



Palm Springs Unified School District Student Wellness Plan

OVERVIEW

The **Palm Springs Unified School District Board of Education** recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee 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. Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296 42 USC 1758b, 1751-1769, 1771-1791 includes specific policies appropriate for local schools Wellness Plans (42 USC 1758b)

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community about the contents and implementation of this Plan. 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 plan, to extent to which this Plan compares to model wellness polices available for the US Department of Agriculture, and a description of the progress made in attaining the goals of the wellness plan. 42USC 1758b P.L. 111-296

Site Monitoring

- Self-audit verifying compliance.
- Site Wellness Committees to be established and shall include an administrator, a health professional, and a parent.
- Site Wellness Committees will be charged with disseminating the information of the Wellness Plan, monitoring compliance and yearly reporting wellness related compliance.
- Site Wellness Committees can impose stricter polices but cannot reduce the requirements of the Wellness Plan as adopted by the Palm Springs Unified School Board of Education.
- Each school will designate a lead school official to ensure compliance with the district wellness policy.
- The District Wellness Committee will meet at least 2 times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the district wellness policy.

On an annual basis, the School District Wellness Committee shall:

1. Audit food service menus including a la carte and practices related to this policy for compliance.
2. Audit and/or review vending machines and daytime competitive sales for compliance.
3. Recommend actions to responsible personnel to remedy concerns and to provide needed follow up.
4. Review the District and Site Wellness Plans, recommend revisions as necessary and develop site procedures.

On an annual basis, the Site Wellness Committee shall:

1. Audit and/or review vending machines and daytime competitive sales for compliance.
2. Review and submit fund raising activities for approval.
3. Recommend actions to responsible personnel to remedy concerns and to provide needed follow up.
4. Develop site-based reporting and monitoring.
5. Write the monitoring report for the previous year and submit the Wellness Site Monitoring Report to the District Wellness Committee.

Staff and Community Participation

	Topic	Goals	Action Plan for all Wellness Committees	Goal Date
K-12	• Parent participation and involvement. • Students, staff, and/or community members are welcome to join the committee. • Sites will receive health and nutrition lesson plans; such as, Team Nutrition or Dairy Council.	• Bring nutrition and physical activity awareness to parents and bridge home/school resources to families. • Raise staff participation. • Create a consistent monitoring program by staff and administration.	• Use resources and set meetings to involve parents in nutrition and physical activity. • Record meeting minutes. • Create small group discussions. • Create simple questionnaires Report all media coverage	On-going

School Meals: All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk, low in saturated fat, and have zero grams *trans*-fat per serving and to meet the nutrition needs of school children within their calorie requirements. Under California Universal Meals, Education Code (EC) 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their meal eligibility. Alternate income forms are made available to all families via the student information system for completion and are also available on the District website. The District will take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way.

Breakfast Criteria

Topic		Goals	Action Plan
K-12	Mealtimes/scheduling	- It is the intent to allow a minimum of 20 minutes to consume food after student has exited meal line and during participation of breakfast in the classroom. - It is the intent to provide adequate seating for all students to eat, no student should be required to stand, sit on ground or return to classroom for mealtime seating.	
K-12	Fruit	- At least one fruit other than 100% juice is offered daily at breakfast. Fruit may be fresh, canned or frozen in fruit juice or light syrup sweeteners/canned fruit packed in juice or light syrup. - Two fruits per week must be fresh and must meet the USDA requirements.	
K-12	Grain	100% of grains offered weekly are whole grain rich. - Grains must be offered in three different types of items weekly.	
K-12	Beverages	- Maximum 8 oz. of juice for high schools and 6 oz. for elementary and middle schools. - No carbonated or electrolyte beverages. - No caffeinated beverages. - No low calories beverages with artificial sweetener. - One hundred percent strength fruit and vegetable juices with no sweeteners or non-nutritive sweeteners may be served. - Milk (8oz.) must be offered as non- fat or low-fat, if flavored milk is offered it must be non-fat. - Water (no flavored, sweetened, carbonated, caffeinated or nonnutritive sweeteners can be served).	

