Guidelines for Food Fundraisers

Which best describes your organization?

PTA

- *Fundraising opportunities are unlimited per each school year.*
- *All foods sold on campus must meet California Smart Snack in Schools Nutrition Guidelines.*
- *Useful tools to determine compliance are California Smart Snack in Schools Nutrition calculator, Getting the Facts Straight Nutrition Label Guidance, and Quick Reference Card*

Student Organizations

A student organization may be permitted to sell foods and beverages on the school campus after the close of the regularly scheduled mid-day food service period if the organization meets all of the following:

ELEMENTARY SCHOOL:
***Effective** during school hours.*
***Applies** to food and beverage sales by student organizations.*
*Student organization sales must meet **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 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:
***Effective** during or after school hours.*
***Applies** ONLY to food and beverage sales by student organizations.*

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 governing board of school district.*
3. *Only **one student organization** may be allowed to sell each day.*
4. *Food(s) or beverage(s) **cannot** be **prepared on the 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.*

Getting the **Facts** Straight
Elementary Schools

Calories

Check here to be sure the calories are within the appropriate limits: ≤ **200** calories per food Item.

Saturated Fat

Less than **10%** of total calories should come from saturated fat, but the label lists saturated fat in grams. A simple trick for converting grams to calories is to remember that 1 gram of fat contains 9 calories.

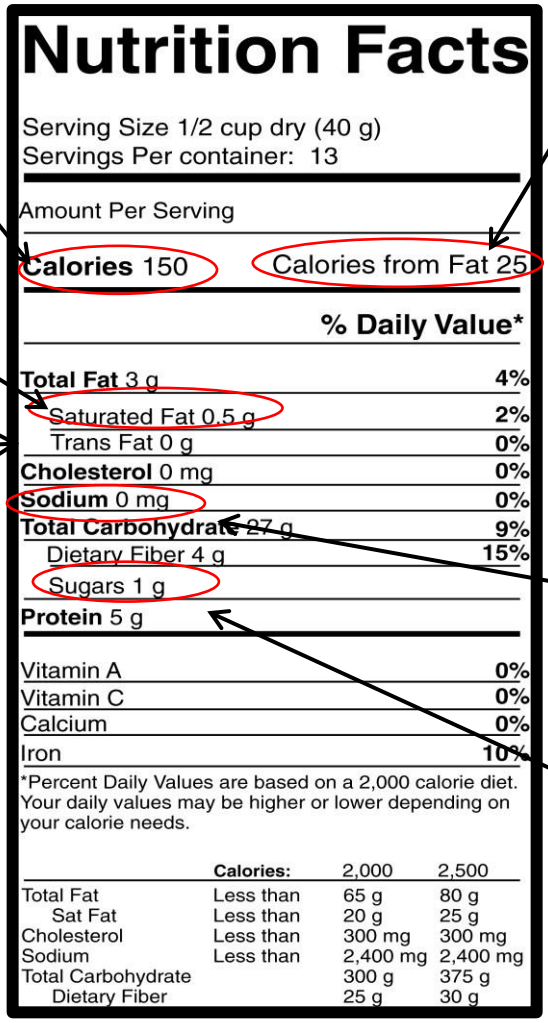
Grams saturated fat × calories per gram = calories from saturated fat.

0.5 × 9 = 4.5 calories

But now we need to know if that is 10% or less of the total calories:

(Calories from saturated fat÷ total calories) × 100 = % calories from saturated fat.

(4.5/150) × 100 = 3% calories from saturated fat.



Nutrition Facts

Serving Size 1/2 cup dry (40 g)
Servings Per container: 13

Amount Per Serving

Calories 150 | Calories from Fat 25

% Daily Value*

Total Fat 3 g — 4%
Saturated Fat 0.5 g — 2%
Trans Fat 0 g — 0%
Cholesterol 0 mg — 0%
Sodium 0 mg — 0%
Total Carbohydrate 27 g — 9%
Dietary Fiber 4 g — 15%
Sugars 1 g
Protein 5 g

Vitamin A — 0%
Vitamin C — 0%
Calcium — 0%
Iron — 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories from Fat

No more than **35%** of calories should be from fat. So how do we figure this out? The equation goes like this: calories from fat/total calories

25 ÷ 150 = 0.17

To form a percent, we multiply this number by 100

0.17 × 100 = 17

This means that 17% of the calories are from fat.

Sodium

The sodium should be ≤ **200** mg.

Sugars

Item should be no more than **35%** sugar by weight.

(Grams of sugar ÷ grams per serving) × 100 = % sugar by weight.

