

# San Jacinto Unified School District



## NUTRITION SERVICES WELLNESS POLICY



Revised January 2019

# **Involvement of the School and Community Stakeholders in Developing the Wellness Policy**

The Federal Child Nutrition and WIC Reauthorization Act of 2004, along with the Healthy Hunger Free Act of 2010, requires that the local school Wellness Policy be developed with the involvement of the general public, parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators. <https://www.cde.ca.gov/ls/nu/he/wellness.asp>

The school Wellness Policy is developed with the involvement of all members of the school health council, from the initial stage through the implementation.

The District Wellness Committee will serve as a resource to school sites for implementing, monitoring and reviewing District-wide nutrition, physical education and physical activity policies.

To monitor the effectiveness of the policies the committee will be required to insure that regularly scheduled meetings are held to evaluate their success.

# **San Jacinto Unified School District**

## **Preamble**

San Jacinto Unified School District recognizes the link between health and learning. The District will strive to provide policies for Board of Trustees approval that support and reinforce health literacy through health education, physical education, extracurricular activities, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment and parent/guardian and community involvement.

The Superintendent or designee shall build a program that will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activities.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

The Board of Trustees believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including the ones provided through the District's food services, student stores, fundraisers, or other venues, shall meet or exceed the state and federal nutrition standards. School staff shall encourage parents/guardians and other volunteers to support the District's health and nutrition education program.

# **Establishment of Goals for Nutrition Education, Physical Activity and Other School-Based Activities that Promote Student Wellness**

## **Nutrition Education Health Council**

The District and/or individual schools will work with the District Wellness Committee and its *ad hoc* work groups to review as necessary school nutrition policies. The Wellness Committee will serve as a resource to school sites for implementation of these policies.

The District Wellness Committee will solicit representation from each school site and consist of representation from all stakeholder groups skills including parents, students, administrators, teachers and site health professionals. The District Wellness Committee will meet a minimum of four times a year and will review the Wellness Policy once a year.

The Board of Trustees shall adopt goals for nutrition education in a manner that the District determines appropriate. The District's goals for nutrition education programs shall be based on current research, consistent with the expectations established in the state's curriculum frameworks, in compliance with federal laws and regulations and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition education may be provided in grades K-12 through grants or other opportunities approved by San Jacinto Unified School District, such as Nutrition Education Obesity Prevention (NEOP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). These types of programs empower and enable students and their families to select healthy food and beverages and increase physical activity through nutrition education, social marketing and environmental supports.

## **Nutrition and Physical Activity Promotion and Food Marketing**

San Jacinto Unified School District aims to teach, encourage and support healthy dietary habits and physical activity by students. In an effort to support healthy life choices by students, the District Wellness Committee will:

- Encourage parent outreach activities
- Encourage extracurricular physical activities
- Encourage activities that promote an understanding of healthy food choices
- Encourage healthy life choices through good nutrition and physical activity

### **Integrating Physical Activity into the School Day**

The District Wellness Committee will encourage school sites in their efforts to provide opportunities for physical activity during the school day.

### **Physical Activity Opportunities**

All elementary, middle and high schools are encouraged to offer extracurricular physical activity programs, such as clubs or intramural programs, for all students. After-school programs will provide and encourage daily periods of physical activity for all participants. Teachers and other school staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity through PE class as punishment.

School sites will follow District guidelines for facilities use by site and community groups throughout the week and weekend hours. To the extent practicable, the District will ensure that grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

It is required that each elementary student be given 200 minutes of Physical Education every two weeks.

For the middle school, 6th-8th grade students receive one class period of Physical Education per day.

For the high school, 9th and 10th graders are required to take a Physical Education course (or receive 20 credits) per graduation requirements.

<https://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>

# **Nutrition Guidelines for Foods (Available in the School Meal Program)**

The Board of Trustees recognizes that adequate nutrition is essential to the development, health, and learning of all students. The Superintendent or designee shall facilitate and encourage the participation in the school breakfast and lunch program for all students.

The District shall provide breakfast and lunch free of charge for students each day, due to our participation in the Community Eligibility Provision (CEP) program. Monthly menus are provided to all elementary students which identifies entrées, fruit, vegetable and milk choices for the day. Middle & High school menus are sent directly to the office and presented in the cafeteria. Digital Menu Boards are available at each site with exciting videos to encourage and increase customer engagement at the point of service.

