

San Lorenzo Valley Unified School District

Toolkit for a Healthy School Environment



Student Nutrition Services
www.slvusdcafe.com

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1.0 INTRODUCTION

INTRODUCTION

The *Toolkit for a Healthy School Environment* has been developed to help school sites implement the San Lorenzo Valley Unified School District Wellness Policy. This toolkit provides guidelines for improving the foods and beverages offered and sold on SLVUSD school campuses in an effort to combat the rising rates of obesity.

The information includes, but is not limited to, Board Policy 5030, legislation regarding food and beverages that can be sold or served at schools, and fundraising ideas. A parent newsletter has been drafted that schools may use to inform the parents/guardians of the changes that will help improve the health and well-being of our children.

2.0 BOARD POLICY

Student Wellness

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The board is committed to providing an environment in which students can learn to make healthful food choice. The Board recognizes that the food on campus is an important complement to the nutritional responsibilities of parents and guardians. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

Research shows that good nutrition increases student academic achievement. Studies also indicate a connection between physical activity and increased levels of alertness and mental function. Increased participation in the district breakfast and lunch programs provides a nutritional benefit to children along with increased revenue to the district. By improving children's knowledge, attitudes, and behaviors related to healthy eating and physical activity and by creating environments in which practicing these behaviors is both easy and encouraged, children will develop life-long healthy habits improving the quality of their lives.

- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 3555 - Nutrition Program Compliance)
- (cf. 5131.6 - Alcohol and Other Drugs)
- (cf. 5131.61 - Drug Testing)
- (cf. 5131.62 - Tobacco)
- (cf. 5131.63 - Steroids)
- (cf. 5141 - Health Care and Emergencies)
- (cf. 5141.22 - Infectious Diseases)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5141.32 - Health Screening for School Entry)
- (cf. 5141.6 - School Health Services)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 - Guidance/Counseling Services)

Wellness Committee

- (cf. 1100 - Communication with the Public)
- (cf. 1112 - Media Relations)
- (cf. 1113 - District and School Web Sites)
- (cf. 1114 - District-Sponsored Social Media)
- (cf. 6020 - Parent Involvement)

The Superintendent or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

Student Wellness

To fulfill the requirements, the Superintendent or designee may appoint a school wellness council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The superintendent or designee, with the assistance of the Wellness Committee, will establish a plan for measuring implementation of this Student Wellness Policy.

Wellness Committee duties shall include the examination of related research and laws, assessment of the student needs, and the review of existing policies. In raising awareness about student health issues, the committee may survey parents, conduct forums, or collaborate with community agencies.

Nutrition and Physical Activity

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular education program. Nutrition education also may be offered through before – and after-school programs.

(cf. 5148.2 - Before/After School Programs)

(cf. 6142.8 - Comprehensive Health Education)

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, free giveaways, or other means.

(cf. 1325 - Advertising and Promotion)

Student Wellness

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, and other structured and unstructured activities.

The Board will provide a physical education program which builds interest and proficiency in movement skills and leads to students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities will teach students how to cooperate in the achievement of common goals.

(cf. 5142.2 - Safe Routes to School Program)

(cf. 6142.7 - Physical Education and Activity)

(cf. 6145 - Extracurricular and Co-curricular Activities)

(cf. 6145.2 - Athletic Competition)

Goals for Physical Education and Physical Activity

Schools will provide all students in grade K-12 the opportunity, support, and encouragement to be physical active on a regular basis through physical education instruction and physical activity programs.

Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic program, extracurricular programs, before and after school programs, and other structured and unstructured activities.

Physical activity refers to being physically active and may include structured activity (games, sports, etc.), unstructured activity (walking programs, dances, etc.), or opportunities to participate in physical activity in the daily routine.

Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.

Minimum Requirements for Physical Educations

All K-12 Students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction and designated (Education Code 51210, 51222, and 51223.)

- A minimum of 200 minutes for every 10 school days for elementary students in grade 1-6.
- A minimum of 400 minutes for every 10 school days for middle/junior high school and high school students in grades 7-12.

