

Turlock Unified School District

Child Nutrition

Wellness Policy



Child Nutrition



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Turlock Unified School District

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Turlock Unified School District

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Introduction to TUSD Wellness Policy

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. The local school wellness policy helps school districts state wide to ensure the needs of children are meet. The school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

The Board of Trustees recognizes the link between student health, learning, and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or School Authority (SA) shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, the SA may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The wellness policy provides a comprehensive program promoting healthy eating and physical activity for district students. Local wellness policies are an important tool for parents, LEAs and school districts to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meal nutrition guidelines meet the minimum Federal school meal standards.

The Superintendent or designee may appoint a school health council or other committee consisting of parents/guardians, students, food service employees, district and school site administrators, Board representatives, health professionals, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues. The school health council or committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charge(s) may include the planning and implementation of activities to promote health within the school or community.

Wellness Policy Implementation

Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010: *Summary of the Final Rule* - United States Department of Agriculture

Adapted from https://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf

What is a local school wellness policy? A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.

Provisions of the Final Rule On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during school year 2016-2017. *LEAs must fully comply with the requirements of the final rule by June 30, 2017.*

Content of the Wellness Policy *At a minimum, policies are required to include:*

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:
 - ◊ School meal nutrition standards, and the
 - ◊ Smart Snacks in School nutrition standards
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Wellness Leadership LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public Involvement *At a minimum, LEAs must:*

- Permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

Triennial Assessments The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years. LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Documentation The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public.
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how partners were made aware of their ability to participate.

Updates to the Wellness Policy The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates *The rule requires that LEAs must make available to the public:*

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

Regulation The final rule was published on July 29, 2016 and can be found online at: <http://www.fns.usda.gov/tn/local-school-wellness-policy>.

Implementation, Evaluation, and Monitoring of the TUSD Wellness Policy

The Superintendent shall designate one person within the District (Wellness Committee Chair), as well as each school's principal, to be charged with the operational responsibility to ensure that each school site complies with this policy. The District will develop and maintain a plan for implementation to manage and coordinate the execution of this policy.

The District will engage partners, including but not limited to, students, parents, teachers, Nutrition Service professionals, school health professionals, the Board of Education, school administrators, physical education teachers, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition, health, wellness, and physical activity policies. Partners will be solicited through various electronic and traditional posting methods, including but not limited to, Nutrition Services annual information letter, Nutrition Services website (<http://turlock.k12.ca.us/cnd>), email correspondence, or several social media platforms.

Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the TUSD Wellness Policy. Each school campus must follow the Wellness Policy, at minimum. *Each principal has the ability to increase restrictions beyond the minimum requirements of this policy.*

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate, and science-based or research-validated.

The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent, and staff awareness and to identify successes, as well as barriers to success. Each year the evaluation form must be filled out by the appropriate Partners (*School Site Annual Evaluation Form*).

The evaluations shall include:

- The extent to which District schools are in compliance with this policy.
- A description of the progress made in attaining the goals of the TUSD Wellness Policy.
- An open invitation for any interested member of the public to join the Wellness Committee at any time.

The Annual Evaluation Forms are to be turned into the Superintendent or designee by April 1st each year.

The purpose of the Annual Evaluation Forms is to determine if the District is meeting the wellness goals set forth in this policy and determine particular areas of strength or weakness. Each year, the evaluation results shall be submitted to the Board for the purposes of assessing the policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results. Evaluation reports on the Wellness Policy will be shared with the public using the following channels of communication, including but not limited to, posting on the District website, and the Nutrition Services website and hard copies available upon request at the office of each school site.

The TUSD Wellness Policy was effective in 2006. Initial revisions were made by the Wellness Policy Committee during the 2017-2018 school year.

The Wellness Committee will reconvene each year, and as requested by the Board to review and update the TUSD Wellness Policy. Meetings are held at least quarterly and also as needed to ensure compliance of the current laws and needs of the district

PREAMBLE POLICIES

I. School Health Councils

II. Nutritional Quality of Foods and Beverages Sold and Serve on Campus

III. Nutritional and Physical Activity Promotion and Food Marketing

IV. Physical Activity Opportunities and Physical Education

V. Goals

VI. Monitoring and Policy Review

I. School Health Councils

The Superintendent or SA shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy.

To fulfill this requirement, the Superintendent or SA will appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with and support the objectives of promoting student health and reducing childhood obesity.

