

# *Business Services*

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*“Quality Work by Quality People”*

To: Elementary Principals

**Bulletin No. 19-033**

From: Adriane Robles, Director  
Nutrition Services

July 29, 2019

Subject: **Elementary School Student Food and Beverage Guidelines**  
*(Ed. Code sections 49430, 49431; 49431.7, CCR sections 15575, 15577, 15578, Federal Regulations section 210.11, 220.12)*

## **STUDENT FOODS**

Our district must comply with all food/beverage requirements and prohibitions as defined by the U.S. Department of Agriculture (USDA) nutritional guidelines as mandated by California Education Code and California Code of Regulations.

### **Student Foods**

A. The only food items that may be sold to a student **from midnight to one-half hour after school** must meet one of the following general food standard:

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

***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)

### **B. Paired foods:**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

\* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,”  
**or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**

- At least 51% whole grain by weight.

\*\* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

## STUDENT BEVERAGES

**From midnight to one-half hour after school**, only the following beverages may be sold to a student:

*A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.*

### Compliant Beverages:

1. Fruit or Vegetable juice:
  - a.  $\geq$  50% juice **and**
  - b. No added sweeteners
  - c.  $\leq$  8 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.  $\geq$  25% of the calcium Daily Value per 8 fl. oz., **and**
  - e.  $\leq$  28 grams of total sugar per 8 fl. oz.
  - f.  $\leq$  8 fl. oz. serving size
3. Non-dairy milk:
  - a. Non-dairy milk which is nutritionally equivalent to milk and must contain per 8 fl.oz a minimum of the following: 276 mg calcium, 8 grams protein, 500 IU of Vitamin A, 100 IU of Vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin, and 1.1 mcg Vitamin B12. In addition the beverage must contain no more than 28 grams of total sugar per 8 fl.oz., 5 grams of fat per 8 fl.oz, and the serving size must be no larger than 8 fl.oz
4. Water:
  - a. No added sweeteners
  - b. No serving size

*All beverages must be caffeine-free (trace amounts are allowable).*

## STUDENT ORGANIZATIONS

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

The following rules apply **ONLY** to food and beverage sales by student organizations.

Restrictions on food or beverage sales by student organizations effective from midnight to one-half hour after school.

- Sales must be pre-approved by the Nutrition Services Department.
  - **Nutritional information must accompany all ASB requests submitted for approval at least ten days prior to the event.**
- Only one approved food or beverage item per sale.
- The sale must occur after the lunch period has ended.
- **Only commercially prepared and packaged foods and beverages are to be sold. The food or beverage item cannot be prepared on campus.**
- Each school is allowed four sales per year.
- Food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

If you have any questions regarding this information, please contact your site assigned Nutrition Services Supervisor or Nutrition Specialist at 881-8000.