The Superintendent or designee shall ensure that meals provided through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meet applicable state and/or federal nutritional standards in accordance with law, Board policy, and administrative regulation.

Hydration stations are provided at all school sites, supporting compliance with USDA regulations (Healthy Hungry Free Kids Act) for supplying drinking water with meals. The hydration station water is free and available at all times during the school day. Students are encouraged to bring refillable water bottles from home to promote drinking water as a substitute for sugary beverages such as fruit/juice drinks with added sugar, sodas, sports drinks and flavored milk. We also promote all school administrators, teachers, and building staff to model drinking water throughout the school day.

Nutrition Services employs well-prepared staff who serve appealing choices of compliant and nutritious foods at breakfast, lunch and afterschool. The Nutrition Services Department will: ensure the Nutrition Services Director has appropriate education and food-safety certification in accordance to USDA. Also, all additional food service program staff is qualified according to current USDA and CDE professional standards

# Nutrition Guidelines for Foods and Beverages (Available Outside the School Meal Programs)

The Board of Trustees shall adopt nutrition guidelines determined by the District for all food available on each campus during the school day, with the objectives of promoting student health and helping students to reach and/or maintain their optimal health. The Board of Trustees believes that food and beverages available to students at District schools should support the health curriculum, promote optimal health and follow all safe food handling procedures. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, fundraisers or other venues, shall meet or exceed state and federal nutrition standards.

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. Withholding food or beverages shall not be used by any person as discipline for a student's daily academic performance or behavior in the classroom or on school grounds.

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from school stores and for in-school fundraisers. All competitive foods must comply with the District's nutrition standards, as well as all applicable state and federal standards. Foods served as part of the Before and Aftercare (child care) programs must also comply with the District's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards. Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance. <https://www.cde.ca.gov/ls/nu/sn/mbsnp282014.asp>

Foods of minimal nutritional value will not be sold or given away at anytime on school campuses during the school day. This includes class parties, classroom snacks brought by parents or other foods given as incentives. School Day is defined as from midnight before to 30 minutes after the end of the official school day. All student food fundraising sales shall take place at least 30 minutes after the end of the school day. Parent organizations must plan food sales at least 30 minutes after the end of the school day so there is no interference with the school breakfast and lunch programs. The District encourages fundraising activities that promote physical activity. The District will make available a list of ideas for acceptable fundraising activities.

The Board of Trustees believes that sales of foods and beverages at school during the school day should be aligned with the District's goals to promote student wellness. Any food sales conducted outside the District's food service program shall meet nutritional standards specified in law, Board policy and administrative regulation and shall not reduce student participation in the District's food service program. The Board of Trustees authorizes the Superintendent or designee to approve the sale of foods and beverages outside the District's food service program, including sales by student or school-connected organizations, and/or sales at secondary school student stores for fundraising purposes.

### **Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's Wellness Policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.



## **Fundraising (Elementary)**

Elementary school will be permitted no more than four food sales per school year. The fundraiser must comply with the following requirements: only occur after the last lunch period has ended, only include one food or beverage item per sale, item cannot be prepared on campus, item cannot be same as sold by Nutrition Services Department that day at school, and the food or beverage item must be pre-approved by Nutrition Services and/or Business Services. Full meals must meet all USDA school meal regulations.

## **ELEMENTARY SCHOOL – FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

- **Effective** from midnight to 30 minutes 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 foods must meet one of the following general food standards:**

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

### **And must meet the following nutrition standards:**

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

### **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 standards 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 percent of the total grain weight (manufacturer must verify), or
- At least 51 percent 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 percent juice only.

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

## ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

- **Effective** from midnight to 30 minutes after the end of the official school day.
- **Applies to ALL** beverages sold to students by any entity.
- **Sold** means the exchange of beverages for money, coupons, vouchers or order forms, when any part of the exchange occurs on a school campus.

