



Morongo Unified School District Wellness Policy

Revised 3/7/19

Mission

The educational mission is to improve the health of the school community by creating a variety of educational opportunities to establish life-long healthy eating habits and physical activity. The mission shall be accomplished by serving nutritious foods and providing nutrition education to promote a healthy lifestyle and physical activity.

Responsibilities

The Morongo Unified School District Board of Education recognizes the important connection between a healthy lifestyle and a student's ability to achieve academic and personal success. The Board also recognizes the school's responsibility in creating an environment that fosters healthy nutrition and physical activity.

Morongo Unified School District is committed to providing a school environment that enhances the learning and development of wellness practices giving students and staff the tools and resources needed to make lifelong healthy choices.

- *We acknowledge the studies that indicate a growing children's health epidemic.*
- *We acknowledge that there is a relationship between students' nutrition/health status, their school attendance, and ability to learn.*
- *We affirm that schools, families and communities must all work together to eliminate childhood obesity.*

We have agreed to abide by the following:

- *To comply with all federal, state and local requirements for the Child Nutrition Program.*
- *To ensure the availability and quality of healthy foods and beverages served and sold at school.*
- *To increase the quality and quantity of instruction in physical education to provide more physical activity and enhance student achievement of California's Physical Education Model Content Standards.*
- *To partner with community health agencies including medical, mental health and dental, to assist families in accessing health care.*
- *To communicate accurate and current health/wellness information via various media to staff and students.*
- *To encourage staff to be leaders and examples of living a healthy lifestyle by providing staff with tools and tips to promote health and wellness.*
- *To designate a Wellness Policy Committee, including parents, health educators, school*

health professional, curriculum directors, counselors, nutritional services staff, administrators and members of the public, to develop, implement, and periodically review and update the district's student wellness policy.

Nutritional Health

NUTRITION EDUCATION:

- Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may be offered through after-school programs, farm to school, cooking, and instructional gardens.
- Nutrition education curriculum will meet the standards set by the health and P.E. framework.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School and transportation schedules will be structured to encourage an increase in student participation in the Nutritional Services breakfast program.
- **Students and parents will receive consistent messages that promote nutrition throughout the school, classroom, cafeteria, home, community, and media. (Ex: lunch calendar, Nutrition Advisory Committee, vendor fair, back to school night and other community events.)**
- District follows state guidelines for periodic and ongoing training for teacher certification and/or training in nutritional education.

GUIDELINES FOR ALL FOODS ON CAMPUS:

- Nutritional Services will ensure that all student meals, and a la carte snacks sold to students meet Federal, State and local laws and guidelines, see Appendix A & B. Nutrition Services will offer a variety of age appropriate, culturally diverse, healthy food and beverage selections for elementary schools, middle schools, and high schools.
- Nutrition information for all products offered is readily available online and at school sites.
- Other food sales i.e. fundraisers, snack shacks, student stores, vending machines etc., are only allowable 30 minutes after the end of the school day. Note: during the school day any monetary donations for food items is considered sales.
- All classroom snacks should support healthy choices.
- For the safety and well-being of all students and faculty, any items served at classroom celebrations must be supplied by the District's Nutritional Services Department. Classroom celebrations must be held a minimum of one hour after the lunch period.
- Classroom celebration exceptions: School sites may have four celebration days as determined by site administration. Each school year, site administrators will notify the director of Nutritional

Services of their determined days. All items donated must be store bought, and pre-wrapped items with a label listing ingredients so students with food allergies are protected from accidental exposure. Healthy items are strongly encouraged when selecting any food or beverages for these celebrations. Celebrations must be held a minimum of one hour after the lunch period.

- No home-cooked meals or snacks will be served to students in order to minimize the risk of foodborne illnesses and risk of allergies. This does not apply to individual student lunches or snacks. Parents may bring single serving outside prepared food to be consumed by their child only.
- Staff and other entities (businesses, sponsors, and/or organizations) will use only nutritionally-compliant foods or nonfood incentives as a reward for a student's academic performance, accomplishments, or classroom behavior. The District will emphasize nonfood incentives as alternatives to all school administrators and staff members.
- Thirty minutes after the school dismissal bell Nutritional Guidelines no longer apply.
- As the manager of the school site and the superintendent's designee, site Principals are responsible to ensure compliance with Federal, State and local laws, as well as the wellness policy, and will encourage all staff to pursue a healthy lifestyle.