Student Wellness

The Board may enter into a joint use agreement to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts parent/guardian meetings, district and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the District's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible.

The superintendent or designee shall provide access to free; potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage student's consumption of water by educating them about the health benefits of water in an appealing manner.

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)(cf. 3554 - Other Food Sales)

(cf. 5141.27 - Food Allergies/Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

(cf. 3552 - Summer Meal Program)

(cf. 3553 - Free and Reduced Price Meals)

Student Wellness

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall report to the board annually on the implementation and effectiveness of this policy.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the US Department of Agriculture, and a description of the progress made in attaining the goals of the Wellness Policy 42USC 1758b.

To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula by grade level
2. Number of minutes of physical education instruction offered at each grade.
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals
7. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
8. Any other indicators recommended by the Superintendent and approved by the Board

Student Wellness

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Legal Reference:

EDUCATION CODE

- 33350-33354 CDE responsibilities re: physical education
- 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
- 49490-49494 School breakfast and lunch programs
- 49500-49505 School meals
- 49510-49520 Nutrition
- 49530-49536 Child Nutrition Act
- 49540-49546 Child care food program
- 49547-49548.3 Comprehensive nutrition services
- 49550-49561 Meals for needy students
- 49565-49565.8 California Fresh Start pilot program
- 49570 National School Lunch Act
- 51210 Course of study, grades 1-6
- 51220 Course of study, grades 7-12
- 51222 Physical education
- 51223 Physical education, elementary schools
- 51795-51796.5 School instructional gardens
- 51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5

- 15500-15501 Food sales by student organizations
- 15510 Mandatory meals for needy students
- 15530-15535 Nutrition education
- 15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

- 1751-1769 National School Lunch Program, especially:
- 1758b Local wellness policy
- 1771-1791 Child Nutrition Act, especially:
- 1773 School Breakfast Program
- 1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

- 210.1-210.31 National School Lunch Program
- 220.1-220.23 National School Breakfast Program

COURT DECISIONS

- Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781
- Management Resources:

CSBA PUBLICATIONS

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten through Grade Twelve, 2009
Health Framework for California Public Schools, Kindergarten through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATION

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005
Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Policy:

San Lorenzo VALLEY UNIFIED SCHOOL DISTRICT

Revised & adopted:

July 9, 2014 Ben Lomond, California

3.0 LEGISLATION

QUICK REFERENCE CARDS, PAGE 1

START HERE, and then continue clockwise.

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

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

An **elementary school** contains no grade higher than grade 6. **Effective** from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods are:

1. Can ONLY be a:
 - a. Fruit
 - b. Non-fried vegetable
 - c. Dairy food
 - d. Nuts, Seeds, legumes, Eggs , Cheese (allowable protein foods)
 - e. Whole grain item

AND
2. Must meet the following:
 1. ≤ 35% calories from fat (except nuts, nut butters, seeds, eggs, cheese packaged for individual sale, legumes), **and**
 - b. ≤ 10% calories from saturated fat (except eggs, cheese), **and**
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies), **and**
 - d. < 0 grams trans-fat per serving (no exceptions), **and**
 - e. < 230 milligrams sodium (no exceptions), and
 - f. ≤ 175 calories per item/container (no exceptions)

-----OR-----

1. Meet the nutrient standards in #2 above
- AND
2. Be a full meal that meets the USDA school meal pattern
- AND
3. Each food in the meal must:
 - a. Be a fruit, non-fried veggie, dairy, protein, or whole grain item, or
 - b. Contain ≥ 10% DV for calcium, potassium, Vit D, or dietary fiber, or
 - c. Be a combo food containing ¼ cup of fruit or non-fried vegetable

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.

3. Whole grain:
 - a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
 - b. The first listed grain ingredient is whole grain, **or**
 - c. A combination of whole grain ingredients is at least 51% of the total grain weight (manufacturer must verify), **or**
 - d. The weight of the whole grain must be at least 51% of the total grain weight of the product.

Non-compliant foods may be sold from one-half hour after school.

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* section 210.10, 210.11, 220.8, and 220-12.

