

A Healthier School Environment: Smart Snacks and Non-Food Rewards

A Toolkit for SCCS Administrators



Santa Cruz City Schools Food Services Department

In coordination with the wellness committee

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I. Introduction

Dear Administrator,

As you may already know, the Santa Cruz City School District's wellness policy guides how our schools make the healthy choice the easy choice for students. You can find a copy of our wellness policy here: [Policy 5030 Student Wellness](#) or see appendix A. Since healthier school environments help support student learning and behavior, you play a valuable role in Santa Cruz City's schools' efforts to help kids make healthy food choices and be physically active.

The SCCS wellness policy is not only a benefit to us all, it is a federal requirement under the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The district must inform the public about the wellness policy and any updates that are made to it. This legislation applies to the school meal program, and also requires that smart snack standards be applied to any food sold during school hours but outside of the school meal program, aka competitive foods. The final regulation on local school wellness policies was released on July 29, 2016. The wellness committee monitors and communicates legislative requirements for student health and wellness, but it is administrative leadership that helps build family and school staff support of the legislation.

This toolkit was created to support this effort. First, it will provide a summary of current requirements of HHFKA legislation. Second, based on this legislation and observed trends, it will highlight expectations for improvement in our district - specifically concerning the selling or sharing of nutrient-deficient foods high in added sugar and fat, in the school environment. Finally, this toolkit is an invitation to support these improvements by sharing information and tools with your school community.

Thank you for your support!

II. The Legislation: Healthy and Hunger-Free kids Act 2010

The Healthy and Hunger-Free Kids Act first passed in 2010 during the first Obama administration, championed by first lady Michelle Obama. **This legislation updated rules and regulations for any school district that participated in the school meal program, including stricter nutrition guidelines.** In subsequent renewals of this legislation, referred to as child nutrition reauthorizations, additional requirements have been set. **The “competitive foods” smart snack standard requirement was added in 2014. The final local school wellness policy requirement was finalized in 2016.** ¹

During school hours - defined in this legislation as before, during and up to 30 mins after school - any food that is sold outside of school meals is considered a competitive food. This ruling applies to student run stores, student, staff or parent organized fundraisers, and a la carte cafeteria sales. The intention here, as with the school meal program and the wellness policy requirement, is to encourage students to develop healthy habits and positive relationships with food. **As a district with a school meal program, we are obligated to abide by these regulations.** The support of our administrators is vital in order to ensure district compliance with this legislation. See [appendix C](#) for an abbreviated reference sheet on Smart Snack Standards.

III. Setting Expectations for a Healthier School Environment

Based on federal legislation and the observation of current practices in our district– three expectations for improvement within our district are identified below. Together, our district will align messages and behaviors around student nutrition and wellness with current legislation. In doing so, our students will receive a strong and consistent message of support for nutritious food choices.

Expectation #1: All foods and drinks sold at school for any purpose (fundraisers included) will meet smart snack standards for competitive foods

Expectation #2: All foods distributed for free during school hours or at school related events will be encouraged to meet the same Smart Snack standard for competitive foods

Expectation #3: Sweets and other nutrient deficient foods will be limited or eliminated from the classroom space in favor of smart snack compliant foods or non-food options. Food-based rewards will be eliminated.

Sustainable behavior change takes time and consistent reinforcement. To start your team on its way to meeting expectations, consider taking a poll at your next staff meeting to see how often food is distributed in your school, what type of food is common and what the goal of this practice is. From here, establish how best to move forward at your campus to meet the expectations above.

IV. Why the Focus on Added Sugar?

For children between the ages of 2 and 18, the US Dietary Guidelines for Americans 2020-2025, recommends that added sugar account for less than 10% of total caloric intake. For most kids, that amounts to a maximum daily sugar limit of about 6 teaspoons or 25g. **On average, American children between the ages of 2 and 19 consume 17 teaspoons or 68 g of added sugar each day– nearly 3 times more than the recommendation.** ²

This high sugar intake is concerning for many reasons.

