A. PURPOSE AND SCOPE

The Governing Board recognizes the relationship between student’s nutrition and health, and their attendance and ability to learn, and desires to promote healthy schools by supporting wellness, good nutrition and regular physical activity.

B. GENERAL

In November 2005, the Child Nutrition Re-Authorization Bill was passed and put into Public Law 108-265 requiring school districts to adopt a wellness policy to combat the rising trends of childhood obesity, diabetes and heart disease. Schools contribute to the wellness of children by facilitating learning through the support and promotion of health education, good nutrition, and physical activity. The Wellness policy reaches beyond the meal program and promotes a holistic approach to the well-being of our students and promotes lifelong wellness.

The Assistant Superintendent for Educational Services is designated by the Superintendent as the staff member responsible to establish a plan for measuring the implementation of the procedures listed below.

C. FORMS USED AND ADDITIONAL REFERENCES

1. Federal, State and Local legal requirements for health education, physical education and the National School Lunch and Breakfast Program
2. District Physical fitness test results
3. Healthy Kids Survey
4. Federal, State, and Local reports regarding student health

D. PROCEDURE

Inasmuch as the Board promotes long-term goals for maintaining and promoting the health and wellness of its schools, students, staff, and the community, the Assistant Superintendent for Educational Services or her designee shall:

1. Form a School Health/Nutrition Committee which will create, strengthen, develop, implement, monitor, review, and revise school nutrition and physical activity policies. The committee will also serve as a resource to other committees and school sites for implementing related policies.
2. Develop nutritional quality standards of foods and beverages sold and served on campuses.
3. Establish guidelines to promote physical activity and appropriate nutrition
4. Ensure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
5. Ensure daily physical activity and physical education opportunities are provided in accordance with state guidelines.
6. Develop a plan for measuring implementation of the school wellness policy.
7. Ensure sales of food comply with the Education Code, the California Code of Regulations and Code of Federal Regulations. (See addendum.)
Student Wellness

E. ADDITIONAL RESOURCES

Local School Wellness Policy

**Guidance for the Development of California School Wellness Policies** (PDF; Outside Source)

California Education Code

**Management Bulletin 06-110**

Note: this document supersedes Attachment I in MB 06-110 California Code of Regulations

**Management Bulletin NSD-SNP-08-2008**

Code of Federal Regulations

**List of Foods of Minimal Nutritional Value** (Outside Source)

www.ProjectLEAN.org  For competitive foods calculator and ideas on healthy fund raiser activities that do not involve food.

F. REPORTS REQUIRED

None

G. RECORD RETENTION

None

H. RESPONSIBLE ADMINISTRATIVE UNIT

Educational Services

I. APPROVED BY

Assistant Superintendent for Business Services

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.
Student Wellness

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20259-940;
(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider
Student Wellness

ADDENDUM

GUIDELINES TO ENSURE SALES OF FOOD COMPLY WITH THE CALIFORNIA EDUCATION CODE, THE CALIFORNIA CODE OF REGULATIONS, AND THE CODE OF FEDERAL REGULATIONS
Student Wellness

A. California Summary of Competitive Foods and Beverages

Any food or beverage sold to students outside of a federally reimbursable meal program is considered to compete with those meals, and is referred to as a competitive food or beverage.

There are specific state and federal rules that govern competitive foods and beverages. Please note that not all competitive food scenarios are covered by law or regulations. The following is a summary of the federal and state laws and regulations governing competitive food and beverage sales in California.

B. Monitoring and Enforcement

References: Education Code sections 49431(c), 49431.2(d), and 49434

The California Legislature encourages the governing board of a school district to annually review its compliance with the food and beverage rules.

The California Department of Education monitors School Food Authorities for compliance with the food and beverage rules through its Coordinated Review Effort (CRE). The district shall adopt a corrective action plan agreed upon and signed by the district administration, including the district superintendent.

C. Local School Wellness Policy Posting

Reference: Education Code Section 49432

As of January 1, 2004, school districts shall post the school district's nutrition and physical activity policies, in public view within all school cafeterias or other central eating areas.

D. Elementary School - Food Restrictions

References: Education Code sections 49430, 49431, 49431.7, California Code of Regulations sections 15575, 15577, 15578
QUICK REFERENCE CARDS

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 the end of the official school day. 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 one of the following general food standards:
- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:
- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- ≤ 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- < 0.5 grams trans fat per serving (no exceptions), and
- ≤ 200 milligrams sodium per item/container (no exceptions), and
- ≤ 200 calories per item/container (no exceptions)

Paired foods:
- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

* A whole grain item contains:
- The statement “Diets rich in whole grain foods... may help reduce the risk of heart disease...” or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

ELEMENTARY SCHOOL-BEVERAGE RESTRICTIONS


An elementary school contains no grade higher than grade 6. Effective from midnight to one-half hour after the end of the official school day. 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.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
   - ≥ 50% juice and
   - No added sweeteners
   - ≤ 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

All beverages must be caffeine-free (trace amounts are allowable).

ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15560

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district. Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND 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 last 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.

Revised 1/1/2017
MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS


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 the end of the official school day. 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.

“Snack” foods must meet one of the following general food standards:
- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:
- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- ≤ 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- ≤ 0.5 grams trans fat per serving (no exceptions), and
- ≤ 200 milligrams sodium per item/container (no exceptions), and
- ≤ 200 calories per item/container (no exceptions)

Paired foods:
- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

“Entrée” foods must be intended as the main dish and be a:
- Meat/meat alternate and whole grain rich food, or
- Meat/meat alternate and fruit or non-fried vegetable, or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

AND

A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:
- ≤ 400 calories, and
- ≤ 35% calories from fat
- ≤ 0.5 grams trans fat per serving

A competitive entrée sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:
- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable

AND meet the following nutrition standards:
- ≤ 35% calories from fat, and
- ≤ 10% calories from saturated fat, and
- ≤ 35% sugar by weight, and
- ≤ 0.5 grams trans fat per serving, and
- ≤ 480 milligrams sodium, and
- ≤ 350 calories

A whole grain item contains:
- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS


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 the end of the official school day. 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.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
   a. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 12 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. ≤ 12 fl. oz. serving size

3. Non-dairy milk:
   a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(l)(3)), and
   b. ≤ 28 grams of total sugar per 8 fl. oz., and
   c. ≤ 5 grams fat per 8 fl. oz.
   d. ≤ 12 fl. oz. serving size

4. Water:
   a. No added sweeteners
   b. No serving size limit

5. Electrolyte Replacement Beverages (HIGH SCHOOLS ONLY)
   a. Must be either ≤ 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)

6. Flavored Water (HIGH SCHOOLS ONLY)
   a. Must be either ≤ 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)

All beverages must be caffeine-free (trace amounts are allowable).

MIDDLE/HIGH SCHOOL-FOOD SERVICE

Reference: California Code of Regulations Section 15501

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district. Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND all of the following:

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

* A whole grain item contains:
  • The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” or
  • A whole grain as the first ingredient, or
  • A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
  • At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

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California Department of Education, Nutrition Services Division
EFFECTIVE 1/1/2017

Revised 1/1/2017