



Competitive Food and Beverage Rules

Smart Snacks in School and California Requirements

Mike Danzik, MPH, RD
Nutrition Education Consultant
mdanzik@cde.ca.gov
(916) 445-7346

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Objectives

- Review key terms
- Review key dates
- Review CA & Smart Snacks in School rules



Objectives

- **Analyze Products**
- **Review Quick Reference Cards**



Overview



- **State: Responsible for training and technical assistance**
- **District: Responsible to ensure compliance**
- **Industry: Can ensure products comply and help schools with compliance**



Key Terms

Competitive Food

- **Any food or beverage sold outside of the meal program to students on school campus during the school day.**
 - **Fundraisers**
 - **Vending machines**
 - **School stores**
 - **Snack bars**



Key Terms

California Education Code

- A set of rules for schools that originate from California legislation.
(EXAMPLE: AB 626 changed EC)
- Applies to any entity selling competitive foods or beverages
- Requires foods to meet restrictions for specific nutrients
- Only allows certain beverages



Key Terms

California Assembly Bill 626

- Effective on January 1, 2014, makes changes to current California Education Code competitive food and beverage rules.



Key Terms

California Code of Regulations

- A set of rules for schools that originates from the California Department of Education.
- Contains two sets of competitive food rules:
 - One set clarifies Education Code, applies to any entity
 - One set applies only to student organization food/beverage sales



Key Terms

Healthy, Hunger-Free Kids Act of 2010

- A law passed by Congress creating rules for schools.
- Requires all school districts that participate in a meal program to adopt, update, and implement a Local School Wellness Policy



Key Terms

Code of Federal Regulations

- **A set of rules for schools that originates from the U. S. Department of Agriculture (USDA).
(EXAMPLE: Smart Snacks in School)**
- **Requires all school districts that participate in a meal program to follow national Smart Snacks in School competitive food and beverage requirements**



Key Terms

Smart Snacks in School

- Effective on July 1, 2014, name of the new national competitive food rules – found in the Code of Federal Regulations.



Key Dates

January 1, 2014

- **Implementation of Assembly Bill 626**

July 1, 2014

- **Implementation of ALL provisions in the Smart Snacks in School Rule**



Assembly Bill 626

- **Updates the definition of “sold”**
 - **The exchange of food or beverages for money, coupons, vouchers, order forms AND when any part of the exchange occurs on campus**
- **Only compliant items can be “sold” from one-half hour before to one-half hour after the school day**
- **Two-percent milk no longer allowed**