Lunch Criteria

Topic	Goals	Action Plan
K-12 Mealtimes/scheduling All schools must offer lunch in compliance with the USDA Guidelines. 42 USC 1773 1779 1758b	- It is the intent to allow 20 minutes to consume food after student has exited the meal line. When possible, lunch will follow the recess period to better support learning and healthy eating. - Schools will meet the California State meal mandate. Ed Code 49550 - It is the intent to provide adequate seating for all students to sit, no student should be required to stand, sit on ground or return to classroom for mealtime seating.	
K-12 Vegetable	A different vegetable is served every day of the week and must be a minimum of $\frac{1}{4}$ cup serving. Starchy vegetables are limited to one cup per week. Dark green or orange are offered three or more days per week. Cooked dry beans/peas (legumes) must be offered each week.	
K-12 Fruit	- A different fruit is served every day of the week. All servings must be at least $\frac{1}{4}$ cup. - Dried fruit must have no added sugars other than those fruits that require added sugar for processing, such as, blueberries, cherries, tropical fruit, chopped dates or figs. - Fruit that is fresh, frozen, or canned in juice/light syrup is acceptable.	
K-12 Second Entrees	- A second entrée sold by Food Services the day of or the day after it appears on the menu must meet current state and federal nutrition standards for a competitive entrée. Refer to Appendix A: California and Federal Regulations for Competitive Foods. - All a la carte items sold by Food Services or any other entity (PTA, student organization, etc.) must meet current state and federal nutrition standards for a competitive food or beverage. Refer to Appendix A.	

K-12 Grain	• All grains offered must be whole grain rich. • At least three different types of whole grain rich foods offered during the week. • Only 1 whole grain rich offering per week may be a grain-based dessert.	
K-12 Water	• Water must be available at or near the breakfast and lunch areas. • Free drinking water is available via water fountains or water filling stations at or near the breakfast and lunch areas.	• Students will be provided with free access to drinking water throughout the school day.
K-12 Beverages	• All beverages sold by Food Services, or any other entity must meet current state and federal nutrition standards for beverages. Refer to Appendix A. All beverages, for all grade levels, must be caffeine free. •	

Nutrition Education

Regulations		Goals	Action Plan
K-12	PSUSD aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion through the adopted core curricula that: Ed Code <i>CF 6011, CF 6143</i>	Every grade level (TK -12) will provide nutrition education and engage in nutrition promotion that: • Is designed to provide students with the knowledge and skills necessary to promote and protect their health. • Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects where integration is appropriate. • Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods. • Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise). • Links with school meal programs, cafeteria nutrition promotion activities, school gardens, and Farm to School programs. • The district will follow <u>the Health Education Content Standards for California Public Schools</u>. These content standards, from the <u>California State Board of Education</u>, includes frameworks to encourage the highest achievement of every student.	• Monitor that nutrition education is being taught as part of the requirements outlined by the Health Education Content Standards for California Public Schools. • The healthiest choices, such as fruit, vegetables, and salads shall be prominently displayed in the cafeterias to encourage students to make healthy food choices. • Apply framework to lesson plans when framework is established. • Busses, building exteriors, score boards, etc. on and around school property should be free of brands and illustrations of unhealthy foods. • A review of the advertising content of all classroom and online materials/websites used for teaching should be made prior to selection of materials. Use of materials depicting food brands/logos and illustrations of unhealthy foods is discouraged.
Elementary		• Dairy Council curriculum and Team Nutrition lesson plans can be used to assist in teaching nutrition through the core subjects.	• The school district will provide nutrition education lesson plans and resources to teachers upon request.

Physical Education

Regulations	Goals	Action Plan
Elementary Physical Education	- All elementary schools in grades one, two and three will have at least 30 minutes a day (distributed over more than one session, as appropriate) of supervised recess and students in grades four and five will have 20 minutes a day of supervised recess. Recess times shall be in addition to the lunch break and preferably outdoors, during which school 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-and-a-half 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. Ed Code CF 5142.2, 6142.7, 6145	- Continue to monitor recess schedules for compliance. - Offer periodic opportunities to be active or stretch throughout the day. - Schools are encouraged to provide at least one physical activity break for every 60 minutes of academic instruction when allowable.
K-12 Structured physical education must be provided	- At a minimum, elementary students will participate in an average of 150 minutes of physical activity per week throughout the school year. Physical activities include and are not limited to recess, classroom physical activity breaks or physical education. - Unless otherwise exempted, all students will be required to participate in the District's physical education program.	- The intent is that students' level of physical activity increase after they participate in Physical Education. - Create activities for school staff that include healthy lifestyle behaviors, eating, physical activity, and injury prevention. - All schools are encouraged to schedule a mid-morning break each day that provides all students with the opportunity to be physically active when allowable. - We strongly encourage staff to use physical activity as a reward when feasible. For example, extra recess may be provided

