

ALLOWABLE FOODS for DISTRICT-SPONSORED EVENTS

FUNDRAISERS (SALES)

Is the sale during the school day (midnight the night before to 30 minutes after the school day)?

NO

- Must submit fundraising application to the Business Services Office
- If food/drinks are sold, healthy options must be available (water in addition to sugar sweetened beverages, fresh fruit in addition to chips, for example). This would apply to school plays, sporting events, any District-sponsored event after the school day.

YES

Is the food intended to be consumed at school?

NO

- Must submit fundraising application to the Business Services Office
- No restrictions (Ex. frozen cookie dough, frozen pizza, etc.)

YES

- Must submit fundraising application to the Business Services Office
- Foods and drinks must comply with [Smart Snacks in Schools Nutrition Standards](#)*

FOODS SERVED/PROVIDED TO STUDENTS (NOT SOLD)

Beverages must: comply with [Smart Snacks in Schools Beverage guidelines](#):

Foods must:

- Be a “whole grain-rich” product. To determine this, the first ingredient on the nutrition label must list a whole grain (examples: whole corn, whole wheat, whole grain brown rice, whole grain rolled oats). If water is the first ingredient and the whole grain is the second, this will meet the definition of a whole grain. If baking from scratch without a nutrition label, at least half of the grains used in preparation must be whole grain (example ½ whole wheat pastry flour, ½ all purpose flour)
or
- Have as a first ingredient fruit, vegetable, a dairy product, or a protein food
or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

NEVER ALLOWED

Using food, drink, or candy as incentive or reward
Withholding food or physical activity as a form of discipline

FOOD FOR THOUGHT

When providing food and drinks to students, we want to avoid sending conflicting messages about nutrition and physical activity or rewards such as giving away cookies to reward students for participating in a fun run. Providing healthy refreshments like granola bars and bananas at a fun run is allowed. What is not allowed is incentivizing participation in the event based on the refreshments. The same goes for award ceremonies; it's fine to have refreshments, just avoid marketing the refreshments as the incentive for attendance. The goal is to not teach students to associate using food, candy, and drinks as personal rewards, as this has been found to lead to disordered eating habits and obesity.

For more information, visit our [Nutrition and Wellness Resource Library](#).