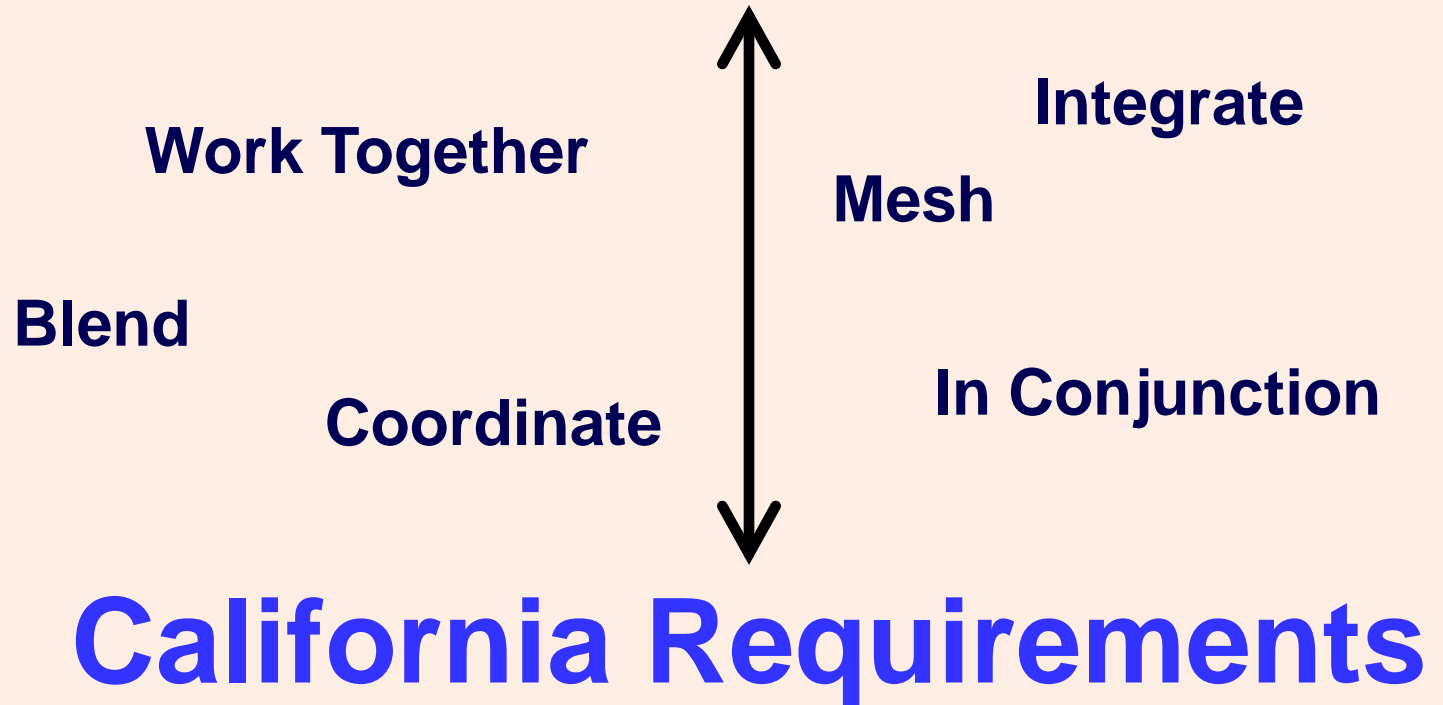
Assembly Bill 626

- No foods containing trans fat can be sold to students
- Noncompliant items can be sold by adults or students at elementary school after one-half hour after the end of the school day

**Updated Quick Reference Cards
reflecting these changes**



Smart Snacks in School





Comparing USDA Smart Snacks in School Rule with California Requirements



Comparing USDA Smart Snacks in School Rule with California Requirements

DEFINITIONS



Definitions

Competitive Foods

All foods and beverages sold to students on school campus during the school day outside the reimbursable meal program.



Definitions

School Campus

All areas of the property under the jurisdiction of the school that are accessible to students during the school day.



Definitions

School Day

From midnight to 30 minutes after the end of the school day.



Definitions

Entrée

A combination of:

- **Meat/meat alternate and whole grain rich food, **or****
- **Meat/meat alternate and fruit/vegetable, **or****
- **Meat/meat alternate alone (not yogurt, nuts, seeds, cheese, meat snacks)**



Comparing USDA Smart Snacks in School Rule with California Requirements

FOODS



Foods

Specific Nutrient Standards

Must meet standards for:

Snacks:

- Fat $\leq 35\%$ cal
- Sat Fat $< 10\%$ cal
- Trans Fat < 0.5 g/svg
- Sugar $\leq 35\%$ by weight
- Calories
 - Elem ≤ 175 cal
 - Mid/High ≤ 200 cal
- Sodium ≤ 230 mg
(through 6/30/16)

Entrées:

- Fat $\leq 35\%$ cal
- Sat Fat $< 10\%$ cal
- Trans Fat < 0.5 g/svg
- Sugar $\leq 35\%$ by wt
- Calories ≤ 350 cal
- Sodium ≤ 480 mg²²



Foods

General Standards

Elementary School

1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium

AND

2. Can ONLY be a:
 - Fruit
 - Non-fried vegetable
 - Dairy food
 - Nuts, Seeds, Legumes, Eggs, Cheese (Protein)
 - Whole grain-rich item

OR...



Foods

General Standards

Middle/High School

1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium
AND
2. Be a fruit, vegetable, dairy, protein, whole grain food,
OR
3. Contain $\geq 10\%$ DV for calcium, potassium, Vit D, or dietary fiber (through 6/30/2016 only),
OR
4. Be a combo food containing $\frac{1}{4}$ cup fruit or vegetable.



