The Governing Board 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 coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. 1020 - Youth Services)
(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 - Environmental Safety)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.61 - Drug Testing)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Steroids)
(cf. 5141 - Health Care and Emergencies)
(cf. 5141.22 - Infectious Diseases)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5141.6 - School Health Services)
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
(cf. 6164.2 - Guidance/Counseling Services)

District Wellness Committees and School Site Wellness Councils

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.30)

To fulfill this requirement, the Superintendent or designee may appoint a district wellness committee and a wellness committee coordinator. The district committee and school site councils may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, Social Emotional
Liaisons (SEL), school psychologist, Parent Community Liaisons (PCL), health services staff, health practitioners, and/or others interested in school health issues. Schools are encouraged to create school site wellness committees to support the work of the district’s wellness committee.

(cf. 1220 - Citizen Advisory Committees)
(cf. 9140 - Board Representatives)

The district wellness committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community. The committee will act as the Palmdale School District's Wellness Policy Committee (as provided in Federal Legislation) and assist in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The committee will serve as resources to school sites for implementing those policies.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.30)

(cf. 0000 - Vision)
(cf. 0200 - Goals for the School District)

The district's nutrition education and physical education programs shall be based on research-consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)
(cf. 6142.7 - Physical Education and Activity)
(cf. 6142.8 - Comprehensive Health Education)
(cf. 6143 - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program in grades K- 8 and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

(cf. 5148.2 - Before/After School Programs)
(cf. 6177 - Summer Learning Programs)
All students, including students with disabilities, special health-care needs, and in alternative educational settings, shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)
(cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 - Athletic Competition)

All physical education will be delivered by a certified/licensed teacher who is endorsed to teach physical education (EC Section 44203). Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Schools shall provide at least 20 minutes of active recess daily to all elementary school students. Middle schools must schedule a twenty minute mid-morning break each day to provide students with physical activity opportunities. Teachers should provide students with physical activity breaks, not counting the transitions between classes. Schools shall aim to promote physical activity opportunities for all students and encourage participation in after-school sports, intramurals, and other, non-competitive physical activity programs via school announcements, newsletters, posters, etc.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors. Professional development for food service personnel shall include nutrition education and safe food handling.

(cf. 4131 - Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331 - Staff Development)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.
The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)
(cf. 5145.3 - Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for Foods Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations supporting the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)

The Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. To reinforce the district's nutrition education program, food available on school premises shall:

1. Be carefully selected so as to contribute to student's nutritional well-being and the prevention of disease.
2. Meet or exceed nutritional standards specified in law and administrative regulation.
3. Be prepared in ways which will appeal to students, retain nutritive quality and foster lifelong healthy eating habits.
4. Be served in age-appropriate quantities.
5. Be sold at reasonable prices.

The Board desires to provide students with adequate space and time to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.
The Superintendent or designee shall provide access to free, potable water in the food service area during meal times, in accordance with Education Code 38086 and 42 USC 1758. He/She shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards. See Appendix A for complete details of the California Department of Education’s Competitive Food Regulations Summary.

(cf. 3312 - Contracts)
(cf. 3554 - Other Food Sales)

The Superintendent or designee shall periodically review the adequacy of school facilities for cafeteria eating and food preparation. School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

School staff shall encourage and educate parents/guardians or other volunteers to support the districts nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Only foods or beverages that meet nutritional standards may be provided. Only foods and beverages that are purchased and pre-packaged may be donated. No homemade foods may be provided or donated. Foods provided must be compliant with the California Department of Education’s Competitive Food Regulations. The Competitive Food Regulations Summary can be found in Appendix A.