- 1) Foods high in added sugar are often also high in calories and low in nutrients. These foods may displace other, more nutritious foods, like fruits, vegetables and whole grains that promote physical and mental health. Children with diets high in added sugar have been shown to have lower intake of important nutrients. ³⁻⁵
- 2) High added sugar intake has detrimental impacts on academic performance, learning, memory, sleep, behavior and emotional health in children. ⁶⁻¹⁰
- 3) Diets high in added sugars are also linked to a multitude of poor physical health outcomes including type 2 diabetes, weight gain, chronic inflammation, high blood pressure, heart disease, fatty liver disease, gout, asthma, acne and many others. ¹¹⁻¹⁴

Food-based rewards are also problematic for our students. Recognizing achievement or behavior with unhealthy foods confuses messaging around healthy eating. Food based rewards have the potential to rewire reward circuitry in students' brains. Associated effects include increased emotional overeating, decreased self-regulation of food intake and a preference for foods associated with accolades (usually high sugar or high fat). ¹⁵

Reducing the presence of high sugar, high calorie and nutrient deficient foods in the school environment will only help our students.

In addition to the obvious health benefits, any food that is sold in our schools is required by Federal law to follow guidelines set by the USDA, called the Smart Snack Nutrition Standards for Competitive Foods in Schools. While food that is offered free of charge is not legally mandated to follow these standards, it is strongly recommended that they do. The goal of our district wellness policy is to create a unified message around healthy food choices.. To this end, administrators, educators, parents and students are encouraged to follow smart snack guidelines for *all* food offered to students.

V. Action for a Healthier School Environment

To help bring attention and intention to the expectations put forth here, this section includes tools that may be helpful. These tools include a sample letter directed towards educators and another for parents. There is also a guide that can help inform parent-led campus organizations. **All resources are also available at surfcitycafes.com.**

Wellness pledge:

A pledge letter is an easy and effective way to communicate commitment to a cause. The example included here can be used directly, or as inspiration for a pledge that better fits your school.

[Sample Teacher Wellness Pledge Letter](#)

Parent commitment letter:

This resource (provided in English and Spanish) communicates the goal of favoring nutritious food in the school space and suggests the inclusion of non-food alternatives for celebrations. This letter also includes simple food suggestions that meet the smart snack standards and wellness policy goals, as well as food alternatives that can be introduced.

[Sample Parent Commitment Letter English](#)

[Sample Parent Commitment Letter Spanish](#)

A PTA guide to Smart Snacks in School:

Throughout our district, parents play an important role in supporting students and schools through fundraising efforts. The attached guidebook, produced by the National Parent Teacher Association, explains which of these falls under smart snack legislation and provides online resources and tools to guide food fundraising choices. The link below connects to an online tool that helps evaluate if foods are smart snack compliant

[PTA Guide to Smart Snacks](#)

foodplanner.healthiergeneration.org/calculator/

Teacher/Parent Toolkit can be found at surfcitycafes.com on the [wellness policy page](#).

VI. Relevant District Policy and Resources

SCCS Policy 5030: Student Wellness

“The educational mission of the Santa Cruz City School District includes improving the health and wellness in our community by teaching students to establish and maintain life-long healthy habits. The mission shall be accomplished through nutrition education, physical education, Life Lab garden experiences, foods and beverages served in schools, environmental education, psychological and counseling services, health promotion for staff, a positive social-emotional school climate, core academic content in the classroom, and family/parent/community collaboration.”

For the complete and current version of the SCCS wellness policy, see [appendix A](#) or view online here: [Policy 5030 Student Wellness](#).

AR 5030: Wellness Administrative Regulation

For the complete and current list of the SCCS wellness administrative regulations, see [appendix B](#). The actions put forth in this document support the district’s goals for student wellness and include nutrition, physical activity, social emotional learning and mental health and social emotional wellness.