EATING ENVIRONMENT:

- All schools shall promote pleasant and calm eating environments for students free from loud noises with adequate time for eating while fostering good manners and respect for fellow students.
- All personnel will interact in a courteous, caring and positive manner that ensures all people will be treated with dignity and respect.
- To ensure students do not spend too much time waiting in line for food, school facilities will provide additional serving areas as needed.
- **Free** drinking water is available for students at meals.
- Schools will market activities that promote healthy behaviors, i.e.: posters, clubs, marketing or advertising of unhealthy foods and beverages are prohibited.

CHILD NUTRITION OPERATIONS:

- The Nutrition Services Program will aim to be financially self-supporting.
- The Nutrition Services Program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available Federal Child Nutrition Programs (e.g. school lunch, school breakfast, after-school snack).
- Students are encouraged to start each day with a healthy breakfast. Breakfast programs will be offered at all schools. Pilot programs such as breakfast during testing and universal free breakfast in the classroom may be offered as funding allows.

- Nutritional Services will strive to increase availability of Fruit, Veggie, and Salad Bars, which contribute to the reduction of childhood obesity.
- Provide Nutritional Service personnel with regular professional development on school meal programs, nutrition/health education, and wellness.

FOOD SAFETY / FOOD SECURITY:

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food-borne illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to child Nutrition staff and authorized personnel.
- Bi-annual health safety inspections occur to evaluate overall kitchen functions and equipment safety.

Physical Health

PHYSICAL ACTIVITY:

- Physical activity will be integrated across curricula and throughout the school day. Physical movement can be made a part of science, math, social studies and language arts.
- Physical education courses will promote an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Time allotted for physical activity will be consistent with state standards.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Physical education combines physical activity, physical fitness, and nutritional wellness. The instruction is geared toward assisting the student in passing the state physical fitness test.
- Equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe and well maintained.
- The school provides a supervised physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Schools are encouraged to offer students opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) throughout the year.
- District follows state guidelines for periodic and ongoing certification and/or training in physical education.

Social – Emotional Health

- Emotional wellness is a continual process of change and growth.
- Social and emotional learning is a process for helping children and adults develop the fundamental skills to effectively handle school and work, relationships, and their own personal development.
- MUSD staff will develop meaningful relationships with students. A consistent positive relationship will strengthen a student's capacity to learn and develop. These special relationships influence the student's sense of self and understanding of others. Relationships with adults provide reassurance that the student is safe, assists in alleviating distress, helps with emotional regulation and feelings of social approval and/or encouragement.
- MUSD staff facilitates the development of a psychologically safe environment that promotes positive social interaction.
- MUSD staff assists student development in each of the five domains of Social-Emotional health: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.
- MUSD seeks social-emotional professional development opportunities and supplemental curriculum supports.
- MUSD staff will support and facilitate referral to appropriate community and school-based mental health resources.

Health Promotion and Awareness

- Before and after-school programs will promote overall student wellness and healthy habits.
- Support for the health of all students is demonstrated by providing dental clinics, health clinics and health screenings, with appropriate medical referrals.
- Facilitate enrollment of eligible children in Medi-Cal and other state children's health insurance programs.
- District will organize a local Wellness Committee comprised of families, teachers, administrators, and community members to plan, implement, and improve staff and student wellness in the school environment.
- Site administration will distribute new wellness information to staff, parents, and students. Site administration will advocate for health and wellness policies and address concerns and suggestions.
- All joint use agreement sponsors will be encouraged to follow the MUSD Wellness Policy.

Annual Review & Posting

- **The Wellness Policy Committee shall meet and evaluate the established district Wellness Policy and report the findings to the superintendent annually.**
- The district will revise and update the Wellness Policy as needed.
- Each school and cafeteria shall post the district's wellness policy in public view.

