

FAIRFIELD WOODS MIDDLE SCHOOL

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SUMMARY OF FOOD GUIDELINES Compliance with Healthy Food Certification

- A. Any food sold to students while on school grounds must meet CT Nutrition Standards.
- 1) Includes vending machines, stores, school based enterprises, fundraisers, or food sold through FCS programs.
 - 2) Bake sales held on school grounds during the school day must have all items meet the CT Nutrition Standards and they can only happen more than 30 min. prior to or after the lunch period. Recipes must be reviewed against healthy foods list.
 - 3) Acceptable items for fundraisers can be found on the State Website:
 - a) For foods: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>
 - b) Or for beverages: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>
 - c) Any food purchased from our food services/cafeteria can be used as it meets CT Nutrition Guidelines already (provided it is not sold during lunch shifts).
 - 4) ****Exceptions:**
 - a) Sales of any food item can occur if items are sold in conjunction with an event after the end of the school day or on weekends. An event is an occurrence that involves more than a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and interscholastic debates are events, but soccer practices, play rehearsals, and debate team meetings are not.
 - 5) Other types of Sales:
 - a) Candy Sales: can't happen during the school day. (See exceptions section.)
 - b) Food Gift Certificates: Selling coupons, gift cards, etc. is the same as selling food and all restrictions apply.
 - c) Fliers/Catalogs/Food fundraisers (pies, cookie dough, etc.) may be used but must be structured so parents/adults pick up the food items instead of students. If students bring the money to school and students pick up the food, it is not allowed.

B. Any food given to students while on school grounds:

- 1) Cannot be used as a form of reward or punishment (per Bd. of Ed. Wellness Policy #5519) but does not have to meet healthy food guidelines.

C. Food sold to or given to adults is not restricted (vending machines, staff meetings, etc.)

