leq 35\%$  of weight from total sugars in foods

Elementary & middle school campuses may offer or sell:

- i. Plain water with or without carbonation
- ii. Unflavored low fat milk (1%)
- iii. Unflavored or flavored fat free milk (including lactose free milk)
- iv. 100% fruit or vegetable juice
- v. 100% fruit or vegetable juice diluted with water with or without carbonation and no added sweeteners

Elementary campuses may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

High School campuses may sell beverages that can be no more than 20-ounce portions of:

- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces.

Or no more than 12-ounce portions of beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.

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