

# ELEMENTARY SCHOOL RESTRICTIONS

# NON-CHARTER PUBLIC SCHOOLS

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.
- These apply to all foods and beverages sold to students by any entity.
- **Sold** means the exchange of food and beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

## FOODS

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

**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 1/4 cup fruit or vegetable

**AND** must meet all the following nutrition standards:

<p>≤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.</p>	<p>&lt;10% calories from saturated fat, except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo.</p>	<p>≤35% sugar by weight, except fruit**, non-fried vegetables, dried fruit and nut/seed combo.</p>
<p>&lt;0.5 g trans fat per serving. No exceptions.</p>	<p>≤200 mg sodium per item/container. No exceptions.</p>	<p>≤200 calories per item/container. No exceptions.</p>

## 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:

<p>The statement "Diets rich in whole grain foods...and low in total fat... may help reduce the risk of heart disease..."</p>	<b>OR</b>	<p>A whole grain as the first ingredient</p>	<b>OR</b>	<p>A combination of whole grain ingredients comprising at least <b>51%</b> of the total grain weight (manufacturer must verify)</p>	<b>OR</b>	<p>At least <b>51%</b> whole grain by weight</p>
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\*\*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.

## 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.

Icons designed by Freepik, mynamepong, prettycons, and Smashicons from flaticon.com.

## 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 RESTRICTIONS

# NON-CHARTER PUBLIC SCHOOLS

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

## BEVERAGES

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



FRUIT AND/OR  
VEGETABLE JUICE

≥50% juice	No added sweeteners	≤8 fl. oz. serving size
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MILK

Cow's or goat's milk	1% (unflavored), nonfat (flavored, unflavored)	Contains vitamins A & D
≥25% of the calcium daily value per 8 fl. oz.	≤28 grams of total sugar per 8 fl. oz.	≤8 fl. oz. serving size



NON-DAIRY  
MILK

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
≤28 grams of total sugar per 8 fl. oz.	≤5 grams of total sugar per 8 fl. oz.	≤8 fl. oz. serving size



PLAIN OR  
CARBONATED  
WATER

No added sweeteners	No serving size limit
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# MIDDLE/HIGH SCHOOL RESTRICTIONS

# NON-CHARTER PUBLIC SCHOOLS

A **middle/junior high** contains grade 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.
- These apply to all foods and beverages sold to students by any entity.
- **Sold** means the exchange of food and beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

## FOOD

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

**“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 1/4 cup fruit or vegetable

**AND** must meet all the following nutrition standards:

<p>≤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.</p>	<p>&lt;10% calories from saturated fat, except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo.</p>	<p>≤35% sugar by weight, except fruit**, non-fried vegetables, dried fruit and nut/seed combo.</p>
<p>&lt;0.5 g trans fat per serving. No exceptions.</p>	<p>≤200 mg sodium per item/container. No exceptions.</p>	<p>≤200 calories per item/container. No exceptions.</p>

## 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.

**“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	≤35% calories from fat	<0.5 g trans fat per serving
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**“COMPETITIVE ENTRÉES”** sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be intended as the main dish and be a:



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 1/4 cup fruit or vegetable

**AND** must meet all the following nutrition standards:

≤35% calories from fat	<10% calories from saturated fat	≤35% sugar by weight
<0.5 g trans fat per serving	≤480 mg sodium	≤350 calories

\* A whole grain item contains:

<p>The statement “Diets rich in whole grain foods...and low in total fat... may help reduce the risk of heart disease...”</p>	OR	<p>A whole grain as the first ingredient</p>	OR	<p>A combination of whole grain ingredients comprising at least <b>51%</b> of the total grain weight (manufacturer must verify)</p>	OR	<p>At least <b>51%</b> whole grain by weight</p>
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\*\*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.







# MIDDLE/HIGH SCHOOL RESTRICTIONS

# NON-CHARTER PUBLIC SCHOOLS

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

## BEVERAGES

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*

	FRUIT AND/OR VEGETABLE JUICE	≥50% juice	No added sweeteners	≤12 fl. oz. serving size
	MILK	Cow's or goat's milk	1% (unflavored), nonfat (flavored, unflavored)	Contains vitamins A & D
		≥25% of the calcium daily value per 8 fl. oz.	≤28 grams of total sugar per 8 fl. oz.	≤12 fl. oz. serving size
	NON-DAIRY MILK	Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3))	≤28 grams of total sugar per 8 fl. oz.	
		≤5 grams fat per 8 fl. oz.	≤12 fl. oz. serving size	
	PLAIN OR CARBONATED WATER	No added sweeteners	No serving size limit	
	ELECTROLYTE REPLACEMENT BEVERAGE/ SPORTS DRINK <b>HIGH SCHOOLS ONLY</b>	≤5 cal/8 fl. oz. (no calorie) OR ≤40 cal/8 fl. oz. (low calorie)	≤20 fl. oz. serving size (no calorie) OR ≤12 fl. oz. serving size (low calorie)	
		Water is the first ingredient	≤16.8 grams added sweetener/8 fl. oz.	
		10–150 mg sodium/8 fl. oz.	10–90 mg potassium/8 fl. oz.	No added caffeine
	FLAVORED WATER <b>HIGH SCHOOLS ONLY</b>	≤5 cal/8 fl. oz. (no calorie) OR ≤40 cal/8 fl. oz. (low calorie)	≤20 fl. oz. serving size (no calorie) OR ≤12 fl. oz. serving size (low calorie)	
		No added sweeteners	No added caffeine	

## 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.

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## CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

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