Foods

Exemptions

Foods may be exempt ONLY from:

- **Fat**
- **Saturated Fat, and/or**
- **Sugar**



Foods

Exemptions

NO FOOD is exempt from:

- **Trans fat**
- **Calories**
- **Sodium**



Foods

Exemptions

Exempt from fat standard:

- Reduced fat cheese
- Nuts, seeds, nut/seed butters
- Dried fruit with nuts/seeds, with no added sugar or fat
- Fruit: fresh, frozen, canned in 100% juice
- Non-fried vegetables: fresh, frozen, canned



Foods

Exemptions

Exempt from saturated fat standard:

- Reduced fat cheese
- Dried fruit with nuts/seeds, with no added sugar or fat



Foods

Exemptions

Exempt from sugar standard:

- Fruit: fresh, frozen, canned in 100% juice
- Non-fried vegetables: fresh, frozen, canned
- Dried fruit (can include sugar required for processing), or vegetables
- Dried fruit with nuts/seeds, with no added sugar or fat



Foods

NSLP/SBP A La Carte Exemptions

**No foods are exempt from
NSLP/SBP A La Carte
Standards**

**Entrées served in NSLP/SBP day of or day after
must meet California entrée standards:**

- **≤ 400 calories**
- **≤ 4 grams of fat per 100 calories**

**Any other NSLP/SBP entrée or entrée sold by another entity
must meet SSIS entrée requirements.**



Foods

Accompaniments

(condiments, spreads, etc.)

Condiments, spreads, etc. shall be:

- Included in the nutrient profile of the item(s) in which they are served
- Types and amounts shall be estimated or averaged for the item(s) in which they are provided
- Accompaniment(s) plus food item(s) must meet applicable standards



Foods

USDA and CA rules working together

Can a high school sell a ~~Fleming Hot Cheetos~~ ~~Generic Bag-O-Chips~~ as a competitive food?

- Fat \leq 35% cal
- Saturated Fat $<$ 10% cal
- Trans Fat $<$ 0.5 g/svg
- Sugar \leq 35% by weight
- Calories \leq 200 cal
- Sodium \leq 230 mg
- Whole grain food, **or**
Food containing \geq 10% DV
for calcium, potassium,
vitamin D, or dietary fiber



ACTIVITY

READING FOOD LABELS:

IS IT COMPLIANT?



ACTIVITY

READING FOOD LABELS

Step 1: Determine if food is exempt from fat, saturated fat, and/or sugar

Step 2: Measure food against non-exempt nutrients

Step 3: Determine if food meets one of the general food standards



ORIGINAL KETTLECORN

Nutrition Facts	Amount Per Serving		%DV*	Amount Per Serving		%DV*
Serv. Size 2 cups (28g)	Total Fat	5g	8%	Total Carb.	21g	7%
Serv. Per Cont. 1	Saturated Fat	0g	0%	Dietary Fiber	2g	8%
Calories 130	Trans. Fat	0g		Sugars	6g	
Fat Cal. 45	Cholesterol	0mg	0%	Protein	1g	
	Sodium	130mg	5%			
*Percent Daily Values (DV) are Based on a 2,000 calorie diet						
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%						

INGREDIENTS: **POPCORN**, SUGAR, CANOLA OIL, SALT.

Whole Grain

$$\leq 35\% \text{ calories from fat: } \frac{\text{Fat calories}}{\text{Calories}} \times 100$$

$$\frac{45}{130} \times 100 = 34.6\%$$

$$\leq 10\% \text{ calories from saturated fat}$$

$$\frac{9 \times \text{grams of sat fat}}{130} \times 100$$

$$\frac{9 \times 0}{130} \times 100 = 0.0\%$$

< 0.5 g/serving trans fat

$$\leq 175 \text{ calories per package/container}$$

$$130 \text{ cal} \times 1 \text{ serving in the package} = 130 \text{ cal}$$

$$\leq 230 \text{ mg sodium per package/container}$$

$$130 \text{ mg} \times 1 \text{ serving in the package} = 130 \text{ mg}$$

$$\leq 35\% \text{ sugar by weight}$$

$$\frac{\text{grams of sugar}}{\text{grams in one serving}} \times 100$$

$$\frac{6}{28} \times 100 = 21.4\% \text{ sugar by weight}$$





Foods

General Standards

Elementary School

1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium

AND

2. Can ONLY be a:
 - Fruit
 - Non-fried vegetable
 - Dairy food
 - Nuts, Seeds, Legumes, Eggs, Cheese (Protein)
 - Whole grain-rich item

OR...



