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).
   
   **A. Snack must be:**
   - \( \leq 35\% \) calories from fat, and
   - \( \leq 10\% \) calories from saturated fat, and
   - \( \leq 35\% \) sugar by weight, and
   - **250 calories** per item/container.

   **B. Entrées must be:**
   - \( \leq 400 \) calories, and
   - \( \leq 4 \) grams of fat per 100 calories, and must either consist of:
     - Two or more food groups: meat/meat alternate, fruit/vegetable, and/or grain/bread (such as turkey sandwich, baked potato with chili, fruit and cheese platter), or
     - A meat/meat alternate alone (such as sausage patty or scrambled eggs).
   
   **C. No** added fats or sugars; No artificial/added trans fats.

3. Allowed items that are **exempt** from the above restrictions must be sold in individual, one portion packages:
   - Exempt from total fat and saturated fat restrictions:
     - Eggs
     - Cheese
     - Seeds
   - Exempt from sugar restriction:
     - Fruit
     - Legumes
     - Non-fried Vegetables

4. Exempt foods can not be mixed with non-allowed foods (i.e. trail mix with candy or nuts).

5. Allowed beverages: (effective 1/2 hour before, during and 1/2 hour after school)
   - Fruit or 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)
   - Electrolyte replacement beverages that contain no more than 2.1 grams of added sweetener per fluid ounce, lists water as the first ingredient, contain 10-150 milligrams of sodium, and 10-90 milligrams of potassium per 8 ounces and contain no added caffeine.

Go to [www.californiaprojectlean.org](http://www.californiaprojectlean.org) and use Middle /High School Competitive Foods Calculator to determine if individual food item/entree meets requirement according to package nutrition facts. [http://www.californiaprojectlean.org/calculator_MH_S.asp?id=180](http://www.californiaprojectlean.org/calculator_MH_S.asp?id=180)
Student Organizations and Others (PTAs, Foundations, etc) can sell food, but must meet the following:

1. Up to three **food or beverage** items per sale.
2. Items for sale must be preapproved by the school administration.
3. Items for sale cannot be prepared on campus.
4. On a **daily basis only one organization may sell** approved foods and beverages.
5. **Except for four days a year when any number of student organizations may sell** approved foods and beverages.
6. Items for sale cannot be the same item sold in the foodservice program that same day.

**Consider Alternative (Non-Food) Fundraisers:**

- **Activities You Can Do:** Fun runs, Dances, Recycling of cell phones or ink cartridges, Auction, or Teacher/Principal does something special with students.
- **Items for Sale:** seeds or plants, safety or first aid kits, school promoting clothing items, student artwork, etc.

**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. A note from the teacher to the student commending his or her achievement.
2. A phone call or email sent home to parents/guardians commending a student’s achievement.
3. “No homework” pass.
4. Reading the school wide morning announcements.

**For Classroom**

1. Holding class outdoors or in garden.
2. “Free choice” time at end of day.
3. Have special music or book reading.
4. 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://ourcommunityyourkids.org/media/2778/AlternativeReward.pdf](http://ourcommunityyourkids.org/media/2778/AlternativeReward.pdf)