An **elementary school** contains no grade higher than grade 6. **Effective** from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant beverages are:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 8 fl. Oz. serving size
2. Milk:
 - a. Cow’s or goat’s milk, **and**
 - b. 1%, (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz, **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
 - a. 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, and
 - b. ≤28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

References: *California Code of Regulations* Section 15500

Effective during school hours

Applies to food and beverage sales by student organization.

Student Organization sales must be **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 sales 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 the school during the same school day

START HERE, and then continue clockwise.**MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS**

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

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods must meet the following criteria:

1. **“Snack”** food items must be:
 - a. \leq 35% calories from fat (except nuts, nut butters, seeds, eggs, cheese packaged for individual sale, legumes), **and**
 - b. \leq 10% calories from saturated fat (except eggs, cheese), **and**
 - c. \leq 35% sugar by weight (except fruit*, non-fried veggies), **and**
 - d. $<$ 0 grams trans-fat per serving (no exceptions), **and**
 - e. \leq 230 milligrams sodium (no exceptions), and
 - f. \leq 200 calories per item/container (no exceptions)
2. **“Entrée”** food items must be:
 - a. Meat/meal alternate and whole grain rich food; or
 - b. Fruit or non-fried vegetable and meat/meat alternate; or
 - c. Meat/meal alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks, and
 - d. \leq 35% calories from fat, and
 - e. \leq 10% calories from saturated fat, and
 - f. \leq 35% sugar by weight, and
 - g. \leq 0.5 grams trans-fat per serving, and
 - h. \leq 480 milligrams sodium, and
 - i. \leq 350 calories

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

Non-compliant foods may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* section 210.10, 210.11, 220.8, and 220-12.

A **middle/junior high** contains grades 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 school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus

Compliant beverages are:

(all 12 oz. serving sizes except where stated)

1. Fruit or Vegetable juice:
 - a. \geq 50% juice **and**
 - b. No added sweeteners
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1%, (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. \geq 28 grams of total sugar per 8 fl. oz.
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **and**
 - b. \leq 28 grams of total sugar per 8 fl. oz., **and**
 - c. \leq 5 grams fat per 8 fl. oz.
4. Water:
 - a. No added sweeteners
 - b. No serving size
5. Other Non-calorie Beverages (NOT ALLOWED IN MIDDLE SCHOOL)
 - a. Water as first ingredient
 - b. \leq 16.8 grams added sweetener/ 8 fl. oz.
 - c. \leq 5 calories/8 fl. oz. (or \leq 10 Cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz., 10-90 mg K+/8 fl. oz.
 - e. No added caffeine
 - f. \leq 20 fl. oz. serving size
6. Other Low-calorie Beverages (NOT ALLOWED IN MIDDLESCHOOL)
 - a. Water as first ingredient
 - b. \leq 16.8 grams added sweeteners/8 fl. oz.
 - c. \leq 40 calories/8 fl. oz.
 - d. 10-150 mg Na+/8 fl. oz., 10-90 mg K+/8 fl. oz.
 - e. No added caffeine

Non-compliant beverages may be sold from one-half hour after school.

MIDDLE/HIGH SCHOOL – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15576

Effective during or after school hours

Applies ONLY to food and beverages 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.

In addition to one student organization sale each day, **at least 16 student organizations** may sell on the **same four designated days** per year. School administration may set these dates.

Nutrition Standards for SY 2014-15

Please note that regulations are continually being reviewed and changes can occur at any time during the school year. Nutrition Services will update the following information as changes in regulations transpire and post the most up-to-date information as possible on the district website.

School Breakfast Program (SBP)

Offer vs. Serve (OVS) at Breakfast

At breakfast, schools must offer students all three required food components in at least the minimum required amounts. The components at breakfast are: grains (with optional meats/meat alternates allowed); juice/fruit/vegetable; and milk. Under OVS, Student Nutrition Services must offer at least four food items and one item must be 1 cup of fruit. The student must select at least three food items.

NEW for SY 2014-2015: students are required to take a minimum of ½ cup of fruit or vegetable for OVS.

National School Lunch Program (NSLP)

Offer vs. Serve (OVS) at Lunch

At lunch, schools must offer students all five required food components in at least the minimum required amounts. The components at lunch are: meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable component.