Foods

General Standards

Middle/High School

1. Must meet applicable nutrient standards for fat, saturated fat, trans fat, sugar, calories, sodium
AND
2. Be a fruit, vegetable, dairy, protein, whole grain food,
OR
3. Contain $\geq 10\%$ DV for calcium, potassium, Vit D, or dietary fiber (through 6/30/2016 only),
OR
4. Be a combo food containing $\frac{1}{4}$ cup fruit or vegetable.



Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving		% Daily Value*
Calories	150	Calories from Fat 50
Total Fat	6g	9%
Saturated Fat	2.5g	13%
Cholesterol	70mg	23%
Sodium	75mg	3%
Total Carbohydrate	0g	0%
Protein	24g	48%
Iron	15%	

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium
* Percent Daily Values are based on a 2,000-calorie diet

Nutrition Facts

Serving Size 1 bun (39g)
Servings Per Container 8

Amount Per Serving		% Daily Value
Calories	110	Calories from Fat 10
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	21g	7%
Dietary Fiber	less than 1g	3%
Sugars	2g	
Protein	4g	
Vitamin A	0%	Vitamin C 0%
Calcium	4%	Iron 6%
Thiamin	10%	Riboflavin 6%
Niacin	6%	Folic Acid 10%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

Nutrition Facts

Serving Size 1 Packet (9g)
Servings per Container 1

Amount per Serving		% Daily Value *
Calories	10	Calories from Fat 0
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	85mg	4%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Sugars	2g	
Protein	0g	

Nutrition Facts

Serving Size: 1 tsp or 1 packet (5g)

Amount Per Serving		% Daily Value*
Calories	3	Calories from Fat 2
Total Fat	0.2g	0%
Saturated Fat	0.01g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	56.75mg	2%
Potassium	6.9mg	0%
Total Carbohydrate	0.27g	0%
Dietary Fiber	0.17g	1%
Sugars	0.04g	
Sugar Alcohols		
Protein	0.22g	

Total calories:
150+110+10+3 = 273

Fat in hamburger:
6+1+0+0.2 = 7.2 grams ←

Max fat grams = $\frac{4 \times \text{calories}}{100}$

$\frac{4(273)}{100} = \text{cannot exceed } 10.92 \text{ g}$





Foods

NSLP/SBP A La Carte Exemptions

**No foods are exempt from
NSLP/SBP A La Carte
Standards**

**Entrées served in NSLP/SBP day of or day after
must meet California entrée standards:**

- **≤ 400 calories**
- **≤ 4 grams of fat per 100 calories**

**Any other NSLP/SBP entrée or entrée sold by another entity
must meet SSIS entrée requirements.**



Nutrition Facts

Serving Size 1 piece (28 g)

Servings Per Container 36

Amount Per Serving

Calories 110

Calories From Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 9%

Dietary Fiber 0g 0%

Sugars 12g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

≤ 35% calories from fat

$$\frac{0}{110} \times 100 = 0.0\%$$

< 10% calories from saturated fat

$$\frac{9 \times \text{grams of sat fat}}{110} \times 100$$

$$\frac{9 \times 0}{110} \times 100 = 0.0\%$$

< 0.5 g/serving trans fat

≤ 175 calories per package/container

$$110 \text{ cal} \times 1 \text{ piece} = 110 \text{ cal}$$

≤ 230 mg sodium per package/container

$$0 \text{ mg} \times 1 \text{ piece} = 0 \text{ mg}$$

≤ 35% sugar by weight

$$\frac{\text{grams of sugar}}{\text{grams in one serving}} \times 100$$

$$\frac{12}{28} \times 100 = 42.8\% \text{ sugar by weight}$$



Nutrition Facts

Serving Size 1 popsicle (93g)

Servings Per Container 12

Amount Per Serving

Calories 70 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 4g

Vitamin A 4% • Vitamin C 40%

Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Water, **Blueberry Juice** From Concentrate (Water, Blueberry Juice Concentrate), Sugar, Blueberry Puree, Açai Puree, Citric Acid, Lemon Juice Concentrate, Natural Flavors, Pectin, Guar Gum, Soy Lecithin, Carob Bean Gum, Ascorbic Acid (Vitamin C). **Contains Soy Ingredients.**



