

FULLERTON SCHOOL DISTRICT NUTRITION SERVICES

Introduction

Federal and State legislation has been enacted to ensure that foods and beverages offered in schools promote the health and well being of our nation's children.

As mandated by the Federal Child Nutrition and WIC (Women, Infants, and Children) Reauthorization Act of 2004, the Board of Trustees adopted a "Student Wellness Policy" (BP 3550) November 2006. Goals include creating a healthier school environment through nutrition education, physical activity, and nutrition standards.

The policy may be viewed at www.fsd.k12.ca.us. This brochure was developed to share information about regulations and policies governing foods and beverages sold or given away on school campuses.

Federal Standards and Policies

School meals meet the nutrition requirements for percentage of fat, saturated fat, protein, iron, vitamins, and calories needed for children based upon age and grade level. The School Meals Initiative (SMI) and Public Law 104-149 incorporated the Dietary Guidelines for Americans which may be viewed at www.hhs.gov.



Fundraising Guidelines

All regulations included in this brochure apply to foods and beverages sold or given away to students on campus. The sale of foods or beverages that **do not comply** with the above standards may be permitted as part of a fundraising event only when the items are sold by students and meet the following requirements:

Elementary Schools Grades K - 6

- o The items are sold by pupils of the school and the sales take place away from school premises.
- o The items are sold by pupils of the school and the sale of those items occurs at least one-half hour after the end of the school day.
- o One food item per year approved by the Board of Trustees and sold by a student group after the lunch period ends.

Middle Schools Grades 7 and 8

- o The sale of items takes place away from school premises.
- o The sale of items occurs on school premises at least one-half before or one-half hour after the end of the school day.

Federal Standards and Policies (continued)

Foods of Minimal Nutritional Value (FMNV) are prohibited to be sold anywhere on campus during the school day. These include:

1. Soda
2. Water Ices – syrup, sugary flavored drinks over crushed ice (except water ices which contain fruit or fruit juices)
3. Chewing Gum
4. Candies i.e. Hard Candy, Jellies, Gums, Marshmallow Candies, Fondant, Licorice, Spun Candy and Candy-Coated Popcorn

Competitive Food Sales

1. Food sales may not occur until after the end of lunch period.
2. Food items sold may not duplicate the offerings from the Nutrition Services program that day.
3. Foods purchased through the Nutrition Services department are preferred.
4. Pre-purchased wrapped food items may be sold but may not be prepared or cooked on school premises.
5. Sales must be approved by the Board of Trustees.
6. Only one nutritious item may be sold per sale.
7. No more than four such sales may be allowed per year.
8. Foods must meet the nutrition standards and guidelines.



State Standards and Policies

California Administrative Code, Title 5 Section 15501, and California Senate Bills 12, 80, 677, and 965 may be viewed at www.cde.gov.

The only **foods** that may be sold or given away, (in addition to the federally reimbursable meals) must meet the following standards:

1. No more than 35% of total calories may come from fat.
2. No more than 10% of total calories may come from saturated fat.
3. No more than 35% of the total weight may be composed of sugar.
4. No individual food item may contain more than 175 calories (Elementary only).
5. No individual food item may contain more than 250 calories (Secondary only).
6. Individual snack item portion sizes will be limited.
7. No food items can be fried or contain artificial trans fats.

The only **beverages** that may be sold or given away to students are milk, water and juice containing at least 50% fruit juice and containing no added sweetener.

In addition beverages must comply with the following:

- ❖ Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener
- ❖ Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener
- ❖ Drinking water with no added sweetener
- ❖ Milk (2%, 1%, nonfat, soy, rice, or other similar non-dairy milk only)
- ❖ An electrolyte replacement beverage that

contains no more than 42 grams of added sweetener per 20-ounce serving (Secondary sites only)

Celebrations and School-Sponsored Events

The District encourages organizations to offer and promote healthy food and beverages at all school-sponsored events.

- ❖ Classroom parties and celebrations should not feature food items as their primary component.
- ❖ If food is part of the celebration, it should focus on healthy food choices.
- ❖ As often as possible, the District Nutrition Services Department should be contacted and utilized as the main party provider, as meals will be balanced and nutritious.
- ❖ Pizza parties provided by the Nutrition Services Department include fresh fruit, vegetables, milk, and a low-fat dessert. Meal reimbursement may be utilized for cost savings. Order forms are available at www.fsd.k12.ca.us under the Nutrition Services link.
- ❖ A Facilities Use Form must be approved if use of the school kitchen is requested. Additionally, a certified Food Services employee must be present during a school-sponsored event to ensure sanitation and safety guidelines are met. Facility Use Forms are available at school site offices.

District Phone Numbers At a Glance

Business Services	714-447-7412
Nutrition Services – General	714-447-7435
Nutrition Services – Catering	714-447-7437

Additional Resource

Food and Nutrition Service Department of USDA:
www.fns.usda.gov/tn/

Brochure designed by Debbie Hjorth June 19, 2008
Revised 3/29/11 to update Board of Trustees' names per Amanda Colón; 03/21/12 per Amanda Colón.



Fullerton School District

Healthy Food Guidelines Resource Guide

Nutrition Services

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