The Board authorizes the Superintendent or designee to approve the sale of foods and beverages outside the district’s food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes sold during the school day, from midnight before to one-half hour after the end of the school day.
Foods shall not be sold on district school premises by outside commercial food vendors during school hours. The profits from all food sales must benefit the school, the school food service program, or student groups sponsoring the sales.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet the Federal and State Competitive Food Rule, for the sale of foods and beverages on campus during the school day. The marketing of products through posters, menu boards, coolers, trash cans, and other food service equipment are all subject to meet this rule. (7 CFR 210.30)

Program Implementation and Evaluation

The Superintendent designates the individual identified below as the wellness coordinator, the individual responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.30)

Director of Child Nutrition
661-789-6565
wellness@palmdalesd.org

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years. (42 USC 1758b; 7 CFR 210.30)

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness committee, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.
The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district’s nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs
4. Extent to which foods and beverages sold on campus, outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress.
towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.30)

(cf. 5145.6 - Parental Notifications)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including, but not limited to, district or school newsletters, district and school web sites, handouts, parent/guardian meetings, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

(cf. 1100 - Communication with the Public)
(cf. 1112 - Media Relations)
(cf. 1113 - District and School Web Sites)
(cf. 1114 - District-Sponsored Social Media)
(cf. 6020 - Parent Involvement)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public)
(cf. 1112 - Media Relations)
(cf. 1113 - District and School Web Sites)
(cf. 1114 - District-Sponsored Social Media)
(cf. 6020 - Parent Involvement)

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school may also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.30)
Legal Reference:

EDUCATION CODE
33350-33354 CDE responsibilities re: physical education
38086 Free fresh drinking water
49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49494 School breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services
49550-49562 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51210.1-51210.2 Physical education, grades 1-6
51210.4 Nutrition education
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51798 School instructional gardens
51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5
15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42
1751-1769j National School Lunch Program, especially:
1758b Local wellness policy
1771-1793 Child Nutrition Act, especially:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.33 National School Lunch Program, especially:
210.30 Wellness policy
220.1-220.22 National School Breakfast Program

COURT DECISIONS
Management Resources:

CSBA PUBLICATIONS
Integrating Physical Activity into the School Day, Governance Brief, April 2016
Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Physical Activity and Physical Education in California Schools, Research Brief, April 2010
Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS
Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

FEDERAL REGISTER
Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS
Fit, Healthy and Ready to Learn, rev. 2012
WEB SITES
Action for Healthy Kids: http://www.actionforhealthykids.org
Alliance for a Healthier Generation: http://www.healthiergeneration.org
California Department of Education, Nutrition Services Division:
   http://www.cde.ca.gov/ls/nu
California Department of Public Health: http://www.cdph.ca.gov
California Healthy Kids Resource Center: http://www.californiahealthykids.org
California Project LEAN (Leaders Encouraging Activity and Nutrition):
   http://www.californiaprojectlean.org
California School Boards Association (CSBA): http://www.csba.org
California School Nutrition Association: http://www.calsna.org
Center for Collaborative Solutions: http://www.ccscenter.org
Centers for Disease Control and Prevention: http://www.cdc.gov
Dairy Council of California: http://www.dairycouncilofca.org
National Alliance for Nutrition and Activity:
   http://www.cspinet.org/nutritionpolicy/nana.html
National Association of State Boards of Education: http://www.nasbe.org
School Nutrition Association: http://www.schoolnutrition.org
Society for Nutrition Education: http://www.sne.org
U.S. Department of Agriculture, Food Nutrition Service, wellness policy:
   http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
U.S. Department of Agriculture, Healthy Meals Resource System:
   http://healthymeals.fns.usda.gov
Appendix A

Competitive Food Regulations Summary

A COMPETITIVE FOOD IS ANY FOOD THAT "COMPETES" WITH THE SCHOOL MEAL PROGRAM. IT IS A FOOD OR BEVERAGE THAT IS SERVED TO A STUDENT ON CAMPUS, DURING THE SCHOOL DAY, OUTSIDE OF THE SCHOOL CAFETERIA BREAKFAST OR LUNCH. THE RULES LISTED BELOW ARE BOTH STATE AND FEDERALLY MANDATED FOR DISTRICTS PARTICIPATING IN THE NATIONAL SCHOOL LUNCH PROGRAM.

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

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

An elementary school contains no grade higher than grade 6. Effective from midnight to one-half hour after school. Applies to ALL foods sold to students by any entity. Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:
1. MUST meet the following:
   a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), and
   b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), and
   c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), and
   d. < 0.5 grams trans fat per serving (no exceptions), and
   e. ≤ 200 milligrams sodium (no exceptions), and
   f. ≤ 175 calories per item/container (no exceptions)

AND

2. MUST meet ONE of the following:
   a. Fruit
   b. Non-fried vegetable
   c. Dairy food
   d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
   e. Whole grain item**

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

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

** A whole grain item contains:
   a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." or
   b. A whole grain as the first ingredient, or
   c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
   d. At least 51% whole grain by weight.