Fruit

≤ 35% calories from fat

$$\frac{10}{70} \times 100 = 14\%$$

< 10% calories from saturated fat

$$\frac{9 \times \text{grams of sat fat}}{70} \times 100$$

$$\frac{9 \times 0.5}{70} \times 100 = 6.4\%$$

< 0.5 g/serving trans fat

≤ 175 calories per package/container

$$70 \text{ cal} \times 1 \text{ popsicle} = 70 \text{ cal}$$

≤ 230 mg sodium per package/container

$$55 \text{ mg} \times 1 \text{ popsicle} = 55 \text{ mg}$$

≤ 35% sugar by weight

$$\frac{\text{grams of sugar}}{\text{grams in one serving}} \times 100$$

$$\frac{12}{93} \times 100 = 12.9\% \text{ sugar by weight}$$



Comparing USDA Smart Snacks in School Rule with California Requirements

BEVERAGES



Beverages

Elementary School

Water

- Plain
- No serving size

Milk

- Unflavored (1%/nonfat)
- Flavored (nonfat)
- $\geq 25\%$ DV for calcium
- Vitamins A and D
- ≤ 28 grams sugar per 8 fl. oz.
- ≤ 8 fl. oz. serving size



Beverages

Elementary School

Non-dairy Milk

Per 8 fl. oz.:

- ≥ 276 mg calcium
- ≥ 8 g protein
- ≥ 500 IU Vit A
- ≥ 100 IU Vit D
- ≥ 24 mg magnesium
- ≥ 222 mg phosphorus
- ≥ 349 mg potassium
- ≥ 0.44 mg riboflavin
- ≥ 1.1 mcg Vit B12
- ≤ 28 grams sugar
- ≤ 5 grams fat

≤ 8 fl. oz. serving size

Juice

- $\geq 50\%$ fruit/vegetable juice
- No added sweeteners
- ≤ 8 fl. oz. serving size



Beverages

Middle School

Water

- Plain
- No serving size

Milk

- Unflavored (1%/nonfat)
- Flavored (nonfat)
- $\geq 25\%$ DV for calcium
- Vitamins A and D
- ≤ 28 grams sugar per 8 fl. oz.
- ≤ 12 fl. oz. serving size



Beverages

Middle School

Non-dairy Milk

Per 8 fl. oz.:

- ≥ 276 mg calcium
- ≥ 8 g protein
- ≥ 500 IU Vit A
- ≥ 100 IU Vit D
- ≥ 24 mg magnesium
- ≥ 222 mg phosphorus
- ≥ 349 mg potassium
- ≥ 0.44 mg riboflavin
- ≥ 1.1 mcg Vit B12
- ≤ 28 grams sugar
- ≤ 5 grams fat

≤ 12 fl. oz. serving size

Juice

- $\geq 50\%$ fruit/vegetable juice
- No added sweeteners
- ≤ 12 fl. oz. serving size



Beverages

Middle School

**No other beverages
allowed in Middle Schools
besides**

- **Water**
- **Milk**
- **Juice**



Beverages

High School

Water

- Plain
- No serving size

Milk

- Unflavored (1%/nonfat)
- Flavored (nonfat)
- $\geq 25\%$ DV for calcium
- Vitamins A and D
- ≤ 28 grams sugar per 8 fl. oz.
- ≤ 12 fl. oz. serving size



Beverages

High School

Non-dairy Milk

Per 8 fl. oz.:

- ≥ 276 mg calcium
- ≥ 8 g protein
- ≥ 500 IU Vit A
- ≥ 100 IU Vit D
- ≥ 24 mg magnesium
- ≥ 222 mg phosphorus
- ≥ 349 mg potassium
- ≥ 0.44 mg riboflavin
- ≥ 1.1 mcg Vit B12
- ≤ 28 grams sugar
- ≤ 5 grams fat

≤ 12 fl. oz. serving size

Juice

- $\geq 50\%$ fruit/vegetable juice
- No added sweeteners
- ≤ 12 fl. oz. serving size



Beverages

High School

No-calorie

Electrolyte Replacement Beverage

- Water as first ingredient
- ≤ 16.8 grams added sweetener/8 fl. oz.
- 10-150 mg Na^+ /8 fl. oz.
- 10-90 mg K^+ /8 fl. oz.
- No added caffeine
- ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
- ≤ 20 fl. oz. serving size



Beverages

High School

Low-calorie

Electrolyte Replacement Beverage

- Water as first ingredient
- ≤ 16.8 grams added sweetener/8 fl. oz.
- 10-150 mg Na^+ /8 fl. oz.
- 10-90 mg K^+ /8 fl. oz.
- No added caffeine
- ≤ 40 calories/8 fl. oz.
- ≤ 12 fl. oz. serving size



ACTIVITY

**READING BEVERAGE
LABELS:**

IS IT COMPLIANT?