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:

- Fruit or vegetable juice:
  - At least 50 percent juice, and
  - No added sweeteners, and
  - Less than or equal to 8 fluid ounce serving size
- Milk:
  - Cow's or goat's milk, and
  - 1 percent (unflavored), nonfat (flavored, unflavored), and
  - Contains Vitamins A and D, and
  - At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
  - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
  - Less than or equal to 8 fluid ounce serving size
- Non-dairy milk:
  - Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fluid ounces:
    - At least 276 milligrams calcium
    - At least 8 grams protein
    - At least 500 IU Vitamin A
    - At least 100 IU Vitamin D
    - At least 24 milligrams magnesium
    - At least 222 milligrams phosphorus
    - At least 349 milligrams potassium
    - At least 0.44 milligrams riboflavin
    - At least 1.1 micrograms Vitamin B12, and

- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
  - Less than or equal to 5 grams fat per 8 fluid ounces, and
  - Less than or equal to 8 fluid ounce serving size
- Water:
  - No added sweeteners
  - No serving size limit

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

### **Fundraising (Middle/High School)**

Middle/High schools may permit only one student organization sale per day (exception: multiple organizations can sell on four designated days per year). The fundraiser must comply with the following requirements: include no more than three categories of food, items cannot be prepared on school campus, items cannot be same as sold by Nutrition Services Department that day at that school and the food and beverage items must be pre-approved by Nutrition Services and/or Business Services. Full meals must meet all USDA school meal regulations.

## **MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

- **Effective** from midnight to 30 minutes 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.

### **"Snack" foods must meet one of the following general food standards:**

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

### **And must meet the following nutrition standards:**

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

**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.

**“Entree” foods must be intended as the main dish and be a:**

- Meat/meat alternate and whole grain rich food; or
- Meat/meat alternate and fruit or non-fried vegetable; or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food),

A competitive **entree sold by District/School Food Service the day of or the day after** it appears on the reimbursable meal program menu must be:

- Less than or equal to 400 calories, and
- Less than or equal to 35 percent calories from fat, and
- Less than 0.5 grams trans fat per serving

A competitive **entree sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.)** must meet one of the following general food standards:

- 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 meet the following nutrition standards:**

- Less than or equal to 35 percent calories from fat, and
- Less than 10 percent calories from saturated fat, and
- Less than or equal to 35 percent sugar by weight, and
- Less than 0.5 grams trans fat per serving, and
- Less than or equal to 480 milligrams sodium, and
- Less than or equal to 350 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 percent of the total grain weight (manufacturer must verify), or
- At least 51 percent 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 percent juice only.

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

## MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

- **Effective** from midnight to 30 minutes after the end of the official school day.
- **Applies** to ALL beverages sold to students by any entity.
- **Sold** means the exchange of beverages for money, coupons, vouchers or order forms, when any part of the exchange occurs on a school campus.

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:

- Fruit or vegetable juice:
  - At least 50 percent juice, and
  - No added sweeteners, and
  - Less than or equal to 12 fluid ounce serving size
- Milk:
  - Cow's or goat's milk, and
  - 1 percent (unflavored), nonfat (flavored, unflavored), and
  - Contains Vitamins A and D, and
  - At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
  - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
  - Less than or equal to 12 fluid ounce serving size
- Non-dairy milk:
  - Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), and
  - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
  - Less than or equal to 5 grams fat per 8 fluid ounces, and
  - Less than or equal to 12 fluid ounce serving size
- Water:
  - No added sweeteners
  - No serving size limit
- Electrolyte Replacement Beverages (HIGH SCHOOLS ONLY):
  - Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
  - OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
  - Water as the first ingredient, and
  - Less than or equal to 16.8 grams added sweetener per 8 fluid ounces, and
  - 10-150 milligrams sodium per 8 fluid ounces, and
  - 10-90 milligrams potassium per 8 fluid ounces, and
  - No added caffeine, and
  - Less than or equal to 20 fluid ounce serving size (no calorie)
  - OR less than or equal to 12 fluid ounces per serving size (low calorie)
- Flavored Water (HIGH SCHOOLS ONLY):
  - Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
  - OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
  - No added sweetener, and

- No added caffeine, and
- Less than or equal to 20 fluid ounce serving size (no calorie)
- OR less than or equal to 12 fluid ounce serving size (low calorie)

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

# Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

## **Implementation Plan:**

The Board of Trustees shall establish and maintain a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that the school sites implement the District's Wellness Policy. Primary operational responsibility for the District's Wellness Policy shall be as follows:

- 1) School principals to ensure that nutrition guidelines for foods available at schools are followed, that any competitive foods sales during the school day meet state and federal regulations, including Nutrition Services approval.
- 2) The Director of Nutrition Services to ensure that all federal, state, and local laws and regulations regarding the child nutrition programs are strictly enforced.

