

2019 - 2020 LUSD Policy on Classroom Parties

LUSD Wellness Policy Goal

All foods and beverages available to students at LUSD schools, during the school day, will support the health curriculum with the objectives of promoting student health and reducing childhood obesity.

Classroom Party Standards

- ⇒ Classroom parties that include food or beverages occur occasionally
- ⇒ Parties are held after lunch time
- ⇒ USDA Smart Snack Guidelines will be followed except for 4 times a year where latitude is given for special celebrations, for example, Halloween, Winter Holiday, Valentine's Day, or end of year parties.
- ⇒ Each teacher selects what 4 days their class will have special celebrations

Smart Snack Guidelines for Foods and Beverages

Compliant Foods MUST Meet One of the Following General Food Standards:

- ★ Be a fruit, vegetable, dairy, protein, or whole grain item (at least 51% whole grains) **OR**
- ★ Be a combination food containing at least ¼ cup of fruit or vegetable.

...And MUST Meet ALL of the Following Nutrition Standards

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| ★ ≤ 35% Calories from Fat | ★ ≤ 10% Calories from Saturated Fat |
| ★ ≤ 35% Sugar by Weight | ★ < 0.5 gm Trans Fat per Serving |
| ★ ≤ 200 mg Sodium (Elementary) | ★ ≤ 480 mg Sodium (Middle & High School) |
| ★ ≤ 200 Calories (Elementary) | ★ ≤ 350 Calories (Middle & High School) |

Compliant Beverages MUST Meet the Following Standards:

Fruit or Vegetable Juice - Must Contain at Least 50% Juice and No Added Sweeteners

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| ★ ≤ 8 oz Serving (Elementary) | ★ ≤ 12 oz Serving (Middle & High School) |
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Milk - 1% can Only be Unflavored and Non-Fat can be Either Flavored or Unflavored

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| ★ ≥ 276 mg Calcium per 8oz | ★ ≤ 28 gm Total Sugar per 8oz |
| ★ ≤ 8 oz Serving (Elementary) | ★ ≤ 12 oz Serving (Middle & High School) |

Water - Must Contain No Added Sweeteners and can be Any Size

Flavored Water and Electrolyte Replacement Beverages (High School ONLY)

Smart Snack Guidelines Are Complex

No worries ! Use the Project Lean California Competitive Food Standards Compliance Calculator. You can find it at: www.CaliforniaProjectLean.org or google "Project Lean Smart Snack Calculator".
Child Nutrition Services (805) 742-3353