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's Child Nutrition program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

In order to maximize the District's ability to provide nutritious meals and snacks, all qualifying District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs. When approved by the California Department of Education, the district may sponsor a summer meal program. The Superintendent or SA will require school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. Schools will not allow students to share their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities will allow food or beverages from midnight to one-half hour after school that follow Assembly Bill 626 fundraising guidelines. Schools will also encourage fundraising activities that promote physical activity. The school district will make available a **list of items for fundraising options.**

Snacks. Snacks served during the school day or in after-school programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Water stations are available at all Schools within the District. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards. Schools will not reward students with foods or beverages that do not meet the approved AB626 food guidelines. Non-food items should be considered for rewards. Food or beverages will not be withheld as punishment.

Celebrations. The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance accomplishments, or class room behavior. Schools will limit celebrations that involve food during the school day to no more than one party per class per month. Each party will include food or beverage that meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers. School staff will encourage parents/guardians or other volunteers to support the district's nutrition education program by choosing nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period and only foods that meet or exceed state and federal nutritional standards can be served.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day do not have to meet the nutritional requirements.

III. Nutrition and Physical Activity Goals, Promotion, and Food Marketing

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness in a manner that the district determines appropriate. The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after- school programs. The nutrition education programs shall work with the school meal programs along side with the school farms and gardens. This will also give our educators the opportunity to advance their curriculum by teaching about nutrition within our Farm or school gardens.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Food or Physical Activity as a Reward or Punishment

- The school district will prohibit the use of food as a reward or punishment in schools.
- The school district will not deny student participation in recess or other physical activities as a form of discipline for bad behavior or for classroom make-up time.

Communications with Parents. The District/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The District/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

The Board and the Wellness Policy prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means. The Board shall adopt nutritional guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness. Turlock Unified School District highly values the health and well-being of every staff member and should encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district should establish and maintain a staff wellness committee composed of members that may include, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually. The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

IV. Physical Activity Opportunities and Physical Education

All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Schools may not allow students to be except for required class time or credit.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Extracurricular Physical Activity Opportunities. Schools should offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

After-school programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School. The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The school district will encourage parent groups to partner with the school site administration to create and implement the walking school bus model as another way to support safe routes to school. The district will also support students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Goals

Dining Environment

- The school district provides a clean, safe, enjoyable meal environment for students.
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

Time to Eat

- The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- The school district will schedule lunch time as near the middle of the school day as possible.
- The school district will schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.
- The school district has implemented a second chance breakfast program that has shown to be effective. Studies show students who eat breakfast at school closer to class and test taking times perform better than those who skip breakfast. Additionally, children or adolescents, who are experiencing hunger have poorer grades and slower memory recall. It is the goal of the Turlock Unified Child Nutrition program to implement several programs that will increase breakfast participation in all schools, such as: breakfast in the classroom, second chance breakfast, and grab n go breakfast before school. The school breakfast program is an essential tool for ensuring students have the nutrition needed to thrive academically.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766 (a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

TO ACHIEVE THESE POLICY GOALS:**VI. Monitoring and Policy Review**

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. The Superintendent or SA shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. The superintendent or designee shall report to the board at least every two years on the implementation of this policy and any other Board policies to nutrition and physical activities. Each school shall post the districts policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. To determine whether the policy is being effectively implemented district wide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curriculum by grade level
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals
7. Number of sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs
8. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
9. Any other indicators recommended by the Superintendent and approved by the Board

Implementation, Periodic Assessment, and Public Updates

The Act requires LEAs to inform and update the public (including parents, students, and others in the community) about the content and implementation of the local wellness policies. LEAs are also required to measure periodically and make available to the public an assessment of the local wellness policy, including;

- The extent to which schools are in compliance with the local wellness policy;
- The extent to which the LEAs local wellness policy compares to model local school wellness policies; and
- The progress made in attaining the goals of the local wellness policy.

Monitoring. The superintendent or SA will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or SA will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or SA.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. To help assess the district's wellness policies, each school in the district will evaluate the school's existing nutrition and physical activity environments and policies. The results will be compiled to identify and prioritize needs.

Evaluations will be conducted every year, and presented to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review its nutrition and physical activity policies and revise as necessary.

Finally, the Act requires LEAs to designate one or more LEA officials or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.

USDA Non-Discrimination Statement

For all other FNS nutrition assistance programs, state or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

School Site Annual Evaluation Form:

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the TUSD Wellness Policy and to determine particular areas of strength or weakness. This evaluation must be completed annually **by an Administrator and a teacher (or designee) at each school site** and returned to the Superintendent or designee by **April 1st of each year**.

