



MUSD
Wellness

from
Midnight to
30 Minutes after the



Wellness Policy:

From Midnight to 30 minutes after the bell, we make the healthy choice the easiest choice in school!

- When providing food to a group, new wellness standards mean more fruit and vegetables. Also, food must contain less fat, calories, and sodium.
- This does **NOT** impact individual, **personal** food choices!
- Healthy policies help establish schools as role models for healthy living.
- What kids eat affects how they learn. Nutrition supports student achievement.
- Students who learn to eat well and be physically fit gain skills that will last them a lifetime.
- Children who move more, learn better. Integrate physical activity into the day!
- Studies show that money raised from concessions, fund raising, and vending remains the same.



Healthy Snack

Examples to Share in the Classroom:

- 0.75 oz Whole Grain Baked Goldfish crackers.
- 4 oz Fruit cups packed in juice or gel
- 3.2 oz Fruit Pouches
- 0.87 oz Baked Lays Potato Chips (Barbecue, Original, Sour Cream and Onion).
- 0.87 oz Tostitos Scoops
- 4 oz Yogurt Cups
- 0.84 oz Whole Grain Granola Bars
- Dippin' Stix (Apple or Carrots)
- 0.85 oz Jack Links Beef Jerky
- 1 oz Scooby Doo Cinnamon Graham Sticks
- And more! See the smart snacks calculator at musdnutrition.net





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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.

Applies to ALL foods sold, or exchanged, to students by any entity.

Snacks MUST Meet ALL of the Following Requirements:

- ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies).
- < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo).
- ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo).
- < 0.5 grams trans fat per serving (*no exceptions*).
- ≤ 200 milligrams sodium (*no exceptions*).
- ≤ 200 calories per item/container (*no exceptions*)

AND MUST meet ONE of the following:

- Fruit, vegetable, dairy, protein or whole

grain** item (or have these as the first ingredient), OR

- Be a combination food containing at least 1/4 cup fruit or vegetable.

Entrées MUST be:

- 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.”)
- *If sold on the District / Food Service menu that day or the day after must be:*
 - ≤ 400 calories, AND
 - ≤ 4 grams of fat per 100 calories.
 - < 0.5 grams trans fat per serving.

If NOT on the menu, or sold by anyone other than Food Service:

- ≤ 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

• **AND must meet one of the following:**

- 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 $\frac{1}{4}$ cup fruit or vegetable
- Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
- Whole grain item**
- If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

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

**** 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.

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

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

Fruit or Vegetable juice:

- $\geq 50\%$ juice **and**
- No added sweeteners
- ≤ 12 fl. oz. serving size

Milk:

- Cow's or goat's milk, **and**
- 1% (unflavored), nonfat (flavored, unflavored), **and**
- Contains Vitamins A & D, **and**
- $\geq 25\%$ of the calcium Daily Value per 8 fl. oz, and
- ≤ 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)), **and:**
- ≤ 28 grams of total sugar per 8 fl. oz, **and**
- ≤ 5 grams fat per 8 fl. oz.
- ≤ 12 fl. oz. serving size

• ***Water:***

- No added sweeteners

- No serving size limit
- **No-calorie Electrolyte Replacement:**
 - (NOT ALLOWED IN MIDDLE SCHOOLS)
 - Water as first ingredient
 - ≤ 16.8 grams added sweetener/8 fl. oz.
 - ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - 10-150 mg sodium/8 fl. oz.
 - 10-90 mg potassium/8 fl. oz.
 - No added caffeine
 - ≤ 20 fl. oz. serving size
- **Low-calorie Electrolyte Replacement Beverages**
 - (NOT ALLOWED IN MIDDLE SCHOOLS)
 - Water as first ingredient
 - ≤ 16.8 grams added sweetener/8 fl. oz.
 - ≤ 40 calories/8 fl. oz.
 - 10-150 mg sodium/8 fl. oz.
 - 10-90 mg potassium/8 fl. oz.
 - No added caffeine
 - ≤ 12 fl. oz. serving size

Student Organizations

Applies ONLY to food and beverage sales by student organizations.

- Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
- Food or beverage item(s) must be pre-approved by governing board of school district.
- Only one student organization is allowed to sell each day.
- Food(s) or beverage(s) cannot be prepared on the campus.
- 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.
- 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.