The complete list of administrative regulations that support the district wellness policy can be viewed online here: [AR 5030: Wellness AR](#)

Smart Snack Nutrition Standards for Competitive Foods in Schools

View a quick reference on the federal standards for all food sold in school here: [smart snack reference card](#). This can also be considered the recommended standard for any foods sent to school by parents or distributed by teachers. Or, view the guidelines in [appendix C](#)

SCCS School Food Services Department: Surf City Cafes

[Surf City Café](#) strives to provide healthy, tasty and appealing meals using local ingredients

whenever possible and to give fun and friendly, informed customer service and nutritional education to all our students in a positive, equitable and safe environment.

All foods sold or served at schools, whether in the cafeteria, the classroom or at fundraising or community building events, must meet state and federal requirements based on the USDA Dietary Guidelines. **If you, a class, or an organization at your school needs help sourcing foods that fit within the smart snack guidelines, please reach out to the school food services department.**

SCCS Food Allergy Policy

In any conversation around food in school, it is important to acknowledge that some students live with food allergies. For student safety, it is advised that allergies be reported to the administration at your student's school and to the food services department. Read the full allergy policy here: [food allergy policy](#)

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Appendices

Appendix A: SCCS Wellness Policy

5030 Wellness Policy -adopted 4/13/22

Mission

The educational mission of the Santa Cruz City School District includes improving the health and wellness in our community by teaching students to establish and maintain life-long healthy habits. The mission shall be accomplished through nutrition education, physical education, Life Lab garden experiences, foods and beverages served in schools, environmental education, psychological and counseling services, health promotion for staff, a positive social-emotional school climate, core academic content in the classroom, and family/parent/community collaboration.

The Superintendent or designee will ensure all schools in the district are in compliance with this Wellness Policy.

Statement of Principles

1. The Governing Board recognizes that there is a link between nutrition education, the foods and beverages served in schools, physical activity, social and emotional learning, environmental education and academic achievement.
2. The Board also recognizes the important connection between a healthy diet, physical activity, a positive social emotional climate, to learn effectively and achieve high standards in school.
3. The Board also recognizes that it is Santa Cruz City Schools (SCCS) role, as part of the larger community, to model and actively practice through policy and procedures the promotion of family health, social and emotional supports, physical activity, good nutrition, sustainable agriculture and environmental restoration.
4. SCCS further recognizes that the sharing and enjoyment of food, participation in physical activity, and strong social and emotional skills are fundamental experiences and needs for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds, strengthening core values, and promoting the general wellness of our community.
5. The Board recognizes the positive benefits of physical activity for the health of all students, teachers, staff, and administrators. In addition, recognizing that physical education is crucial in support of academic achievement and an integral part of a child's education, the district will provide

opportunities to ensure students engage in healthful levels of physical activity in order to promote and develop the student's physical, mental, emotional, and social well-being.

6. The Board recognizes social and emotional learning (SEL) as an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

7. The Board also acknowledges the connection between mental health, personal wellness and academic achievement. SCCS is committed to supporting the mental health of students through education, social-emotional learning and eliminating stigma associated with mental illness. Further, SCCS is committed to connecting students and families to mental health services and supports to ensure barriers to student success are addressed.

Wellness Goals

1. No student in the district will go hungry while in school.
2. Provide nutritious, fresh, tasty, and when possible, locally grown food (250 mile radius to the district) that reflects Santa Cruz's cultural diversity.
3. Support sustainable, and when possible, organic agriculture
4. Serve attractively presented meals in a pleasant environment with sufficient time for eating.
5. Encourage the consumption of water
6. Encourage families and staff to be consistent with the goals of the policy when providing foods and beverages as a snack, party or incentives offered during the school day.
7. Prohibit any 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, or other means
8. Honor daily meal periods as an integral part of the educational program of SCCS. Follow all state regulations about serving food during the school day so school activities do not compete with the district food service program.
9. Educate about physical activity and regular movement as essential for life-long wellness.
10. Integrate eating experiences, nutrition education, physical education and social emotional learning into the curriculum at all grade levels.