Please include as many additional comments as possible, as the Wellness Committee and the Board would like to take note of best practices among the schools.

*For items marked "Needs Improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.
(Examples: funding, man power, support/resources needed, etc.).*

If you have any questions regarding filling out this survey, you can contact the Child Nutrition Office at (209)667-9048 or email Childnutrition@turlock.k12.ca.us.

School Site: _____ **Date:** _____

Person completing evaluation (Print Name): _____

Contact phone Number / Email: _____

Responses for the following questions could be one of the following choices:

Needs Improvement, Meets, or Exceeds (unless otherwise indicated).

Overview	Needs Improvement	Meets	Exceeds
1. Your school promotes a healthy lifestyle to your staff, students, and parents.			
2. The programs and/or activities provided by your school set your school at or above the standards of the TUSD Wellness Policy.			
3. Were you aware of the TUSD Wellness Policy before you filled out this evaluation form? (Circle the response that best reflects your opinion).	No	Somewhat	Yes
Additional comments on how your school site promotes health and wellness:			

School Health, Safety and Environment	Needs Improvement	Meets	Exceeds
1. School site is monitored for potential hazards.			
2. Students are taught campus safety rules.			
3. An “anti-bullying” policy is enforced.			
4. Healthy habits and injury prevention for staff and students are promoted at your school site.			
5. A drug- and substance-free environment is promoted.			
6. Your school encourages events that promote and support a healthy lifestyle.			
7. Grants and other resources are researched and implemented for training and materials for health curriculum, outside of standard funding given to your school.			
Additional comments on your school site’s health, safety, and environment:			

Nutrition	Needs Improvement	Meets	Exceeds
<i>Nutrition Services Department</i>			
1. Cafeteria staff are well-prepared and efficiently serve meals to your students.			
2. Fresh, safe, free drinking water is available to students on campus.			
<i>Food and Nutrition Standards</i>			
3. Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations.			
4. Documentation of nutrition information for foods sold outside of Nutrition Services on school campus during the school day are kept on file by the school at which the event occurs.			
5. Food safety and sanitation standards are followed at all school-related events (i.e. cafeteria, class celebrations, fundraisers, athletic events, etc.).			
6. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus.			
7. Fundraising efforts support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.			
8. Non-food rewards are encouraged for student achievement.			
9. Classroom celebrations involving food are limited to no more than 4 celebrations per year.			
Additional Comments on food and beverages available on campus and nutrition education:			

Physical Education and Physical Activity	Needs Improvement	Meets	Exceeds
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.			
2. The physical education curriculum at your school follows the California Education Code requirements.			
3. Physical education/activity is not used for disciplinary purposes.			
4. Physical education is delivered by well-prepared and well-supported staff.			
Additional comments on your school site's physical activity and physical education:			
Family, Staff and Community Involvement	Needs Improvement	Meets	Exceeds
1. The school community, parents, teachers, and staff encourage a healthy lifestyle for students.			
2. Teachers and staff model healthy behaviors.			
Additional comments on how your school site involves community, staff and teachers in student wellness:			

Healthy Treats Guidance

Ditch the donuts!



Celebrate Healthy

Bring something Healthy instead!



Excerpts from our District Wellness Policy

Snacks served during the school day or in after-school programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables, whole grains, as the primary snacks and milk, water or 100% juice as the primary beverages. Water stations are available in all cafeterias within our District.

School staff will encourage parents/guardians or other volunteers to support the District's nutrition education program by choosing nutritional quality when selecting any snacks which they may donate for occasional class parties.

Schools will limit celebrations that involve food during the school day to no more than one party per class per month. Class parties or celebrations shall be held after the lunch period and only foods that meet or exceed state and federal nutritional standards can be served.

Ideas for Non-food Celebrations

Not every party has to involve food! Consider talking to your child's teacher about other ways to celebrate student birthdays, such as:

- Bring in his/her favorite game or book or a special art project to share with the class
- Put together a "goody bag" of non-edible treats such as glow sticks, balloons, stickers, tattoos, etc.
- Make him/her line leader or star student or getting some sort of special privilege for the day. Be creative!

** All baked snacks must be packaged and purchased from a store or bakery.

Approved

- Fresh Fruit ~ cut up or whole
- Fruit Kabobs
- Yogurt tubes / cups with fresh fruit
- Fruit Roll-ups
- Healthy granola bars
- Graham crackers
- Apple slices with topping
- Animal crackers
- Apple Sauce
- Popcorn
- Baked chips
- Gold Fish crackers
- Whole Grain muffins
- Whole Grain cookies
- Cereal that contains Whole Grain and are low in sugar.

