

Nutrition Guidelines for Foods Sold

In accordance with California Education Code, all foods sold* on campus between the hours of midnight and 30 minutes after school must meet the following guidelines:

- **Be a fruit, vegetable, whole grain, protein, or dairy** (or have one of these as a first ingredient)
- **≤ 200 calories**
- **≤ 200 mg of sodium**
- **≤ 35% calories from fat**
- **< 10% calories from saturated fat**
- **< 0.5 g trans fat**
- **≤ 35% sugar by weight**

To ensure compliance, please visit CaliforniaProjectLean.org and enter the product label's nutrition information into the Competitive Food Standards Calculator.

For beverage and entree requirements visit our website to view the Quick Reference Guide.

www.MurrietaSchoolNutrition.com

*Sold means the exchange of food for money, coupons or vouchers

Food Safety

Foods prepared at home are prohibited from being offered to students. All foods served must be purchased from a reputable commercial facility and contain ingredient labels identifying allergens.

Proper health department permits are required for all facilities serving or selling food on school grounds. For more information contact:

Riverside County Department
of Environmental Health
www.rivcoeh.org
(951) 461-0284

Contact Us

Nutrition Services
41870 McAlby Court
Murrieta, Ca 92562
951-905-8554

Jill Lancaster, RD- ext. 1145
Director, Nutrition Services
Taylor Wolcalle, RD - ext. 1165
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Nutrition Services Supervisor

Visit our website and click on "Wellness" to find healthy resources and to read our district's wellness policy.



www.MurrietaSchoolNutrition.com



Guidelines FOR FOODS ON CAMPUS

Murrieta Valley Unified School District is committed to providing a positive learning environment that supports the health and well-being of students. This brochure provides a brief overview of the federal, state, and district policies that promote a healthy learning environment while encouraging students to establish lifelong, healthy behaviors.

Fundraising

MVUSD believes that foods and beverages used to raise funds should support the health curriculum and promote optimal health. Foods sold or dispersed on campus during the school day or up to 30 minutes after must meet the Nutrition Guidelines for Foods Sold.



Student Organization Food Sales

Per California Code of Regulations Sec. 15501, **only one student organization*** is allowed to sell food or beverages each day with the exception of four designated days out of the year where any and all student organizations may sell food or beverages. These food or beverages sold must still meet the Nutrition Guidelines for Foods Sold and cannot be the same category of foods sold by Nutrition Services (ex. chips, cookies, sports drinks).

**PTA is not considered a Student Organization*

Federal & State Regulations

Code of Federal Regulations

Sections 210.11, 220.12

Education Code

Sections 15501, 15575, 15577, 15578

California Code of Regulations

Sections 15501, 15575, 15577, 15578

California Department of Education

Information on competitive foods

(Foods sold outside of the school breakfast & lunch program) and beverages including definitions, background, compliance, resources, policy guidance, and FAQ.

www.cde.ca.gov/ls/nu/he/compfoods.asp

"School staff will avoid the use of non-nutritious foods as a reward for students academic performance, accomplishment, or classroom behavior".

-Board Policy

In order to minimize food waste, the cafeteria will be notified 48 hours in advance of any events that may impact the participation of the National School Lunch Program.

Classroom Celebrations

The district highly encourages teachers and parents to utilize non-food celebrations for special occasions such as birthdays and holidays. Examples include:

- Handing out pencils or stickers
- Dance party
- Wearing a birthday crown
- Playing a game
- Non-food goodie bags

If food is served it will be after lunch and nutritional content will be taken into consideration.

**Due to the growing number of students with food allergies, please check with your specific school/classroom's policy for foods allowed to be served.*



Advertising

"The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.