

## Student Organizations and Others

(PTAs, Foundations, etc) can sell food, but must meet the following:

1. Only **one food or beverage** item per sale and items must comply with regulations preceding page.
2. Items for sale must be preapproved by the school administration.
3. Sale must occur **after** the lunch period has ended.
4. Items for sale cannot be prepared on campus (must be commercially packaged.)
5. Each school is allowed **four sales** per year.
6. Items for sale cannot be the same item sold in the foodservice program that same day.



Go to [www.californiaprojectlean.org](http://www.californiaprojectlean.org) and use Elementary School Competitive Foods Calculator to determine if individual food item meets requirement according to package nutrition facts.

[http://www.californiaprojectlean.org/calculator\\_el.asp?id=180](http://www.californiaprojectlean.org/calculator_el.asp?id=180)

## Healthy Celebrations and Classroom Parties

Food should not be used as a reward nor should withholding food or physical activity be used as a punishment.

**Other ways to recognize students and non-food rewards:**

### For Individual Student

1. Allowing child to choose class recess activity on their birthday.
2. Allowing student to be classroom monitor or have lunch with teacher on their birthday.
3. Arrange for book donation to classroom in child's name.

### For Classroom

1. Holding class outdoors or in garden.
2. Photo recognition bulletin board.
3. "Free choice" time at end of day.
4. Have special music or book reading.
5. Class field trip.

**Because of possible food allergies or dietary restrictions parents need to check with classroom teacher before bringing food.**

For more non-food reward ideas go to COI

<http://ourcommunityourkids.org/media/2778/AlternativeReward.pdf>



# Guidelines for Foods Sold and Brought to School Campuses

## Elementary School Campuses (PreK-Grade 6)

### CONSISTENT MESSAGES FOR HEALTHY LIVING AT SCHOOL AND AT HOME

**For Additional Information Contact**  
**Food Services: 858-627-7305 or**  
**District Wellness Coordinator:**  
**Vanessa Forsythe 858-496-1089**

Healthy Living



Actividad Saludable



**San Diego Unified**  
SCHOOL DISTRICT

# Guidelines for Foods Sold and Distributed on Campus

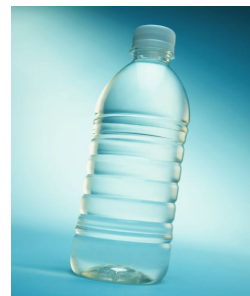
## California Nutrition Regulations

**require** the following for foods sold and/or distributed outside of the school meal programs:

1. Food restrictions are effective during school hours and 1/2 hour after school.
2. Applies to **ALL** foods sold to students by student organizations and outside groups (such as PTAs and Foundations).
3. Allowed food items (sold in individual, single portion) commercially packaged:
  - Seeds
  - Eggs
  - Cheese
  - Fruit
  - Legumes
  - Non-fried Vegetables
  - Dairy item or whole grain item must contain:
    - $\leq 35\%$  calories from fat, **and**
    - $\leq 10\%$  calories from saturated fat,
    - $\leq 35\%$  sugar by weight, **and**
    - 175 calories per item/container.
    - Whole grain must be listed as the first ingredient.
  - **No** added fats or sugars; No artificial/added trans fats.
  - **CAN NOT** be mixed with non-allowed foods (i.e. trail mix with candy or nuts).

## 5. Allowed beverages:

- Fruit Juice ( $\geq 50\%$  juice **and** no added sweeteners)
- Vegetable Juice ( $\geq 50\%$  juice **and** no added sweeteners)
- Milk
  - Cow's or goat's milk, **and** 2%, 1%, or nonfat, **and** contains Vitamins A and D, **and**  $\geq 25\%$  of Daily Value for calcium per 8 fl oz, **and**  $\leq 28$  grams of total sugar per 8 fl oz.
- Non-Dairy Milk
  - Contains Vitamins A and D, **and**  $\geq 25\%$  of Daily Value for calcium per 8 fl oz, **and**  $\leq 28$  grams of total sugar per 8 fl oz, and  $\leq 5$  grams fat per 8 fl oz.
- Water (no added sweeteners)



Go to [www.californiaprojectclean.org](http://www.californiaprojectclean.org) and use Elementary Competitive Food School Calculator to determine if individual food item meets requirements according to package Nutrition Facts label .

## Recommendations for Food and Beverage Sales:

- Fresh Fruit and Vegetables
- Fruit Cups (applesauce, oranges, pears)
- String Cheese
- Nonfat Yogurt
- Granola or Cereal Bars
- 4 fl oz 50% Fruit or Vegetable Juice
- Wholegrain Tortilla Chips or Crackers



## Consider Alternative (Non-Food) Fundraisers:

- Activities You Can Do: Walk-a-thons, Dances, Jump-rope-a-thons, Hoop-a-thon, Auction, or Teacher/Principal does something special with students.
- Items for Sale: Y-ties, calendars, greeting cards, books, seeds or plants, safety or first aid kits, school promoting clothing items, student artwork, etc.
- More ideas: "Ideas for Healthy Fundraising Fact Sheet" <http://www.californiaprojectclean.org/docuserfiles//Ideas%20for%20healthy%20fundraising%20fact%20sheet.pdf>