2018-2019 Wellness Committee Members:

Janet Barth, SNS – Director of Nutritional Services

Bonnie Bolton – Parent

Heidi Burgett – SELPA Program Manager

Sherry Fansler – Representative from Hi-Desert Family Health Clinic

Sharon Flores – Assistant Superintendent of Business Services

Patrick Lucci – Transportation Director

Dianne Markle-Greenhouse – Instructional Assistant

Megan Pfau – Elementary Principal



APPENDIX A:

Menu Planning for Breakfast

Amount of Food^a Per Week (Minimum Per Day)

Meal Pattern	Grades K–12	Grades K–5	Grades K–8	Grades 6–8	Grades 6–12	Grades 9–12
Fruits (cups) ^{b, 2013-14}	2 1/2 (1/2)	2 1/2 (1/2)	2 1/2 (1/2)	2 1/2 (1/2)	2 1/2 (1/2)	2 1/2 (1/2)
Fruits (cups) ^{b,c 2014-15}	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b,c}	0	0	0	0	0	0
Grain Minimums (oz eq) ^d	9-10 (1)*	7-10 (1)*	8-10 (1)*	8-10 (1)*	9-10 (1)*	9-10 (1)*
Meat/Meat Alternate Minimums (oz eq) ^e	0	0	0	0	0	0
Fluid Milk (Cups) ^f	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Meal Pattern	Grades K–12	Grades K–5	Grades K–8	Grades 6–8	Grades 6–12	Grades 9–12
Min-max calories (kcal) ^{g,h}	450–500	350–500	400–500	400–550	450–550	450–600
Saturated fat (% of calories) ^h	<10% of calories					
Sodium Target 1 (mg) ^{h,i 2014-15 SY}	≤ 540 mg	≤ 540 mg	≤ 540 mg	≤ 600 mg	≤ 600 mg	≤ 640 mg
Reference Only Sodium Target 2 (mg) ^{h,i}	≤ 485 mg	≤ 485 mg	≤ 485 mg	≤ 535 mg	≤ 535 mg	≤ 570 mg

Trans fat^h-Nutrition label or manufacturer specifications must indicate zero grams of trans fat (< 0.5 grams) per serving

*U.S. Department of Agriculture has lifted the **weekly maximums** for grains. The **daily and weekly minimums** for grains and the **weekly calorie ranges** still apply. The maximums are used as a guide for menu planning purposes only.

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is $\frac{1}{8}$ cup.

^b One quarter-cup of dried fruit counts as $\frac{1}{2}$ cup of fruit; 1 cup of leafy greens counts as $\frac{1}{2}$ cup of vegetables. All juice must be 100% full-strength. Frozen 100% juice without added sugar can be used.

^c Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups, as defined in 210.10(c)(2)(iii).

^d All grains must be whole grain-rich. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Meat/meat alternates may be offered as extra food items that do not count toward the grain component or as food items for OVS. These extra food items need to be included in the weekly calories, sodium, and saturated fat.

^e There is no meat/meat alternate requirement.

^f All fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^g The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

ⁱ Final sodium targets must be met no later than July 1, 2022 (SY 2022–23). The first intermediate target must be met no later than SY 2014–2015 and the second intermediate target must be met no later than SY 2017–18. See required intermediate specifications in § 220.8(f)(3).

Note: For offer versus serve, every student must take either $\frac{1}{2}$ cup fruit (or substituted vegetable) or a combination of both to count as a reimbursable meal.

