



Nutrition Guidelines

From the Carrizo Springs CISD Wellness Plan

The School Health Advisory Council (SHAC), in collaboration with the District, shall develop a wellness plan to implement the District's nutrition guidelines and wellness criteria.

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program, School Breakfast Program. Some but not all campuses participate in the After-School Snack Program, Supper Program and Summer Food Service Program. As required by federal law, the District has established nutrition guidelines for foods made available on each campus.

The District's nutrition guidelines are established to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

The District's nutrition promotion activities shall encourage participation in the School Breakfast Program and the National School Lunch Program. Meals served under the National School Lunch Program, School Breakfast Program and Summer Food Service Program are the official meals of the District. The programs will be available to students every day that school is in session and outside parties may not provide these meals cancelling or limiting student access to the programs in whole or in part.

Definitions:

School Day: "School Day" means the period of time from the midnight before to 30 minutes after the end of the official school day.

School Campus: "School Campus" means all areas of the property under the jurisdiction of the district that are accessible to students during the school day.

Competitive Foods and Beverages: "Competitive foods and beverages" are not part of the School Breakfast Program, National School Lunch Program, After-School Snack Program, Supper Program or the Summer Food Service Program. Competitive foods and beverages occur through sales such as, but not limited to, vending machines, fundraisers, Booster and PTA food sales and school stores.

Transactions that Constitute a Sale: Sale of a food and/or beverage includes all direct or indirect sales such as (1) cash or credit transactions; (2) tokens, tickets, coupons, or other representations of value in exchange for cash or credit that a student may use to purchase food and/or beverages; or (3) food and/or beverages given to students in exchange for donations, whether those donations occur by cash or credit. If a student receives a food and/or beverage

as a result of any form of payment, donation, or other exchange, the food and/or beverage item must meet Smart Snack requirements.

FOODS AND BEVERAGES SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements and the District's wellness goals for competitive foods. For purposes of this plan, the federal requirements for food other than reimbursable meals will be referred to as "Smart Snacks" standards or requirements.

The following websites have information regarding meal and Smart Snacks requirements:

- <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
- <https://www.squaremeals.org/Publications/Handbooks.aspx>

All foods and beverages sold during the school day will comply with federal requirements and the District's wellness goals for reimbursable meals and Smart Snacks.

Federal regulations prohibit the sale of foods or beverages in competition with school meals in the food service area during the meal service.

The campus must keep on file the nutrition information evidencing Smart Snack compliance for all items sold on campus, including through student-accessible vending machines.

All food and beverages sold on campus must be commercially prepared.

EXEMPTIONS TO SMART SNACK STANDARDS/WELLNESS GOALS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six (6) days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow each campus to select six (6) exemption days per school year. All Booster Clubs, PTAs and other organizations (including non-Smart Snack compliant vending machine sales) share the same six (6) exemption days per campus. Campus Administration has the authority to approve or not approve an organization from selling items on an Exempt Day. The Smart Snacks Exemption Days Form (Exhibit A) must be filled out in advance of the first exemption day and no later than September 30th of each year by each campus and forwarded to the Student Nutrition Department. These records are subject to audit by the Texas Department of Agriculture.

Exemption Days:

Elementary Campuses	No entrée like items (such as pizza, hotdogs, nachos) may be sold before a students' scheduled school lunch period. No foods or beverages can be sold in competition with school meals in the food service area during the meal service.
Secondary Campuses	No foods or beverages can be sold in competition with school meals in the food service area during the meal service.

To assist in maintaining compliance with federal Smart Snack regulations, if a campus is observed selling non-Smart Snack compliant items on a non-scheduled exemption day, that day will be entered as an exemption day replacing a scheduled exemption day.

WELLNESS FUNDRAISERS

Be a Healthy School Fundraiser Champion! Make it a priority to plan "Wellness" fundraisers. Wellness fundraisers include activities such as Color Runs, Read-a-Thons, student art/craft fairs and healthy foods such as fruit baskets during fall holidays.

There is no limit on the amount of non-food related fundraisers a campus may have.

FOODS AND BEVERAGES GIVEN AWAY

There are currently no federal or state restrictions for foods or beverages given to students at no cost (no form of payment, donation, or other contribution of value exchanged for the item) during the school day. However, the District must set standards for foods and beverages given away.

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)] School designated activities are activities such as Valentine's Day, winter break or other holiday parties.

The following regulations apply to foods and beverages being given to classes or grade levels and are not intended to apply to a parent (or guardian or another authorized adult) given meals to their own child(ren).

Elementary Campuses	<ul style="list-style-type: none">• No entrée like items (such as pizza, hotdogs, nachos) may be given before a students' scheduled school lunch period• The school meal programs will be available to students every day that school is in session and outside parties may not provide these meals cancelling or limiting student access to the programs in whole or in part.• No foods or beverages can be given in competition with school meals in the food service area during the meal service.
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	<ul style="list-style-type: none"> • All food and beverages given away must be commercially prepared. • The campus must keep on file the list of ingredients for all foods or beverages given away on campus.
Secondary Campuses	<ul style="list-style-type: none"> • The school meal programs will be available to students every day that school is in session and outside parties may not provide these meals cancelling or limiting student access to the programs in whole or in part. • No foods or beverages can be given in competition with school meals in the food service area during the meal service. • All food and beverages given away must be commercially prepared. • The campus must keep on file the list of ingredients for all foods or beverages given on campus.

DELIVERED MEALS

For the security of our students, no outside foods or beverages shall be delivered to a student during the school day by anyone other than the student's own parent or guardian or another authorized adult.

MEASURING COMPLIANCE WITH NUTRITION GUIDELINES

The District will measure compliance with the nutrition guidelines by reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.