Not Approved

- Donuts
- Pastries
- Non-Baked Chips
- Cupcakes & Frosting
- Candy
- Ice Cream
- Soda
- Punch

Healthy Celebrations



There are many opportunities for celebration throughout the year, from birthdays to holidays to other special occasions that may occur. Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from unhealthy food to healthy fun!



Try these ideas for fun activities and healthy foods at school celebrations:

- Plan special games and activities. Ask parents to provide game supplies, pencils, erasers, stickers, and other small school supplies instead of food.
- For birthdays, let the birthday child choose and lead an active game.
- Create a special birthday event. The birthday child wears a sash and crown, sits in a special chair and can be the teacher's assistant for the day.
- Provide a free choice activity time at the end of the day.
- Allow children a trip to the treasure box (parents can help supply it with small toys, books, note pads, paints, pencils, book-marks, stickers etc.)
- Check with Nutrition Services to see what healthy snacks or fresh items they can provide for a reasonable fee.



Healthy Celebration Snack Ideas

- Fruit smoothies
- Fruit salads with low fat cottage cheese
- Yogurt parfaits
- Angel food cake topped with fresh fruit
- Popcorn
- Low fat pudding
- Applesauce or other fruit cups
- Berries with low-fat whipped topping
- Bananas or strawberries with low-fat yogurt dip
- Graham crackers with Jam
- Whole grain crackers with reduced fat cheese

If you decide to make food a part of the celebration during school days, please contact Child Nutrition (209)667-9048.



Ideas for Healthier Students

Elementary School Students

- Have a classroom show-and-tell
- Have a scavenger hunt for items or information related to the party theme
- Provide “free choice” activity time at the end of day
- Take a fun walk around the school
- Have a dance party
- Read outdoors enjoy class outdoors
- Pick a children’s book related to the party theme. As a special guest or a parent to come in and read it
- Play a favorite game or play puzzles

Middle School Students

- Provide a five minute chat break at end of class
- Have fun brainteaser activities
- Play jeopardy
- Play a fun video

High School Students

- Have drawings for donated prizes among students who meet certain grades standards
- Play a fun video
- Offer reduces homework or “no homework” pass
- Have a field trip

Promoting healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

Healthy Fundraising Tip Sheet



Schools have many options to successfully raise money and keep school wellness a priority – without relying on sales of unhealthy foods such as candy and cookies. When schools hold healthy fundraisers, they send positive and consistent messages about the importance of good nutrition and physical activity

Benefits of Healthy Fundraising

Healthy Kids Learn Better: Research shows that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

Promotes a Healthy School Environment: To improve eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy fundraising alternatives is an important part of providing a healthy school environment.

Promotes Consistent Messages: Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

Positive Fundraiser Options

The following examples are fundraiser options that have a positive impact on children, families and the community

Objective Active Fundraising

- Family Obstacle course
- Golf, tennis, or basketball games
- Teacher-student competition (softball, Frisbee)
- As-THON-ishing results! Raise money and get power play with active fundraisers. Bike-a-thons, Jump-a-thons, Walk-a-thons, and Dance-a-thons are a few examples. Kids can ask for pledges for miles biked, distance walked, or time jumped.
- Hidden talents = fundraising treasures. Can your child sing, dance, juggle perform magic tricks, do gymnastics, or just make people laugh? Talent shows are a fun and healthy way to raise money
- Gifts that give back. Many stores offer programs where you can buy gift cards or certificates to use as fundraisers, which are sometimes known as “Scrip”. Check with your local grocery store or national chains to see if they have a program in place to help your child’s school raise money.

Healthy Treats



Warning: A small but growing number of kids have severe peanut and/or tree nut allergies. Before offering products with any nuts and seeds make sure none of the children have an allergy.