Currently, Student Nutrition Services surpasses all the 2014-15 SY minimum requirements for both the NSLP and SBP in meeting the following: Specific calorie ranges, saturated fat limits, sodium targets, zero grams trans-fat per portion, ensuring all grains are whole-grain rich, as well as fruit, vegetable, meat/meat alternate, and milk requirements.

Smart Snacks

The Smart Snacks in School standards recently published by the USDA will build on the NSLP and SBP's healthy advancements by ensuring that all other snack foods and beverages available for sale to students in school are tasty and nutritious.

These new rules, effective July 1, 2014, apply to all foods and beverages SOLD on campus or on district property during the school day including:

- A la Carte items
- Homemade/Scratch Foods
- All foods sold in vending machines
- School Stores
- Fundraisers
- Concessions
- ANY sold food or beverage
-

Smart Snack nutritional guidelines do not apply to food brought into the school by parents, community members, or other groups if that food is provided and NOT SOLD to students.

Please refer to the information below regarding nutritional standards for meals/snacks and beverages sold to students in a school setting.

Non-Competition Rules

The new regulations include information on “Competitive Food Service”. The definition is explained as: **No food or beverage service shall be allowed that is not part of the district’s nonprofit, federally reimbursed, food service program. Any school approved organizations or outside vendors shall not operate in competition with the district’s food service program and shall be closed from midnight to 30 minutes after the end of the official school day for all grade levels.**

NEW for SY 2014-2015: All groups and organizations, such as PTO’s, school stores, and school event concessions will NOT be allowed to sell food to students until at least 30 minutes after the end of the regular school day.

School Fundraisers:

While the District permits student groups and clubs to participate in fund raising activities, fund raisers that sell food and/or beverages on school grounds must meet the appropriate nutritional guidelines and comply with the non-competition rules. Although not encouraged, cookie dough and chocolate bar sales can continue if sold off-campus.

NEW for SY 2014-2015: Common fundraisers such as after-school popcorn and candy sales to students do not meet the new nutritional requirements and therefore must be discontinued.

Please remember...

- Food items that meet nutrition requirements are not limited.
- The “Smart Snacks” standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- Non-food fundraisers can be done at any time! There are some great ideas that do not involve selling food at all!
 - Sell gift wrap
 - Sell apparel with school branding
 - Sell flowers for holidays
 - Host a student talent show or craft fair
 - Organize a school carnival
 - Have classes compete in a penny war competition
 - Publish a cookbook with healthy recipes

Nutrition Standards for All Foods SOLD in Schools:

Effective July 1st, 2014, any food sold in school must have at least one of the following:

- Be a “whole grain rich” grain product (contains 50% or more whole grains by weight) or
- Have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy or protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or dietary fiber.

Exceptions to the Standard:

- Fresh fruits and vegetables with no added ingredients except water
- Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup.
- Canned vegetables with no added ingredients except water.

Food must also meet several nutrient requirements:

Calorie limits:

Snack items: ≤ 200 calories; ≤ 230 mg sodium

Entrée items: ≤ 350 calories; ≤ 480 mg sodium

Fat limits:

Total fat: $\leq 35\%$ of calories; Saturated fat: $< 10\%$ of calories

Trans fat: zero grams; Sugar limit: $\leq 35\%$ of weight from total sugars in foods

Accompaniments:

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Condiments:

The nutritional value of condiments added by students after the point of sale is not included in the nutrient profile of the food item.

Nutrition Standards for All Beverages SOLD in Schools:

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored and flavored fat free milk and milk alternatives permitted by the NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water and no added sweeteners.

Portion Size:

- Elementary schools may sell up to 8-ounce portions of milk and juice
- Middle and high schools may sell up to 12-ounce portions of milk and juice.
- There is no portion size limit for plain water.

For high school students, the standards allow additional items:

- “No calorie” and “lower calorie” beverage options for high school students.
- No more than 20-oz portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-oz portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

In addition, state law prohibits schools from “making available” to students any food or beverages that contain any amount of industrially produced trans-fat. This applies to all food and beverages available on school grounds during the school day and extended school day, including classroom parties and before and after-school clubs.