		when time allows.
	PE requirement may be met by providing structured physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes.	The school district is encouraged to provide all physical education teachers with annual professional development opportunities that are focused on physical education, physical activity topics, and skills particularly for physical education teachers.
	Structured physical education is offered at all grade levels; and at a minimum, meets state requirements for minutes for the current school year.	Continue to monitor physical education classes for compliance with current state guidelines for minutes.
	It is the intent that physical activity opportunities are provided each day for all full day students that will foster lifelong habits of physical activity (e.g., recess, walking clubs, intramural sports, and a walk-to-school program). Such opportunities for physical activity are not the same as physical education.	- Provide evidence of leadership, commitment, and support for school health, including healthy eating and physical activity, from school boards, school administrators, and other decision makers. - Drive positive changes in healthy eating and physical activity programs; sustain and expand healthy eating and physical activity programs or activities. - Establish accountability by identifying who is responsible for healthy eating and physical activity programs and policies; and establish performance measures.

		All schools should develop school physical activity programs that address and incorporate family and community participation in physical activities.
<i>Education Code Physical Education 51222 Physical Education, Elementary 51223</i>	School reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment.	
Middle/High School	- It is the intent that all schools provide students opportunities to participate in physical activity (e.g., intramural/interscholastic sports or activity clubs) throughout the school year. In addition, the school actively promotes participation in physical activity (in and out of school) to all students. The District encourages students to participate in the District adopted standards based on physical education curriculum. - Schools provide students in all grades with opportunities to participate in physical activity (e.g., intramural/interscholastic sports or activity clubs) throughout the school year. In addition, the school actively promotes participation in physical activity (in and out of school) to all students.	- Each school supports intramural/interscholastic sports or activity clubs. - All schools are encouraged to develop joint-use agreements with community partners to expand physical activity opportunities for all students and community members. Additionally, the District has an easy <i>Use of Facilities</i> request process.

Local School Wellness Policy

Topic Regulations	Goals and Requirements	Action Plan
K-12 Reporting CA EC Sections 49430(f), 49431(b)(1), 49431.2(c)(1), 49431.5(a)(2), 49431.5(c)(2) 5 CCR 15500-15501, 15575, 15578 7 CFR Section 210.11(b), 220.12 SBs 12, 965, 490	- It is required to include goals for nutrition promotion. It is required to permit teachers of physical education and school health professionals to participate in the Site Wellness. - It is required to permit all stakeholders to participate in the implementation, periodic review, monitoring and updating of the Site Wellness Policy - LEAs (Local Education Agencies) are required to inform and update the public (including parents, students, and others in the community) about the content and implementation of the LWP (Local Wellness Policy). - LEAs are required to designate one or more LEA officials or school officials, as appropriate, to ensure that each school complies with the LWP.	- Submit a copy of the school's local Wellness Plan to the District Wellness Committee for yearly review. - List three ways your school is working to meet local wellness policy goals (e.g., including local wellness goals in your school improvement plan, meetings of school wellness committee every other month, monitoring foods from home and celebrations) - Describe how parents, students, school administration and staff, and the community are involved in the implementation of the site wellness policy at the school.
Revisions and Updating the Policy	The District Wellness Committee will update or modify the wellness policy as school district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.	- All public schools and public charter schools shall publicize their local wellness policy to faculty, staff, parents, and students. A copy should be posted on each school's website. - The wellness policy is reviewed on an annual basis. - Updates, revisions, or corrections are addressed during the annual review of policy. The triennial progress report shall be shared on the district website. The report will include an assessment of compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