Healthy Treats Sell

Are food sales a big part of your fundraising efforts?
If so, sell healthier food like:

- 100% Fruit Juice
- Fruit Baskets
- Fruit Smoothies
- Yogurt Parfaits
- Trail Mix and Seeds
- Granola Bars
- Popcorn
- Unsalted Pretzels

Items to Sell Other Than Food

- Artwork
- Calendars
- Candles
- Coupon books
- Football seats
- Gift Certificate or Baskets
- Greeting Cards
- Magazine Subscriptions
- Refillable water bottles (with school logo)
- Stuffed Animals
- Scarves and stocking caps
- T-shirts and Sweatshirts (with school logo)

"Zkd#hwdj#gh#l#op#x#
fkgu#zk#z#fowb#und#
w#p#ex#j#wb#e#u#h#f#
hwb#kuk#p#fwb#e#f#o#
mq#fng#p#k#p#k#p#h#o#
w#f#o#y#h#f#m#h#x#j#b#g#
f#g#e#u#h#u#g#p#p#b#
zzz#x#g#b#j#h#p#

10 tips

Nutrition Education Series



the
School Day
just got
Healthier
United States Department of Agriculture



Nearly 32 million children receive meals throughout the school day. These meals are based on nutrition standards from the U.S. Department of Agriculture. New nutrition standards for schools increase access to healthy food and encourage kids to make smart choices. Schools are working to make meals more nutritious, keep all students hunger-free, and help children maintain or reach a healthy weight.

1 healthier school meals for your children

Your children benefit from healthier meals that include more whole grains, fruits and vegetables, low-fat dairy products, lower sodium foods, and less saturated fat. Talk to your child about the changes in the meals served at school.

2 more fruits and vegetables every day

Kids have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.



3 more whole-grain foods

Half of all grains offered are whole-grain-rich foods such as whole-grain pasta, brown rice, and oatmeal. Some foods are made by replacing half the refined-grain (white) flour with whole-grain flour.



4 both low-fat milk (1%) and fat-free milk varieties are offered

Children get the same calcium and other nutrients, but with fewer calories and less saturated fat by drinking low-fat (1%) or fat-free milk. For children who can't drink milk due to allergies or lactose intolerance, schools can offer milk substitutes, such as calcium-fortified soy beverages.



5 less saturated fat and salt

A variety of foods are offered to reduce the salt and saturated fat in school meals. Main dishes may include beans, peas, nuts, tofu, or seafood as well as lean meats or poultry. Ingredients and foods contain less salt (sodium).



6 more water

Schools can provide water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Water is available where meals are served.

7 new portion sizes

School meals meet children's calorie needs, based on their age. While some portions may be smaller, kids still get the nutrition they need to keep them growing and active.

8 stronger local wellness programs

New policies offer opportunities for parents and communities to create wellness programs that address local needs. Talk with your principal, teachers, school board, parent-teacher association, and others to create a strong wellness program in your community.

9 MyPlate can help kids make better food choices

Show children how to make healthy food choices at school by using MyPlate. Visit ChooseMyPlate.gov for tips and resources.



10 resources for parents

School meal programs can provide much of what children need for health and growth. But for many parents, buying healthy foods at home is a challenge. Learn more about healthy school meals and other nutrition assistance programs at www.fns.usda.gov.



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Cut back on your kid's sweet treats

Set your kids on a path for lifelong healthy eating by limiting the amount of added sugars they eat. Sweet treats and sugary drinks have lots of calories but few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks; cakes; cookies; ice cream; candy; and other desserts.

1 Serve small portions

Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods and serve them in bite-size portions.

2 Sip smarter

Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.



3 Use the checkout lane that does not display candy

Most grocery stores will have a candy-free checkout lane to help avoid temptation. Waiting in a regular checkout lane tempts children to ask for candy that is right in front of them.

4 Choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 Make fruit the first choice

Offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, clementines, or apples.



6 Make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 Encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack.



8 Play detective in the grocery aisle

Show kids how to find the amount of total sugars on the Nutrition Facts label in various cereals, yogurts, and other products. Challenge them to compare products they like and select the one with the lowest amount of sugar.