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

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


An elementary school contains no grade higher than grade 6. Effective from midnight to one-half hour after school. Applies to ALL beverages sold to students by any entity. Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

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
   d. Contains Vitamins A & D, and
   e. ≤ 28 grams of total sugar per 8 fl. oz.
   f. ≤ 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. Nutritional equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
      i. ≥ 276 mg calcium
      ii. ≥ 8 g protein
      iii. ≥ 500 IU Vit A
      iv. ≥ 100 IU Vit D
      v. ≥ 24 mg magnesium
      vi. ≥ 222 mg phosphorus
      vii. ≥ 340 mg potassium
      viii. ≥ 0.44 mg riboflavin
      ix. ≥ 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

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

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15500

Effective from midnight to one-half hour after school. Applies to food and beverage sales by student organizations.

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

California Department of Education, Nutrition Services Division
Revised 7/7/2016
EFFECTIVE 7/1/2014
MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.
Effective from midnight to one-half hour after school.
Applies to ALL foods sold to students by any entity.
Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:
1. “Snack” food items must be:
   a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dairy fruit/nut/seed combo), and
   b. < 10% calories from saturated fat (except reduced-fat cheese, dairy fruit/nut/seed combo), and
   c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dairy fruit/nut/seed combo), and
   d. < 0.5 grams trans fat per serving (no exceptions), and
   e. ≤ 200 milligrams sodium (no exceptions), and
   f. ≤ 200 calories per item/container (no exceptions)

AND must meet one of the following:
   g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or
   h. Be a combination food containing at least ¼ cup fruit or vegetable.

2. “Entrée” food items must be:
   a. Meat/meat alternate and whole grain rich food; or
   b. Meat/meat alternate and fruit or non-fried vegetable; or
   c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”),

AND

An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:
   a. ≤ 400 calories, and
   b. ≤ 4 grams of fat per 100 calories
   c. < 0.5 grams trans fat per serving

An 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 be:
   a. ≤ 35% calories from fat, and
   b. ≤ 10% calories from saturated fat, and
   c. ≤ 35% sugar by weight, and
   d. < 0.5 grams trans fat per serving, and
   e. ≤ 480 milligrams sodium, and
   f. ≤ 350 calories

AND must meet one of the following:
   g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
   h. Be a combination food containing at least ¼ cup fruit or vegetable

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

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

** A whole grain item contains:
   a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” or
   b. A whole grain as the first ingredient, or
   c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
   d. At least 51% whole grain by weight.

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

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

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.
Effective from midnight to one-half hour after school.
Applies to ALL beverages sold to students by any entity.
Sold means the exchange of beverage 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, or electrolyte replacement beverage/sports drink 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),
      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. No-calorie Electrolyte Replacement Beverages
      (NOT ALLOWED IN MIDDLE SCHOOLS)
      a. Water as first ingredient
      b. ≤ 16.8 grams added sweetener/8 fl. oz.
      c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
      d. 10-150 mg Na+/8 fl. oz.
      e. 10-90 mg K+/8 fl. oz.
      f. No added caffeine
      g. ≤ 20 fl. oz. serving size
   6. Low-calorie Electrolyte Replacement Beverages
      (NOT ALLOWED IN MIDDLE SCHOOLS)
      a. Water as first ingredient
      b. ≤ 16.8 grams added sweetener/8 fl. oz.
      c. ≤ 40 calories/8 fl. oz.
      d. 10-150 mg Na+/8 fl. oz.
      e. 10-90 mg K+/8 fl. oz.
      f. No added caffeine
      g. ≤ 12 fl. oz. serving size

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

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS
Reference: California Code of Regulations Section 15501
Effective from midnight to one-half hour after school.
Applies ONLY to food and beverage sales by student organizations.

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

California Department of Education, Nutrition Services Division
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