Peach Pear Apricot

Nutrition Facts

Serving Size **8 fluid ounces**

Servings Per Container: 18

Amount Per Serving

Calories 130

Calories From Fat 0

% Daily Value*

Total Fat 0 g

0%

Saturated Fat 0 g

0%

Trans Fat 0 g

Cholesterol 0 mg

0%

Sodium 5 mg

0%

Potassium 80 mg

2%

Total Carbohydrate 33 g

11%

Dietary Fiber 1 g

6%

Sugars 30 g

Protein 1 g

Vitamin A 10%

Vitamin C 130%

Calcium 2%

Iron 2%

Vitamin E 10%

Riboflavin B2 4%

Niacin B3 25%

Vitamin B6 30%

Folic Acid 10%

Selenium 4%

Chromium 4%

Molybdenum 2%

* Percent daily values are based on a 2,000 calorie diet.

100 percent juice
No added sweetener

=

Ingredients: Fruit (Peach Puree, Pear Puree, Apricot Puree), White Grape Juice Concentrate, Pear Juice Concentrate, Apple Juice Concentrate, Natural Flavors, Vitamins and Minerals, Locust Bean and Guar Gum.

Vitamins and Minerals: Vitamin A Palmitate, Calcium Phosphate, dl-Alpha Tocopheryl Acetate, Folic Acid, Selenomethionine, Chromium Chloride, Sodium Molybdate, Ascorbic Acid.



32 FL. OZ. (0.946 LITER)

NO FRUIT JUICE

Nutrition Facts

Serving Size 8 fl oz (24 mL)
Servings Per Container 4

Amount Per Serving

Calories 50

% Daily Value*

Total Fat 0g	0%
Sodium 110mg	5%
Potassium 30mg	1%
Total Carbohydrate 14g	5%
Sugars 14g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, sucrose syrup, high fructose corn syrup (glucose-fructose syrup), natural flavors, citric acid, salt, sodium citrate, monopotassium phosphate, phosphoric acid, red 40, blue 1.

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CAFFEINE

Requirements:

1. Water as first ingredient
2. ≤ 16.8 grams added sweetener/8 fl. oz.
3. 10-150 mg Na⁺/8 fl. oz.
4. 10-90 mg K⁺/8 fl. oz.
5. No added caffeine
6. ≤ 40 calories/8 fl. oz.
7. ≤ 12 fl. oz. serving size



Comparing USDA Smart Snacks in School Rule with California Requirements

**FUNDRAISING
&
RECORD KEEPING**



Fundraising

**No exempted
fundraisers allowed
during the school day
(midnight to 30 min. after school)**



Recordkeeping

7 CFR 210.11(b)(2)

“The local educational agency is responsible for the maintenance of records that document compliance with the nutrition standards for all competitive food available for sale to students in areas under its jurisdiction that are outside of the control of the school food authority...”

“In addition, the local educational agency is responsible for ensuring that organizations designated as responsible for food service at the various venues in the schools maintain records in order to ensure and document compliance with the nutrition requirements for the foods and beverages sold to students at these venues during the school day as required by this section...”

“At a minimum, records must include receipts, nutrition labels and/or product specifications for the competitive food available for sale to students.”



ACTIVITY

**PUTTING IT ALL
TOGETHER:**

**USING THE
QUICK REFERENCE
CARDS**



Scenario A

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).

START HERE, and then continue clockwise.

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

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.

Compliant foods:

1. Must meet the following:

- a. \leq 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
- b. $<$ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
- c. \leq 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), **and**
- d. $<$ 0.5 grams trans fat per serving (no exceptions), **and**
- e. \leq 230 milligrams sodium (no exceptions), **and**
- f. \leq 175 calories per item/container (no exceptions)

AND

2. Can ONLY be a:

- a. Fruit
- b. Non-fried vegetable
- c. Dairy food
- d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
- e. Whole grain item



Scenario A

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* 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 school.

