Appendix B

Quick Reference Cards – Competitive Foods

QUICK REFERENCE CARDS

ELEMENTARY SCHOOL-FOOD RESTRICTIONS

References: Education Code sections 49430, 49431, 49431.7, California Code of Regulations sections 15675, 15777, 15878; 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.

Appplies 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 1⁄4 cup fruit or vegetable.

AND must meet the following nutrition standards:

• ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nuts/seed combo, fruit, nonfried vegetables, seafood), and
• ≤ 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nuts/seed combo), and
• ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nuts/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 210.10, 210.11, 220.5, 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.

Appplies 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-fat milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
   a. ≤ 50% juice and
   b. No added sweeteners
   c. ≤ 8 fl. oz. serving size

2. Milk:
   a. Cow's or goat's milk, and
   b. 1% (unflavored), nondairy (flavored, unflavored), and
   c. Condensed 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. Non-demineralized milk (see 7 CFR 210.10(d)(3), 220.40(b)(3)), must contain per 8 fl. oz.:
      • ≥ 276 mg calcium
      • ≥ 8 g protein
      • ≥ 500 IU Vitamin A
      • ≥ 100 IU Vitamin D
      • ≥ 24 mg magnesium
      • ≥ 222 mg phosphorus
      • ≥ 40 mg potassium
      • ≥ 0.44 mg riboflavin
      • ≥ 1.1 mcg Vitamin 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 16500

Student organization is defined as a group of students that are NOT associated with the curriculums or academics of the school 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 to the food service program at that school during the same school day.

CALIFORNIA DEPARTMENT OF EDUCATION, NUTRITION SERVICES DIVISION

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NON-CHARTER PUBLIC SCHOOLS

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 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 other forms, when any part of the exchange occurs on a school campus.

"Snack" foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least 1/4 cup fruit or vegetable.

AND meet the following nutrition standards:

- ≤ 5% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed/fruit combo, fruit, non-fat vegetables, seafood), and
- ≤ 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed/fruit combo), and
- ≤ 35% sugar by weight (except fruit**, non-fat vegetables, dried fruit and nut/seed/fruit 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 foods 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 treated as the main dish and be a:

- Meat/meat alternates and whole grain rich food, or
- Meat/meat alternates and fruit or non-fat vegetable, or
- Meat/meat alternates alone (canned by yogurt, cheese, nuts, seeds, or meat snacks = these are considered "snack" foods).

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 organizations, etc.) must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Be a combination food containing at least 1/4 cup fruit or vegetable

AND meet the following nutrition standards:

- ≤ 35% calories from fat, and
- ≤ 10% calories from saturated fat, and
- ≤ 5% sugar by weight, and
- ≤ 0.5 grams trans fat per serving, and
- ≤ 490 milligrams sodium, and
- ≤ 350 calories

A whole grain item contains:

- The statement "Contains rich or 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. Cannot be fed 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


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 other 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 beverages/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
   a. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 12 fl. oz. serving size

2. Milk:
   a. Cow’s or goat’s milk, and
   b. 1% (unflavored), nonfat (flavored, unflavored), and
   c. Contains Vitamin A & D, and
   d. ≤ 25% of the calcium Daily Value per 8 fl. oz., and
   e. ≤ 23 grams of total sugar per 8 fl. oz.
   f. ≤ 12 fl. oz. serving size

3. Non-dairy milks:
   a. Nutritional equivalent to milk (see 7 CFR 210.105(b)(3), 220.69(c)), and
   b. ≤ 28 grams of total sugar per 8 fl. oz.
   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. ≤ 18.8 grams added sweeteners/8 fl. oz.
   d. 10-150 mg sodium/8 fl. oz.
   e. ≤ 10-60 mg potassium/8 fl. oz.
   f. No added caffeine
   g. ≤ 20 fl. oz. serving size (no calorie)
   h. 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)
   e. 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 15576

Student organization is defined as a group of students that are NOT associated with the controls or academic curriculum of the school districts. 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, juice, etc.).
2. Food or beverage item(s) must be pre-approved by the governing board of the district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to 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.