11, The district and each school shall post the district's policies and regulations on nutrition and physical activity on the school's web page.

12. Establish and monitor metrics for student nutrition and wellness. Annually report on the implementation of this policy.

Public Policy

The Board will work cooperatively with School Boards throughout the state and the nation to advance goals of wellness.

Wellness Committee

1. The purpose of the Wellness Committee is to support and promote student wellness including nutrition, physical education, social emotional learning and mental health and make recommendations to staff and the Board.

2. The Wellness Committee shall be as follows: A representative(s) from the Board, the Director of Food Services, parent representatives, classified employees appointed by their employee organization, teachers (elementary, middle and high school) appointed by their employee organization, principal appointed by cabinet, students and Community Organizations.

3. The Wellness Committee will monitor all district wellness initiatives, review all relevant student wellness metrics and provide recommendations to the Board and District staff. The Wellness Committee will make an annual report to the Board of Education on the committee's work.

Appendix B: Wellness Administrative Regulations

AR 5030 Wellness Administrative Regulation

The following administrative actions will support meeting the District Wellness Goals

Nutrition

As nutrition is critically important to support overall wellness and impacts students ability to access their learning, SCCS is committed to creating a nutrition program that includes healthy, enticing meals coupled with nutrition education which may include the following strategies:

- A fresh, healthy, nutritious breakfast and lunch is available to every student at every school, so that students are prepared to learn to their fullest potential.
- Market our meal programs, nutritious food choice and to the extent possible incorporate Smarter Lunchroom Movement tools and strategies.
- Utilize food from local youth farms and farmers, whenever possible, as defined by a 250 mile radius to the district, based upon availability and acceptability.
- Support sustainable, and when possible, organic agriculture, integrating local, sustainable food into the meals served to our students by the district and seek to eliminate potential harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, high fructose corn syrup, and known genetically modified foods.
- Create attractive meal presentations and welcoming meal settings that foster good manners and respect for fellow students.
- Continually encourage the consumption of water, promoting water hydration education.
- Educate families and staff on the wellness goals and encourage practices that are consistent with the goals of the policy when providing foods and beverages as a snack, party or incentives offered during the school day.
- The Director of Food Service will review all site food celebrations and activities to make sure they are compliant with state and federal laws and our wellness policy.
- Educate staff on the importance of honoring meal periods.
- Include nutrition education at all grade spans.
- Establish and maintain relationships with local farms and farm-to-school programs. Encourage farmers and farm workers to come to the school classroom and arrange for students to visit farms.
- Maintain partnerships with Life Lab to support nutrition education.
- Engage students to provide feedback on menu planning.
- Follow the Smart Snack Rule which is part of the Healthy Hunger Free Kids Act 2010 (HHFKA), which defines the hours of the school day and the foods and beverages that can be sold outside the school food service program.

Physical Activity

To support the District's wellness goal to promote physical activity as essential for lifelong wellness

- Encourage lifelong wellness habits and physical activity through the following:
 - Promoting structured play
 - Supporting intramural and competitive sports
 - Encouraging walking field trips
 - Sponsoring Bike to School Days
 - Physical education at all grade spans
 - Other activities that promote physical activity and wellness

Social Emotional Learning

The district recognizes the importance of explicitly addressing the social emotional learning needs of all students and commits to creating safe and supportive school climates. Some of the strategies used to support these values include:

- Ensuring that school staff are promoting positive relationships between everyone in the school community
- Ensuring that students know that the school staff know their hearts and minds well and care for each individual
- Implementing school-wide approaches to prevent and address harassment, bullying and cyberbullying
- Providing safe spaces, policies and practices to protect lesbian, gay, bisexual and gender non-conforming students
- Establishing school safety and violence prevention policies and strategies
- Ensuring that school staff are trained in promoting the engagement of all students in school activities through culturally responsive practices
- Minimizing exclusionary discipline practices such as suspensions and expulsions
- Training school staff on the use of Positive Behavioral Interventions and Supports and/or Restorative Practices
- Supporting school staff with explicitly teaching, modeling and reinforcing social-emotional learning (SEL) competencies
- Training school staff on incorporating trauma-sensitive and trauma-informed approaches into school policies and practices