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.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. \geq 50% juice **and**
 - b. No added sweeteners
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. \leq 28 grams of total sugar per 8 fl. oz.
 - f. \leq 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - \geq 276 mg calcium
 - \geq 8 g protein
 - \geq 500 IU Vit A
 - \geq 100 IU Vit D
 - \geq 24 mg magnesium
 - \geq 222 mg phosphorus
 - \geq 349 mg potassium
 - \geq 0.44 mg riboflavin
 - \geq 1.1 mcg Vit B12, **and**
 - b. \leq 28 grams of total sugar per 8 fl. oz. **and**
 - c. \leq 5 grams fat per 8 fl. oz.
4. Water:
 - a. No added sweeteners

Non-compliant beverages may be sold from one-half hour after school.



Scenario A

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).

ELEMENTARY SCHOOL - STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15500

Effective during school hours.

Applies to food and beverage sales by student organizations.

Student organization sales must meet all of the following:

1. Only one food or beverage item per sale.
2. The food or beverage item must be pre-approved by the governing board of the school district.
3. The sale must occur after the lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school is allowed four sales per year.
6. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.



Scenario A

A student group is selling trail mix directly after lunch outside of the cafeteria on a public elementary school campus (on the federal school meal program).

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Scenario B

The public high school (on the federal meal program) Parent/Teacher Organization is selling fruit smoothies outside of the lunchroom during the lunch period.

START HERE, and then continue clockwise.

MIDDLE/HIGH SCHOOL – **FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* 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 school.

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.

Compliant foods:

1. **“Snack”** food items must be:

- ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
- < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 230 milligrams sodium (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

2. **“Entrée”** food items must be:

- Meat/meat alternate and whole grain rich food; or
- Fruit or non-fried vegetable and meat/meat alternate; or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks), **and**
- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **an**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 calories

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Non-compliant foods may be sold from one-half hour after school through midnight.



Scenario B

The public high school (on the federal meal program) Parent/Teacher Organization is selling fruit smoothies outside of the lunchroom during the lunch period.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* 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 school.

Applies to ALL beverages 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.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. \geq 50% juice **and**
 - b. No added sweeteners
 - c. \leq 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. \leq 28 grams of total sugar per 8 fl. oz.
 - f. \leq 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), **and**
 - b. \leq 28 grams of total sugar per 8 fl. oz., **and**
 - c. \leq 5 grams fat per 8 fl. oz.
 - d. \leq 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. No-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. \leq 16.8 grams added sweetener/8 fl. oz.
 - c. \leq 5 calories/8 fl. oz. (or \leq 10 cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. \leq 20 fl. oz. serving size
6. Low-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. \leq 16.8 grams added sweetener/8 fl. oz.
 - c. \leq 40 calories/8 fl. oz.
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. \leq 12 fl. oz. serving size

Non-compliant foods may be sold from one-half hour after school through midnight.



Scenario B

The public high school (on the federal meal program)
Parent/Teacher Organization is selling fruit smoothies outside of the lunchroom during the lunch period.

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15501

Effective during or after school hours.

Applies ONLY to food and beverage sales by student organizations.

1. Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **pre-approved** by governing board of school district.
3. **Only one student organization** *may* be allowed to sell each day.
4. Food(s) or beverage(s) **cannot** be prepared on the campus.
5. 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.
6. In addition to one student organization sale each day, any and **all student organizations** may sell on the **same four designated days** per year – dates determined by school administration.



Scenario B

The public high school (on the federal meal program) →

Parent/Teacher Organization is selling fruit smoothies outside of the lunchroom during the lunch period.

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What's Next?

- **Updating all resources**
- **Additional Communications from NSD**
- **Ongoing Technical Assistance**
- **Training (Webinars and Face-to-Face)**



Comparing USDA Smart Snacks in School Rule with California Requirements

QUESTIONS?

Mike Danzik, MPH, RD
Nutrition Education Consultant
mdanzik@cde.ca.gov
(916) 445-7346

Rema El-Mahmoud, BS
Child Nutrition Assistant
rel-mahmoud@cde.ca.gov
(916) 323-5757