Criteria for Competitive Foods/ a la carte/ Snacks/ Student Store/ Fundraising

	Topic	Goals and Requirements	Action plan
K-12	Title 7, Code of Federal Regulations (7 CFR) sections 210.11(b), 210.12, 210.2 CA EC Sections 48930, 49430(f), 49431(b)(1), 49431.2(c)(1), 49431.5(a)(2), 49431.5(c)(2), 48931.7, 48934, 51520, 51521 California Code of Regulations (5 CCR) 15500, 15501, 15575, 15578 SBs 12, 965, 490 LSWP Selling appropriate items during allowed times of day. Healthy vending machines in Staff Lounges Baseline calories for foods must be 100 calories Fundraising activities with foods that do not meet the acceptable criteria cannot take place on campus during the school day. For example: candy sales, the brochures cannot be distributed to the students and the product cannot be handed out on campus at any time during the school day.	- Competitive Foods criteria shall apply to all items sold on school grounds. Competitive foods criteria apply to all food and beverages available to students on school grounds from midnight to 30 minutes after the official school day. Competitive food criteria do not apply to a student meal, beverage, or snack that was prepared by a parent or guardian brought to school by a student. The district shall follow all federal and state nutrition standards for all foods served in schools. - These guidelines do not apply to school sponsored or school related bona fide fundraising activities that take place off of school grounds and not in transit to and from school. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission or immediately before or after such events. These school related events frequently occur during evenings and weekends. Examples of these events include but are not limited to interscholastic sporting events, school plays, and band concerts.	- School Site administration will hold Staff meetings to discuss criteria for parties, school stores, and vending machines plus possible solutions to items sold. - PROMOTE the consumption of fruits, vegetables, low-fat and fat-free dairy in schools. - Advertising of any food or beverage that is not smart snack compliant is prohibited during the school day. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited. - The district shall not expose students to food marketing of any kind during the school day. All advertising in school publications and school media outlets must be approved by the principal and/or designee. - CHANGE the products in vending machines to increase healthier options and eliminate all foods not meeting the criteria. - REDUCE the amount of fat, sugar, and sodium that kids consume

- All beverages for sale to students outside of the school meals program during the regular and extended school day should meet the states and federal guidelines for food sold. This includes a la carte, vending, snack and other food carts, school store and fundraising items.
- during the school day.
- PROVIDE lower calorie and more nutritious beverage options for children in schools.
- Encourage schools to avoid participation in fundraising or incentive programs that promote a message inconsistent with our goals for a healthy school community.

The governing board shall develop policy and regulations for the sale of food which shall ensure optimum participation in the school district's nonprofit food service programs.
Ed Code 48931

Any food sales conducted outside the district's food services program shall meet nutritional standards specified in law, Board policy and administrative regulations and shall not impair student participation in the district's food service program.

- Vending machines and the sale of foods for students must comply with state and federal nutrition standards for competitive foods.
- It is recommended as a best practice that staff lounge vending machines and sales also comply with the competitive food's guidelines.
- Staff are encouraged to model good nutrition and health practices.
- Dried Fruit, Nuts, nut butters, seeds, and nut with fruit (trail mix) must meet current state and federal requirements for nutrition standards. Dried fruit included those that contain added sugar for processing purposes; (blueberries, cranberries, cherries, tropical fruit, chopped dates, or chopped figs are exempted from the sugar and fat standards).
- Snacks foods must meet current state and federal requirements for nutrition standards. See Appendix A.
- Dairy foods must meet current state and federal requirements for nutrition standards. See Appendix A.
- All foods, entrees and beverages must meet current state and federal nutrition standards for calories by grade level. See Appendix A.
- TEACH students about appropriate portion sizes during the school day.
- All foods and beverages sold in school stores, vending machines, and a la carte lines adhere to strong nutrition standards for all foods in schools.
- Title 5 Regulations Sections 15575-15578 food and beverage
- Sections 15500-15501 additional requirements for student organizations