Schools are encouraged to offer nutritious choices along with other snack foods at classroom parties and before or after-school activities. Home-made baked goods will not be served to students during the school day or at after-school student activities. Parents are encouraged to provide sealed, store-bought baked goods or other trans-fat free items for classroom celebrations and snack time.

The District’s nutrition services program complies with all federal, state and local requirements. All food items purchased from Food Services for student activities will be trans-fat free.

Highlights: Healthy, Hunger Free Kids Act 2010

Child Nutrition Reauthorization 2010

What's in the bill:

The Healthy, Hunger Free Kids Act takes several steps forward to ensure that low-income children can participate in child nutrition programs and receive the meals they need, including:

- Expanding the Afterschool Meal Program to all 50 states;
- Supporting improvements to direct certification for school meals and other strategies to reduce red tape in helping children obtain school meals;
- Allowing state WIC agencies the option to certify children for up to one year;
- Mandating WIC electronic benefit transfer (EBT) implementation nationwide by October 1, 2020;
- Improving area eligibility rules so more family child care homes can use the CACFP program;
- Enhancing the nutritional quality of food served in school-based and preschool settings; and
- Making “competitive foods” offered or sold in schools more nutritious.

HIGHLIGHTS OF THE BILL

Out-of-School Time Provisions

- **Expands the Afterschool Meal Program (through the Child and Adult Care Food Program) to all states.** The program currently is available in only 13 states (Connecticut, Delaware, Illinois, Maryland, Michigan, Missouri, Nevada, New York, Oregon, Pennsylvania, Vermont, West Virginia, and Wisconsin) and the District of Columbia.
- **Requires school food authorities to coordinate with Summer Food sponsors** on developing and distributing Summer Food outreach materials.
- **Eliminates the requirement that private nonprofit Summer Food sponsors** serve no more than 25 sites with any more 300 children at any of the sites unless the sponsor receives a waiver.
- **Extends the California year-round Summer Food pilot** until 2015 (the length of the reauthorization).
- **Authorizes \$20 million dollars for Summer Food Support grants** for sponsors to establish and maintain programs

School Nutrition Program Provisions

Supports new paperless options for universal meal service.

- Creates a new option that will allow schools in high-poverty areas to offer free meals to all students without collecting paper applications, which will expand access to more children and reduce administrative burdens on schools. The reimbursement levels will be based on the level of direct certification in each school building.
- Establishes a demonstration project to use census data to determine eligibility rates in school districts with high concentrations of low-income children.
- Establishes a three-year demonstration project in up to three school districts to use community survey data to establish eligibility rates in schools instead of paper applications.

Improves direct certification.

- Eliminates the “letter method,” which requires families to return a letter to the school to establish eligibility.
- Establishes a demonstration project to test and implement the use of Medicaid for direct certification.
- Sets performance benchmarks for direct certification and provides incentive bonuses to states that show improvement.
- Makes foster children automatically eligible for free meals, eliminating the need to complete paper applications for school meal benefits.

Enhances school nutrition quality.

- Adds a six cent performance-based increase in the federal reimbursement rate for school lunches (six cents per meal) for schools that meet forthcoming updated nutrition standards for breakfast and lunch.
- Gives the Secretary of Agriculture the authority to establish national nutrition standards for all foods sold on the school campus throughout the school day.
- Directs the U.S. Department of Agriculture (USDA) to develop model product specifications for USDA commodity foods used in school meals.
- Provides \$5 million annually in mandatory funding for farm-to-school programs starting October 1, 2012.
- Strengthens Local School Wellness Policies by updating the requirements of the policies, and requiring opportunities for public input, transparency, and an implementation plan.
- Allows only lower-fat milk options to be served, as recommended in the Dietary Guidelines.
- Ensures that water is available free of charge during the meal service.

Authorizes grants for expansion of School Breakfast Programs

- Subject to available appropriations, grants could be used to establish or expand school breakfast programs, with priority going to schools with 75 percent free and reduced-price eligible students.