Nutrition Services and the sites club/group advisor maintains information regarding any sale of foods and beverages in fundraisers or other venues outside the District's meal programs.

## **Triennial Assessments:**

At least once every three years, the District will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- 1) The extent to which schools under the jurisdiction of the District are in compliance with the Wellness Policy.
- 2) A description of the process made in attaining the goals of the District's Wellness Policy.

The District Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this Wellness Policy.

The District will actively notify households/families of the availability of the triennial progress report.

**Revisions and Updating the Policy:**

The District Wellness Committee will update or modify the Wellness Policy based on the results of the triennial assessment and/or as District priorities change; community needs change; wellness goals are met; new health science, information and technology emerges; and new federal or state guidance or standards are issued. **The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

**Community Involvement, Outreach and Communications:**

The District is committed to being responsive to community input, which begins with awareness of the Wellness Policy. The District will actively communicate ways in which representatives of the District Wellness Committee and others can participate in the development, implementation and periodic review and update of the Wellness Policy through a variety of means. The District will also inform parents of the improvements that have been made to school meals along with compliance of school meal standards, availability of child nutrition programs and a description of the compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, newsletters, presentations to parents or printed information sent to parents, to ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the District and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

**Staff Wellness:**

The Wellness Coordinator provides all employees with monthly health topics via email and newsletters. Employees enrolled in a District sponsored medical plan also have the opportunity to participate in several wellness programs that provide rewards for participation.

**SJUSD Non Discrimination Statement:**

San Jacinto Unified School District maintains a policy providing equal opportunity for all individuals in District programs and activities. District programs, activities and practices shall be free from unlawful discrimination including discrimination against an individual or group based on race, color, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, prenatal status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression or genetic information; a perception of one or more of these characteristics. If you believe you have been the victim of discrimination or harassment, please contact the Executive Director of Personnel Services, 2045 S. San Jacinto Ave., San Jacinto, CA 92583 (951) 929-7700 Ext. 4236 [ucp@sanjacinto.k12.ca.us](mailto:ucp@sanjacinto.k12.ca.us). Revised 070118



# List of Wellness Committee Members:

Shirley Chavez - Supervisor, Nutrition Services  
Jeannie Duistermars - Supervisor, Culinary Arts  
Juanita Durrett - SJUSD Employee / CSEA Site Rep  
Julia Emerson - Parent  
Susan Mountain - Administrative Secretary, Preschool  
Angela Phalen - Chef Coordinator, Nutrition Services  
John Schouten - Community Member  
David Vollmar - ASB Director, SJLA  
Tammy White - Director, Nutrition Services



# NUTRITION SERVICES

## Request to Conduct Food Fundraising

(On Campus Sales during school hours – from midnight to 30 minutes after dismissal)

School: \_\_\_\_\_ Advisor: \_\_\_\_\_

Today's Date: \_\_\_\_\_ Contact #: \_\_\_\_\_ Club/Group: \_\_\_\_\_

Dates of Fundraiser: \_\_\_\_\_ to \_\_\_\_\_

Description of item(s) being sold:
_____ _____ _____
*Nutrition label and copies of the receipt's for all food or drinks sold, must be keep on file.
Form Received:
_____ Nutrition Services
_____ Date

**ELEMENTARY SCHOOL-FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

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

**Must meet one of the following general food standards:**

- 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)

**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.

**CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.**

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

**ELEMENTARY SCHOOL-BEVERAGE RESTRICTIONS**

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

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**Applies to ALL** beverages sold to students by any entity.  
**Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**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. ≥ 50% juice **and**
  - b. No added sweeteners
  - c. ≤ 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. ≥ 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:
  - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
    - ≥ 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:
  - a. No added sweeteners
  - b. No serving size

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

**ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS**

Reference: *California Code of Regulations* Section 15500

**Student organization** is defined as a group of students that are NOT associated with the curricula or academics of the school or district.  
**Effective** from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the last lunch period** has ended.
4. The food or beverage item **cannot be prepared on campus.**
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

## MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of 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.

**“Snack” foods must meet one of the following general food standards:**

- 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)

**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.

**“Entrée” foods must be intended as the main dish and be a:**

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit or non-fried vegetable, **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

**AND**

A competitive entrée **sold by District/School Food Service the day of or the day after** it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, **and**
- ≤ 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entrée **sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.)** must meet one of the following general food standards:

- 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 meet the following nutrition standards:**

- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **and**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 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.

**CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.**

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

## MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

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

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

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

**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**
  - b. No added sweeteners
  - c. ≤ 12 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. ≥ 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:
  - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **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:
  - a. No added sweeteners
  - b. No serving size limit
5. Electrolyte Replacement Beverages (**HIGH SCHOOLS ONLY**)
  - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
  - b. Water as first ingredient
  - c. ≤ 16.8 grams added sweetener/8 fl. oz.
  - d. 10-150 mg sodium/8 fl. oz.
  - e. 10-90 mg potassium/8 fl. oz.
  - f. No added caffeine
  - g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (**HIGH SCHOOLS ONLY**)
  - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
  - b. No added sweetener
  - c. No added caffeine
  - d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

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

## MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

**Student organization** is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

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

Student organization sales must comply with all food and beverage standards **AND all** of the following:

1. Up to **three categories** of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **pre-approved** by the governing board of the school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **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.

## NON-FOOD REWARD IDEAS

There are many examples of non-food rewards that meet both kids' and the Alliance's approval. Here a few of our favorites:



### CHOOSE A PRIZE

**Pencils** or erasers

**Stickers**

**Books**

**Entering a drawing** or raffle for a bigger prize

**Earning tokens** or points toward a prize



### GET MOVING

**Lead a special physical activity break**

**Host a special event** such as a dance or kite-flying party

**Provide extra recess** or PE time

**Turn on the music** and let students dance for a few minutes

**Give students the opportunity** to lead an activity



### SHAKE UP YOUR ROUTINE

**Let the student choose** a special activity

**Provide a few minutes of extra free time**

**Allow student to select** a special book

**Let student go first for an activity**

**Give a "no homework" pass**

**Host a special dress day** where students can wear hats or pajamas



### SHOW RECOGNITION

**Give out certificates** or ribbons

**Post recognition signs** around the school or on a prominent bulletin board

**Give a shout-out** in the morning announcements

**Call or send a letter** home to a parent

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at [stephanie.joyce@healthiergeneration.org](mailto:stephanie.joyce@healthiergeneration.org).

## Smart Snacks in School Beverage Options

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. The new Smart Snacks in School nutrition standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging—whole grains, fruits and vegetables, leaner protein, low-fat dairy, while limiting foods with too much sugar, fat and salt.

*Smart Snacks in School* lays out targeted, science-based nutrition standards for beverages that reflect current nutrition science and progress being made in States and local communities across the country, as well as through existing voluntary efforts. The new standards allow variation by age group for factors such as portion size and caffeine content. While water is available on an unlimited basis, USDA has established reasonable, age-appropriate portion size standards for all other beverages in order to reinforce the important concepts of moderation and balance in student diets.

### Highlights of the *Smart Snacks in School* nutrition standards include:

- **Healthier beverage options during the school day. All schools are allowed to sell:**
  - Plain water (carbonated or uncarbonated);
  - Unflavored low-fat milk;
  - Flavored or unflavored non-fat milk (and milk alternatives); and
  - 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.
- **Portion sizes based on age.**

Elementary schools may sell up to 8-ounce portions of allowable milk and juice beverages, while middle and high schools may sell up to 12-ounce portions. In high schools, the standards limit the maximum container size to 12-ounces for lower calories beverages and 20 ounces for calorie-free beverages.
- **Additional options for older students.**
  - The new standards provide additional beverage options to high school students, recognizing their increased independence, relative to younger students, and the wide range of beverages available to high school students in the broader marketplace. Beyond water, milk and juice, Smart Snacks in School provides additional calorie-free and lower-calorie beverage options for high school students:
  - Calorie-free beverages, in up to 20-ounce portions; and
  - Lower-calorie beverages with up to 40 calories per 8 ounces or 60 calories per 12 ounces. These may be sold in up to 12 ounce portions.
- **Caffeinated beverages remain an option for high school students.**

The new nutrition standards do not restrict the sale of caffeinated beverages to high school students. USDA encourages school districts to exercise caution when selecting items for sale to their students. USDA will continue to monitor the Food and Drug Administration's (FDA) work on caffeine and will consider revising the nutrition standards in the future as appropriate.