Additional Goals

	Topics	Goals
K-12	Program Outreach	Schools implement innovative practices to increase NSLP participation, such as celebration of National School Lunch Week, smoothie bike awards events, salad bars at all school sites, or vended reimbursable lunches.
Elementary	Program Outreach	- Schools implement innovative practices to increase SBP participation, such as Breakfast in the Classroom, celebration of National School Breakfast Week, grab and go options, or vended reimbursable breakfasts. - Schools operate an afterschool program that participates in the Afterschool Snack Program or at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP). - Summer Food Service Program is available.
	Physical Activity	- Schools sponsor a non-competitive after-school physical activity program. - School actively supports and promotes walking or bicycling to and from school. - School offers at least 20 minutes of recess daily before lunch. - All schools are encouraged to collaborate with local government and community-based agencies to support active transport to school. All schools should implement a comprehensive active transport program such as the Safe Routes to School Program
	Nutrition Education	Schools incorporate grade appropriate nutrition curricula and lessons to teach nutrition education.
	Nutrition Promotion	Schools implement nutrition promotion using evidence-based techniques, for example, smarter lunchroom techniques. Nutrition messages create food environments that encourage healthy nutrition choices.

		Foods promoted on school campus (in classrooms, gymnasiums, and cafeterias) must comply with school nutrition standards for USDA Smart Snacks.
	Excellence in School and Community Involvement in Wellness Efforts	- Provides annual training to before and after school program staff on physical activity and nutrition. - All school staff receive annual training on wellness policies and ways to promote nutrition and physical activity. - Health and wellness programs will be offered to staff. - School partners with one or more community groups to promote wellness. - Students have the opportunity to provide input on school food and physical activity options. - School informs the public on amount of time allotted for lunch. Solicits input from students and community members on the amount of time that is adequate for eating lunch.
High School	School Food Service Excellence	- School Food Service Manager is a certified food handler (local or national certification). - All school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA Professional Standards for Child Nutrition Professionals final rule requirements. - Schools to implement at least one aspect of the Farm to School initiative, which may include, incorporating local foods into the school meal program, including messages about agriculture and nutrition throughout the learning environment and/or school hosts a school garden. - Promote healthy food and beverage choices using Smarter Lunchroom techniques. See Appendix B for more information on Smarter Lunchroom Techniques.
K-12	Celebrations and Parties	- School sites should limit celebrations that involve food during the school day to no more than one party per class per month. Celebrations may take place after the lunch meal service. - The district shall provide parents with a list of allowable party foods that

	Food Brought from Home	meet the Smart Snack standards. Schools shall not use food or beverages • that do not meet the Smart Snack criteria as rewards for academic, classroom, or sports performances. For food-safety reasons, all items • brought from home for class celebrations must be prepared in an approved commercial facility and pre-wrapped. Also, food may not be prepared on the school campus. Food prepared at home shall not be served in the class. • On class party days, students may choose to bring their own lunch to • school. In these cases, each school will encourage parents to provide nutritious meals. The district/school will strongly discourage parents from providing or bringing fast foods lunches and non-nutritious foods and beverages to their children for lunch. Classrooms may decide to provide lunch in their classroom as a celebration, in this situation all children will need to eat free of charge, no child will be required to donate or bring • food, the meal will meet the nutritional requirements set forth by USDA in the meal pattern and all maximum of calories, protein and bread equivalents will be met. Nutrition Services will maintain a method of obtaining these celebration meals from the school site cafeteria. •
	Class parties such as Pizza Parties	

Student Wellness Legal Reference:

EDUCATION CODE

33350-33352 48901-48905 SBs 12, 965, 490
49430-49436 49430 (f) Physical Education (1), 49431.2 (c)(1),
49431.5 (a)(2), School breakfast and lunch programs
49431.5 (c)(2), Comprehensive Nutrition Regulations for Elementary Schools
49431.5 (c)(2), Comprehensive Nutrition Regulations for Elementary Schools

49431.7 Nutrition
49434 Food sales as monitored by Coordinated Review Effort (CRE)
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49493 School breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Childcare food program
49547-49548.3 Comprehensive nutrition services
49550-49560 Meals for needy students
49570 National School Lunch Act
51210 Course of Study, grades 1-6
51223 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51880-51921 Comprehensive health education

CALIFORNIA STATE BOARD OF EDUCATION

SBs 12, 965,

490 Food and Beverage Restrictions

CALIFORNIA CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 15530- Mandatory meals for needy students
 15535 15550- Nutrition education
 15565 15575- School lunch and breakfast programs
 15578 51520- Food and Beverage Restrictions
 51521 School-site sales permission

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program:
 1751 Note Local wellness policy
 1771-1791 Child Nutrition Act, including:
 1773 School Breakfast Program
 1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 Foods of Minimal Nutritional Value, National School Lunch Program
 220.1-220.21 National School Breakfast Program

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

This institution is an equal opportunity provider.