Includes new school food financing provisions.

- Directs the Secretary of Agriculture to provide guidance on allowable charges to school food service accounts to prevent inappropriate school expenses that are not related to the school meal programs from draining school meal resources.
- Requires a review of local policies on meal charges and the provision of alternate meals (i.e. cold cheese sandwich) to children who are without funds to purchase a meal.
- Requires school districts to gradually increase their “paid” lunch charges until the revenue per lunch matches the federal free reimbursement level. This is a significant change in public policy which likely will result in decreased participation, especially among children whose household income is between 186 and 250 percent of poverty. If these families and higher-income families stop participating in the program it will create the perception that the program is only for “poor” children, causing more children to drop out. Decreases in student participation could cause schools to stop participating in the school meal programs all together.

4.0

**CALCULATE PERCENTAGE
OF TOTAL CALORIES
FROM FAT**

How to Calculate Percentage of Total Calories from Fat and Saturated Fat

1 Fat: 1 gram of fat contains 9 calories

To obtain the number of calories from fat, multiply the grams of fat by 9.

Divide the number of calories from fat by the total number of calories in the food item.

2 Saturated fat:

To obtain the number of calories from saturated fat, multiply the grams of saturated fat by 9.

Divide the number of calories from saturated fat by the total number of calories in the food item.

EXAMPLE:

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Serving Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	6%
*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 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Total Calories = 90
 Total Fat grams = 3
 Total saturated = 0

Fat:

$$3 \times 9 = 27 \text{ fat calories}$$

$$27/90 = \mathbf{30\% \text{ total calories from fat}}$$

Saturated Fat:

$$0 \times 9 = 0 \text{ saturated fat calorie}$$

$$0/90 = \mathbf{0\% \text{ calories from saturated fat}}$$

5.0

CALCULATE PERCENTAGE OF SUGAR CONTENT

How to Calculate Percentage of Sugar content by Weight

1) Sugar:

Divide the number of grams of sugar by the total weight of the food in grams

EXAMPLE:

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Serving Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugar 3g	
Protein 3g	6%
*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 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Total Sugar in grams = 3

Total weight in grams = 114

Sugar:

$3/114 = 2.6\%$ sugar by volume

6.0

FUNDRAISING IDEAS

Creative Financing & Fun Fundraising Ideas

Things to Do

Art show
Auction
Bike-a-thons
Bowl-a-thon
Carnivals (Halloween)
Car wash
Craft sales
Dances (Sadie Hawkins)
Family/glamour portraits

Festivals
Fun runs
Gift wrapping
Golf tournament
Hoop-a-thon
Jump-rope-a-thon
Magic show
Read-a-thon
Recycling cans/bottle/paper

Science fairs
Singing telegrams
Skate night/skate-a-thon
Talent shows
Tennis competition
Treasure or scavenger hunt
Walk-a-thon
Workshops/classes

Things You Can Sell

Balloons
Bath accessories
Flashlights
Books
Brick/stone/tile memorials
Bumper stickers
Buttons, pins
Calendars
Christmas ornaments
Christmas trees
Cookbooks
Coupon books
Magazine subscriptions
Flowers, bulbs
Foot warmers

Football seats
Giant coloring books
Gift baskets
Gift certificates
Gift items
Gift wrap, boxes, bags
Greeting cards
Hats and jewelry
Holiday wreaths
House decorations
Key chains
Coffee mugs
Student directories
Stuffed animals
Music

Newspaper space
Pocket calendars
Scarves
School art drawings
School Frisbees
School spirit gear
Scratch-off cards
Souvenir cups
Spirit/seasonal flags
Stadium pillows
Stationary
Emergency kits for cars
T-shirts, sweatshirts
Yearbook covers
Pet treats/accessories
Plants

Creative Financing & Fun Fundraising Ideas Continued

Healthy Food Items

Fruit smoothies
Fruit & nut baskets
Frozen bananas
Trail mix
Lunch box auctions

Activities that Support Academics

Read-a-thon
Science fair
Spelling bee

Things that Promote the School

Bumper stickers
Cookbooks made by the school

T-shirts/sweatshirts
Calendar

7.0

HEALTHY FOOD IDEAS FOR HOME AND SCHOOL CELEBRATIONS



Healthy Food Ideas



- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit Smoothies (blend berries, bananas, and pineapple)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese, or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds

Please check with Student Nutrition Services before scheduling any food related events to ensure compliancy with the new State and Federal regulations. Student Nutrition Services can be reached at (831) 335-5384.