9 Make treats "treats," not everyday foods

Treats are okay once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 If kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Appendix C: Competitive Foods Regulations Summary (Elementary)	
<p>Elementary School – Food Restrictions References: <i>Education Code</i> sections 49430, 49431, 49431.7; <i>California Code of Regulations</i> sections 15575, 15577, 15578; <i>Code of Federal Regulations</i> 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.</p> <p>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 be the first ingredient), or -Be a combination food containing at least a quarter cup of fruit or vegetable. And must meet the following nutrition standards: ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, eggs, 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, eggs, dried fruit and nut/seed combo), and ≤ 35% percent 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)</p> <p>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.</p> <p>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 percent of the total grain weight (manufacturer must verify), or At least 51 percent whole grain by weight.</p> <p>** 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 percent juice only.</p> <p><i>Check your district's wellness policy for stricter rules.</i></p> <p>Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.</p>	<p>Elementary School – Beverage Restrictions References: <i>Education Code</i> Section 49431.5, <i>California Code of Regulations</i> Section 15576, <i>Code of Federal Regulations</i> sections 210.10, 210.11, 220.8, 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 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.</p> <p><i>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.</i></p> <p>Compliant beverages Fruit or Vegetable juice: ≥50% juice, and No added sweeteners, and ≤8 fluid ounce serving size Milk: Cow's or goat's milk, and 1% (unflavored), nonfat (flavored, unflavored), and Contains Vitamins A and D, and ≥25% of the calcium Daily Value per 8 fluid ounces, and ≤28 grams of total sugar per 8 fluid ounces, and ≤8 fluid ounce serving size Non-dairy milk: Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fluid ounces: ≥276 milligrams calcium ≥8 grams protein ≥500 IU Vitamin A ≥100 IU Vitamin D ≥24 milligrams magnesium ≥222 milligrams phosphorus ≥349 milligrams potassium ≥0.44 milligrams riboflavin ≥1.1 micrograms Vitamin B12, and ≤28 grams of total sugar per 8 fluid ounces, and ≤5 grams fat per 8 fluid ounces, and ≤8 fluid ounce serving size Water: No added sweeteners No serving size limit All beverages must be caffeine-free (trace amounts are allowable).</p> <p>Elementary School – Student Organizations Reference: <i>California Code of Regulations</i> Section 15500 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: -Only one food or beverage item per sale. -The food or beverage item must be pre-approved by the governing board of the school district. -The sale must occur after the last lunch period has ended. -The food or beverage item cannot be prepared on campus. -Each school is allowed four sales per year. -The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.</p>

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS	MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS
<p>Middle/High School – Food Restrictions References: <i>Education Code</i> sections 49430, 49431.2, 49431.7, <i>California Code of Regulations</i> sections 15575, 15577, 15578, <i>Code of Federal Regulations</i> sections 210.11, 220.12 -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.</p> <p>"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 be the first ingredient), or Be a combination food containing at least a quarter cup of fruit or vegetable. And must meet the following nutrition standards: ≤35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, 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, eggs, 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).</p> <p>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.</p> <p>"Entree" 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),</p> <p>A competitive entree 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, and <0.5 grams trans fat per serving</p> <p>A competitive entree 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</p> <p><i>Check your district's wellness policy for stricter rules.</i> Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.</p>	<p>Middle/High School – Beverage Restrictions References: <i>Education Code</i> Section 49431.5, <i>California Code of Regulations</i> Section 15576, <i>Code of Federal Regulations</i> sections 210.10, 210.11, 220.8, 220.12 -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.</p> <p>Compliant beverages: Fruit or Vegetable juice: ≥50% juice, and No added sweeteners, and ≤12 fluid ounce serving size Milk: Cow's or goat's milk, and 1%(unflavored), nonfat (flavored, unflavored), and Contains Vitamins A and D, and ≥25% of the calcium Daily Value per 8 fluid ounces, and ≤28 grams of total sugar per 8 fluid ounces, and ≤12 fluid ounce serving size Non-dairy milk: Nutritionally equivalent to milk (see 7 <i>CFR</i> 210.10(d)(3), 220.8(i)(3)), and ≤28 grams of total sugar per 8 fluid ounces, and ≤5 grams fat per 8 fluid ounces, and ≤12 fluid ounce serving size Water: No added sweeteners No serving size limit Electrolyte Replacement Beverages (High Schools Only): Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie) OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and Water as the first ingredient, and ≤16.8 grams added sweetener per 8 fluid ounces, and 10-150 milligrams sodium per 8 fluid ounces, and 10-90 milligrams potassium per 8 fluid ounces, and No added caffeine, and ≤20 fluid ounce serving size (no calorie) OR less than or equal to 12 fluid ounces per serving size (low calorie) Flavored Water (High Schools Only): Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie) OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and No added sweetener, and No added caffeine, and ≤20 fluid ounce serving size (no calorie) OR less than or equal to 12 fluid ounce serving size (low calorie) All beverages must be caffeine-free (trace amounts are allowable).</p> <p>Middle/High Schools – Student Organizations Reference: <i>California Code of Regulations</i> 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: -Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.). -Food or beverage item(s) must be pre-approved by the governing board of the school district. -Only one student organization is allowed to sell each day. -Food(s) or beverage(s) cannot be prepared on campus. -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. -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.</p>