Appendix A

California and Federal Regulations for Competitive Foods (known as Smart Snacks)

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. $\geq 50\%$ 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. $\geq 25\%$ 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.

California Department of Education, Nutrition Services Division EFFECTIVE 1/1/2017

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 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 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.

“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 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

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.

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 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. $\geq 50\%$ 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. $\geq 25\%$ 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.).
 - . Food or beverage item(s) must be **pre-approved** by the governing board of the school district.
- 2 Only **one student organization** is allowed to sell each day.
 - . Food(s) or beverage(s) **cannot** be **prepared on campus**.
- 3 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.
- 4
- .
- 5
- .

CHARTER/PRIVATE SCHOOLS

QUICK REFERENCE CARDS

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11, 220.12

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.

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/part skim mozzarella, eggs, dried fruit and nut/seed combo, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except dried fruit**/vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans-fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), **and**
- ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions)

All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (low sodium, no salt added, or containing a small amount of sugar) are exempt from ALL nutrition standards.

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.

National School Lunch Program (NSLP)/School Breakfast Program (SBP) Entrees:

- All entrees served as part of the NSLP/SBP, and grain-only entrees served as part of the SBP, are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu.

A competitive entrée (non NSLP/SBP) is intended as the main dish and contains a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit/vegetable, **or**
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- AND must meet nutrition standards (see above).

* A whole grain item contains:

- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 50% of the total grain weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards.

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

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: *Code of Federal Regulations* sections 210.11, 220.12

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.

Compliant beverages:

5. Fruit or Vegetable juice:

- a. 100% juice (can be diluted with water, no dilution limit) **and**
- b. No added sweeteners
- c. ≤ 8 fl. oz. serving size

6. Milk:

- g. 1% (unflavored), nonfat (flavored, unflavored), **and**
- h. ≤ 8 fl. oz. serving size

7. Non-dairy milk:

- e. Nutritionally equivalent to milk, 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**
- f. ≤ 8 fl. oz. serving size

8. Water:

- c. No added sweeteners, flavors, etc.
- d. No serving size

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

MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11, 220.12

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.

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/part skim mozzarella, eggs, dried fruit and nut/seed combo, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except dried fruit**/vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans-fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), **and**
- ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions)

All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (low sodium, no salt added, or containing a small amount of sugar) are exempt from ALL nutrition standards.

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.

National School Lunch Program (NSLP)/School Breakfast Program (SBP) Entrees:

- All entrees served as part of the NSLP/SBP, and grain-only entrees served as part of the SBP, are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu.

A competitive entrée (non NSLP/SBP) is intended as the main dish and contains a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit/vegetable, **or**
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- AND must meet nutrition standards (see above).

A whole grain item contains:

- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 50% of the total grain weight.

****** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards.

Foods containing caffeine are NOT allowed in middle school.

Foods containing caffeine ARE allowed in high school.

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.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11, 220.12 **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.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. 100% juice (can be diluted with water, no dilution limit) **and**
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - b. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk, 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. ≤ 12 fl. oz. serving size
- 4. Water:
 - a. No added sweeteners, flavors, etc.
 - b. No serving size
- 5. Other flavored beverages (“no calorie”):
(HIGH SCHOOLS ONLY)
 - a. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - b. ≤ 20 fl. oz. serving size
- 6. Other flavored beverages (“low calorie”):
(HIGH SCHOOLS ONLY)
 - a. ≤ 40 calories/8 fl. oz.
 - b. ≤ 12 fl. oz. serving size

Caffeinated beverages are NOT allowed in middle school. Caffeinated beverages ARE allowed in high school.

California Department of Education, Nutrition Services Division EFFECTIVE 1/1/2017

USDA Nondiscrimination Statement

Updated July 9, 2025

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex (including gender identity and sexual orientation), disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) 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 711. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the **USDA Program Discrimination Complaint Form (AD-3027)** found online at:

<https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>

and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call **(866) 632-9992**.

Submit your completed form or letter 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

Fax: (202) 690-7442

Email: Program.Intake@usda.gov

USDA is an equal opportunity provider, employer, and lender.