8.0

NON-FOOD

CLASSROOM REWARDS

Constructive Classroom Rewards: Promoting Good Habits While Protecting Children’s Health

Rewarding children in the classroom does not need to involve candy and other foods that can undermine children’s diets and health and reinforce unhealthful eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children’s behavior and academic performance.

Examples of beneficial (and inexpensive) rewards for children¹

- **Social rewards**

“Social rewards,” which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child’s worth as a person.

- **Recognition**

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., “Great job”)
- Recognizing a child’s achievement on the school-wide morning announcements and/or the school’s website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child’s accomplishment
- A note from the teacher to the student commending his or her achievement

¹ Some examples adapted from “Alternatives to Using Food as a Reward,” Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State University Extension),

- 2004. Accessed at http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Privileges

- Going first
- Choosing a class activity
- Helping the teacher
- Sitting by friends or in a special seat next to or at the teacher's desk
- "No Homework" pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to office
- Reading the school-wide morning announcements
- Helping in another classroom

Rewards for a class

- Eating lunch outdoors
- Going to the lunchroom first
- Reading outdoors
- Holding class outdoors
- Extra art, music, PE, or reading time
- Listening to music while working
- Dancing to music

School Supplies

- Pencils: colored, with logos, or other decorations
- Pens, Erasers, pencil sharpeners
- Notepads/notebooks
- Boxes of crayons
- Stencils, rulers, glitter
- Eating lunch with a teacher or principal
- Listening with a headset to a book on tape or CD
- Going to the library to select a book to read
- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Taking care of the class animal for a day
- Allowing child to choose an extra recess activity for the class on his/her birthday
- Playing a game or doing a puzzle together • "Free choice" time at the end of the day
- A song, dance, or performance by the teacher or students
- A book read aloud to the class by the teacher
- A field trip
- Stamps
- Plastic scissors
- Bookmarks
- Highlighters
- Chalk, markers
- Coloring books

- **Sports equipment and athletic gear**

- Paddleballs • Frisbees • Hula hoop
- Water bottles • Head and wrist sweat bands
- NERF balls • Jump rope

- **Toys/trinkets**

- Stickers • Spinning tops • Yo-yos • Marbles
- Rubber balls • Jacks • Finger Puppets • Playing cards
- Stuffed animals • Stretchy animals
- Plastic or rubber figurines • Silly putty
- Toy cars, trucks, helicopters, • Bubbles or airplanes • Balloons
- Plastic sliding puzzles or other • Capsules that become puzzle games sponges/figurines
- Slinkys
- Gliders • Inflatable toys (balls)
- Magnifying glasses • Small dolls or action figures

- **Fashion wear**

- Temporary tattoos • Eye glasses with nose
- Hair accessories (barrettes, disguise ribbons) • Hat or cap
- Bracelets, rings, necklaces • T-shirt
- Sunglasses • Sneaker bumper stickers

- **Miscellaneous**

- Key chains • Backscratchers
- Flashlights • A plant, or seeds, and pot
- Cups for growing a plant
- Magnets • Books
- Crazy straws

- **A token or point system, whereby children earn points that accumulate toward a bigger prize.**

- Possible prizes include those listed above and:**

- Gift certificate to a bookstore or sporting goods store
- Movie pass or rental gift certificate
- Ticket to a sporting event
- Book
- Stuffed animal
- Magazine subscription
- Board game
- Step counter (pedometer)
- Sports equipment, such as tennis racket, baseball glove, soccer ball, or basketball

Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated.

A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class' "account." When the class has earned a target number of points, then they receive a group reward.

For more information visit <http://www.cspinet.org/schoolfood/> or contact the Center for Science in the Public Interest at Nutritionpolicy@cspinet.o