Mental Health & Social Emotional Wellness

Santa Cruz City Schools is committed to ensuring that the social emotional health and wellbeing of all students are met. The district will support students' needs by:

- Ensuring that an evidenced-based process for identifying students with social emotional needs is in place
- Ensuring access by students to highly qualified, mental health professionals in the school setting and a referral pathway for connecting students to community-based providers as needed
- Coordinating with school and community-based mental health providers to address students' social emotional needs
- Implementing evidence-based interventions for students in need of additional social emotional support
- Ensuring that suicide prevention policies and programs are in place in all buildings and that school staff are trained in identifying students at risk and referring them to appropriate services
- Providing appropriate training to all school staff on meeting students social emotional needs
- Coordinating with caregivers and students to address students' social emotional needs
- Regularly assessing and reporting on the district- and building-level implementation of these practices and providing appropriate resources and training for continuous improvement.

Monitor Student Wellness

The District commits to regularly assessing and reporting upon the district-and building-level work to address our wellness goals and provide appropriate resources for continuous improvement. The Wellness Committee will present a report to the Board annually on district efforts.

Appendix C: Smart Snack Quick Reference for Competitive Foods

QUICK REFERENCE CARDS

NON-CHARTER PUBLIC SCHOOLS

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 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.

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 as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, 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, 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)

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.

* 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% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

** 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% juice only.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

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 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, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice and
 - b. No added sweeteners
 - c. ≤ 8 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. ≥ 25% of the calcium Daily Value per 8 fl. oz., and
 - e. ≥ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 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.:
 - ≥ 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, and
 - b. ≤ 28 grams of total sugar per 8 fl. oz., and
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* 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:

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 last 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.

QUICK REFERENCE CARDS

NON-CHARTER PUBLIC SCHOOLS

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 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.

"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 as the first ingredient), or
• Be a combination food containing at least 1/4 cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, 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, 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)

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.

"Entrée" 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).

AND

A competitive entrée 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
• < 0.5 grams trans fat per serving

A competitive entrée 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 1/4 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

* 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% of the total grain weight (manufacturer must verify), or
• At least 51% whole grain by weight.

** 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% juice only.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

California Department of Education, Nutrition Services Division

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 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.

Compliant beverages:

- 1. Fruit or Vegetable juice:
a. ≥ 50% juice and
b. No added sweeteners
c. ≤ 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. ≥ 25% of the calcium Daily Value per 8 fl. oz., and
e. ≤ 28 grams of total sugar per 8 fl. oz.
f. ≤ 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. ≤ 28 grams of total sugar per 8 fl. oz., and
c. ≤ 5 grams fat per 8 fl. oz.
d. ≤ 12 fl. oz. serving size
4. Water:
a. No added sweeteners
b. No serving size limit
5. Electrolyte Replacement Beverages (HIGH SCHOOLS ONLY)
a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
b. Water as first ingredient
c. ≤ 16.8 grams added sweetener/8 fl. oz.
d. 10-150 mg sodium/8 fl. oz.
e. 10-90 mg potassium/8 fl. oz.
f. No added caffeine
g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (HIGH SCHOOLS ONLY)
a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
b. No added sweetener
c. No added caffeine
d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: California Code of Regulations 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:

- 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 the governing board of the school district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on 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. School administration may set these dates.

EFFECTIVE 1/1/2017

Revised 1/1/2017

Food Allergy Policy



What You Need to Know

What is a food allergy?

A food allergy is an adverse immune system reaction that occurs soon after exposure to a certain food. The immune response can be severe and life threatening.

What are the most common foods that cause allergic reactions?

