



## POWAY UNIFIED SCHOOL DISTRICT FROZEN 100% FRUIT JUICE SLUSHY Frequently Asked Questions



**Q1: Why did the Food and Nutrition Department start selling Frozen 100% Fruit Juice (slushies) to students?**

**A1:** First, the product meets the strict nutritional standards required by Federal and State laws. Second, they are a refreshing and fun frozen treat that students enjoy. Third, they are made with 100% fruit juice, and are dairy-free, gluten-free, fat-free, and cholesterol-free. Fourth, they are an excellent source of fruit that meet the USDA requirements for the fruit component of the school meals program.

**Q2: What is the difference between ICEE, Slurpee, and Slushy?**

**A2:** The **ICEE** was invented in the late 1950s by a Kansas Dairy Queen owner who accidentally froze a bottle of soda. The **Slurpee** (ICEE descendant) is the brand name for a frozen carbonated beverage sold at 7-Eleven stores. The “**slushy**” or “**slushie**” sold by Food and Nutrition is a frozen 100% fruit juice beverage.

**Q3: Are slushies a healthy option for students?**

**A3: Yes.** Juice Alive 100% fruit juice satisfies the Alliance for a Healthier Generation (founded by the American Heart Association) guidelines for healthy beverages. The 100% juice is compliant with Federal, State, and District nutrition standards and fortified with Vitamins A, C, and D. It contains no added sugar, high fructose corn syrup, artificial sweeteners, gluten, fat, or cholesterol. From a nutrition perspective, the beverage is no different from liquid 100% orange juice, apple juice, or other fruit juices.

**Q4: When did Poway Food and Nutrition Department start serving Slushies?**

**A4:** From 2006 to 2009, the F&N Department sold frozen 100% fruit juice slushies at all middle and high schools. There were no complaints from school site staff. Poway discontinued the product in 2009 because Senate Bill 965 set new nutrition standards for beverages and the company went out of business. The product was reintroduced in the District on March 13, 2018, and is a favorite beverage for most students.

**Q5: Will slushie juice cause pests to eat through trash can liners?**

**A5:** There is no evidence that pests prefer 100% fruit juice over other discarded garbage in trash cans. Studies continue to indicate that most pests prefer cheese, peanut butter and bacon rather than 100% fruit juice. The custodian at the school site that made the allegation disputes the claim and stated that pests eating through trash bags were a “**pre-existing condition**” that started before slushies were introduced on 3/13/2018.

**Q6: Do slushies disrupt after-school programs and conflict with ASES snacks?**

**A6: No.** The 100% fruit juice slush complements, rather than conflicts with, ASES snacks because they are compliant with USDA afterschool snack components. Food and Nutrition offers nutritious afterschool snacks and beverages, include juice slushies, at just two (2) of twelve (12) secondary schools. This service has been ongoing all year and was started because hungry/thirsty students requested healthy snacks to last until they got home. Moreover, the majority of students who use the service are not in the ASES program.

**Q7: What is the facility impact if students sneak slushies into classrooms?**

**A7: None,** if students are prohibited from taking food in the classroom. Some school sites do not allow foods/beverages in classrooms. In addition, allowing students adequate time to eat by scheduling meal periods consistent with AR 5030 (Student Wellness) would also be helpful.



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- Q8: Who will supervise students who purchase slushies, French fries, and other snacks, and eat without supervision?**
- A8:** The Food and Nutrition Department serves afterschool snacks at just two (2) of twelve (12) secondary schools. The entire process takes about 10-15 minutes and the majority of students are heading home and do not need supervision. There were no known complaints until the very popular frozen 100% fruit juice was introduced on 3/13/2018. Incidentally, the F&N Department serves baked potato wedges rather than French fries.
- Q9: Did Student Stores and school sites ever sell Slushies for fundraising?**
- A9:** **Yes.** Student stores and school sites sold Kona Ice, Jamba Juice, and similar smoothies and slushies for fundraisers for many years until a CDE audit finding stopped such sales. During 2015, Board AP 6.62.4 provided Competitive Food and Beverage Sales guidelines. There were zero complaints when student stores and school sites sold these items for fundraisers.
- Q10: Where does the District get the Juice Alive product?**
- A10:** The product is produced by Trident Beverage, which was created in 2004 to meet the growing nutritional demands of child nutrition programs. The company provides product to thousands of schools, day cares, restaurants, and other food venues throughout the United States.
- Q11: What is the difference between a Smoothie and a Slushy?**
- A11:** The main difference is a smoothie has the consistency of a milkshake and is thicker than slushy drinks. A smoothie is usually a blended beverage with yogurt or milk, fruits, and juices. A slushy is more ice-based, consisting of reconstituted 100% fruit juice that is frozen to the desired consistency.
- Q12: What makes Slushies taste so good without added sugar/artificial sweeteners?**
- A12:** The juice blend consists of pineapple and white grape juice, which are naturally sweet, rather than added sugar or artificial sweeteners. The 100% frozen fruit juice is also dairy-free, gluten-free, fat-free, and cholesterol-free.
- Q13: What do custodians think and say about the new Slushy beverage?**
- A13:** Custodians shared the following comments with F&N supervisors: More plastic drink containers but less recycled aluminum cans. The dome lids take up more space in trash cans. Slushies are not the worst food/beverages thrown away in trash containers. Custodians are here to empty trash containers and make sure the entire campus is clean. One custodian has a daughter in middle school who likes slushies so much that he gives her money every day to make a purchase.
- Q14: Will Slushies cause stains on the concrete and restroom tile?**
- A14:** If slushy juice (or any juice) remains on porous surfaces for an extended period of time, the soiled area will be harder to clean up. Spills that are cleaned immediately can easily be cleaned by using the appropriate cleaning solvents. This applies to all stains, including those from slushies and other food/beverage items.