(1÷40) × 100 = 2.5% sugar by weight.

Trans Fat

All food items should have no more than **0.5** grams of trans fat per serving.

What about Whole Grains?

Check that meals and snacks are whole grain by scanning the ingredient list. The first item should be some type of **whole grain**, such as whole wheat flour.

Getting the **Facts** Straight
Middle Schools and High Schools

Calories

Check here to be sure the calories are within the appropriate limits: ≤ **350** calories if the food is meant for an **entrée**, ≤ **200** calories if it is meant for a **snack**.

Saturated Fat

Less than **10%** of total calories should come from saturated fat, but the label lists saturated fat in grams. A simple trick for converting grams to calories is to remember that 1 gram of fat contains 9 calories.

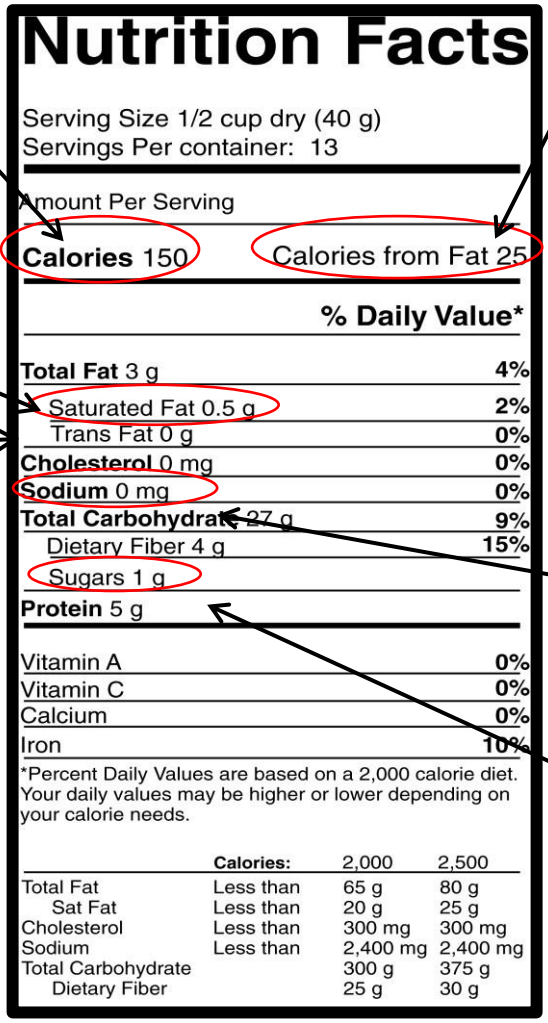
Grams saturated fat × calories per gram = calories from saturated fat.

0.5 × 9 = 4.5 calories

But now we need to know if that is 10% or less of the total calories:

(Calories from saturated fat÷ total calories) × 100 = % calories from saturated fat.

(4.5/150) × 100 = 3% calories from saturated fat.



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Saturated Fat 0.5 g	2%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 27 g	9%
Dietary Fiber 4 g	15%
Sugars 1 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
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Calories from Fat

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25 ÷ 150 = 0.17

To form a percent, we multiply this number by 100

0.17 × 100 = 17

This means that 17% of the calories are from fat.

Sodium

For **entrees**, the sodium should be ≤ **480** mg and for **snacks** it should be ≤ **200** mg.

Sugars

Item should be no more than **35%** sugar by weight.

(Grams of sugar ÷ grams per serving) × 100 = % sugar by weight.

(1÷40) × 100 = 2.5% sugar by weight.

Trans Fat

All food items should have no more than **0.5** grams of trans fat per serving.

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Getting the **Facts** Straight
Beverages

Flavored Water

(SECONDARY ONLY) must be:

a. ≤ 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)

Electrolyte Replacement Beverages

(HIGH SCHOOL ONLY) must be:

a. ≤ 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)

Milk must be:

a. Cow's milk and
b. 1% (unflavored), nonfat (flavored, unflavored) and
c. Contains Vitamins A & D and
d. ≥25 % calcium Daily Value per 8 fl.oz and
e. ≤28 grams of total sugar per 8 fl. oz
f. ≤12 fl. oz serving size (SECONDARY) ≤8 fl. oz serving size (ELEMENTARY)

Fruit/Vegetable Juice must be:

a. ≥ 50% Juice and
b. **NO** added sweetners
c. ≤12 fl. ounces (SECONDARY) ≤8 fl. ounces

Water must be:

a. NO added sweeteners
b. No serving size limit

All beverages must be caffeine-free