1. MILK
2. EGGS
3. PEANUTS
4. TREE NUTS (*Walnuts, Almonds, Cashews, Pistachios, and Pecans*)
5. FISH
6. SOY
7. WHEAT
8. CRUSTACEAN SHELLFISH
9. *SESAME*

What are symptoms of an allergic reaction to food?

Even a tiny amount of the allergy-causing food can trigger signs and symptoms. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as *Anaphylaxis*. Symptoms can occur within a few minutes or hours of being eaten, inhaled or coming in contact with the allergen.

Mild symptoms include:

Nose: itchy or runny nose, sneezing

Mouth: itchy mouth

Skin: a few hives, mild itch

Gut: mild nausea or discomfort

Severe symptoms include:

Lung: shortness of breath, wheezing, repetitive cough

Heart: pale, blue, faint, weak pulse, dizzy

Throat: tight, hoarse, trouble breathing/swallowing

Mouth: significant swelling of the tongue or lips

Skin: many hives over body, widespread redness

Gut: repetitive vomiting or severe diarrhea

Psychological: feeling something bad is about to happen, anxiety, confusion

Food Allergy Policy

Children with food allergies might communicate their symptoms in the following ways:

- "It feels like something is poking my tongue."
- "My tongue (or mouth) is tingling (or burning)."
- "My tongue (or mouth) itches."
- "My tongue feels like there is hair on it."
- "My mouth feels funny."
- "There's a frog in my throat; there's something stuck in my throat."
- "My tongue feels full (or heavy)."
- "My lips feel tight."
- "It feels like there are bugs in there (to describe itchy ears)."
- "It (my throat) feels thick."
- "It feels like a bump is on the back of my tongue (throat)."

Source: The Food Allergy & Anaphylaxis Network. Food Allergy News. 2003;13(2).

What is anaphylaxis?

Anaphylaxis is a severe allergic reaction that is rapid in onset and may cause death. Anaphylaxis can cause the body to go into shock causing a sudden drop in blood pressure, and the airway to narrow, blocking breathing. *Signs and symptoms include a rapid, weak pulse; a skin rash; and nausea and vomiting.*

Who is being affected?

Food allergies affect an estimated 4%–6% of U.S. children, most of whom attend federal-and state supported schools or early care and education programs every weekday.

How are food allergies diagnosed?

A qualified medical professional, such as an allergist or physician, can diagnose food allergies by using a variety of tests.

How can an allergic reaction be avoided?

Avoid the food that causes the allergy. Having a plan to limit the ways in which the child could have contact with the allergen, including airborne.

How are allergic reactions treated?

Always call 911! Reactions should be treated according to the students' Food Allergy Action Plan/Emergency Care Plan.

Food Allergy Policy

Food Allergy Management and Prevention Plan (FAMPP)

- 1. Management of Food Allergies For Students**
 - a. The USDA requires a doctor's statement that a student has a food allergy disability before food service staff in the Child Nutrition Program can make meal accommodations and provide a safe meal for students with a food allergy.
 - b. If Food Services does not receive a medical statement from a recognized medical authority, the student will keep receiving a regular lunch tray.
 - c. Parents should have a physician fill out a medical statement to request special meals and/or accommodations for their child. This will also ensure that the Food Service Office is aware which student has food allergies.
 - d. Medical statements completed by parents or guardians will not be accepted.
- 2. Prepare for food allergies**
 - a. The parent of the student will work with the Food Service administration if necessary to determine if food allergens are on the menu.
 - b. The Food Service Office will accommodate the student to any food substitution if possible.
- 3. Provide professional development on food allergies for staff members.**
 - a. Kitchen staff received training to increase their knowledge about food allergies and how to identify and respond to food allergy emergencies.
 - i. Identify top 9 food allergens
 - ii. Clean, sanitize, label, and storage to avoid Cross Contact
 - iii. Recognize and respond to food allergy reactions
- 4. Create and maintain a healthy and safe environment**
 - a. Kitchen staff will create an environment that is as safe as possible from exposure to food allergens by following procedures for handling food.