Menu Planning for Lunch

Amount of Food^a Per Week (Minimum Per Day)

Meal Pattern	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
Fruits (cups) ^b	2½ (½)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green ^c	½	½	½	½
Red/Orange ^c	¾	¾	¾	1¼
Beans and Peas (legumes) ^c	½	½	½	½
Starchy ^c	½	½	½	½
Other ^{c,d}	½	½	½	¾
Additional Veg to Reach Total ^e	1 ^e	1 ^e	1 ^e	1½ ^e
Grain Minimums (oz eq) ^f	8-9 (1)*	8-9 (1)*	8-10 (1)*	10-12 (2)*
Meats/Meat Alternate Minimums (oz eq)	8-10 (1)*	9-10 (1)*	9-10 (1)*	10-12 (2)*
Fluid Milk (Cups) ^g	5 (1)	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Meal Pattern	Grades K–5	Grades K–8	Grades 6–8	Grades 9–12
Min-max calories (kcal) ^h	550–650	600–650	600–700	750–850
Saturated fat (% of calories) ^h	< 10	< 10	< 10	< 10
Sodium Target 1 (mg) ^{h,1 2014-15 SY}	≤ 1,230	≤ 1,230	≤ 1,360	≤ 1,420
Reference Only Sodium Target 2 (mg) ^{h,1 2017-18 SY}	≤935	≤ 935	≤ 1,035	≤ 1,080

Trans Fat^h: Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.

*U.S. Department of Agriculture has lifted the **weekly maximums** for grain and meat/meat alternates. The **daily and weekly minimums** for grains and meat/meat alternates still apply. The maximum are used as a guide for menu planning purposes only.

- a. Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- b. One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- c. Larger amounts of these vegetables may be served.
- d. This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E) . For the purposes of the National School Lunch Program, the “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).
- e. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- f. All grains must be whole grain-rich.
- g. All fluid milk must be low-fat (1 percent or less, unflavored) or fat-free (unflavored or flavored).
- h. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.
- i. Final sodium targets must be met no later than July 1, 2022 (2022–23 SY). The first intermediate target must be met no later than SY 2014–15 and the second intermediate target must be met no later than 2017–18 SY. See required intermediate specifications in § 210.10(f)(3).

APPENDIX B:

NON-CHARTER PUBLIC SCHOOLS	
<p>QUICK REFERENCE CARDS</p> <p>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</p> <p>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.</p> <p>Exempt foods Just meet one of the following general food standards:</p> <ul style="list-style-type: none"> • 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. <p>AND must meet the following nutrition standards:</p> <ul style="list-style-type: none"> • ≤ 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) <p>Paired foods:</p> <ul style="list-style-type: none"> • 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. <p>* 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.</p> <p>** 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.</p>	<p>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</p> <p>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.</p> <p>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.</p> <p>Compliant beverages:</p> <ol style="list-style-type: none"> 1. Fruit or Vegetable Juice: <ol style="list-style-type: none"> a. ≥ 50% juice and b. No added sweeteners. c. ≤ 8 fl. oz. serving size 2. Milk: <ol style="list-style-type: none"> 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. ≤ 5 fl. oz. serving size 3. Non-dairy milk: <ol style="list-style-type: none"> a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.80); must contain per 8 fl. oz.: <ul style="list-style-type: none"> • ≥ 275 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: <ol style="list-style-type: none"> a. No added sweetness b. No serving size <p>All beverages must be caffeine-free (trace amounts are allowable).</p>
<p>CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRicter RULES.</p> <p>Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.</p>	<p>ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS Reference: California Code of Regulations Section 15500</p> <p>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.</p> <p>Student organization sales must comply with all food and beverage standards AND all of the following:</p> <ol style="list-style-type: none"> 1. Only one food or beverage item per sale. 2. The food or beverage item must be pre-approved by the governing board of the school district. 3. The sale must occur after the last lunch period has ended. 4. The food or beverage item cannot be prepared on campus. 5. Each school is allowed four sales per year. 6. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

QUICK REFERENCE CARDS

NON-CHARTER PUBLIC SCHOOLS

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

Reference: Education Code sections 49430, 49431.2, 49431.7, California Code of Regulations sections 15575, 15577, 15578, Code of Federal Regulations sections 210.11, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10. A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day. Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

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

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
• Be a combination food containing at least 1/2 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 as:

- Meat/meat alternate and whole grain rich food, or
• Meat/meat alternate and fruit or non-fried vegetable, or
• Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks - these are considered a “snack” food).

AND

A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, and
• ≤ 35% calories from fat
• < 0.5 grams trans fat per serving

A competitive entrée sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
• Be a combination food containing at least 1/2 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
• ≤ 450 milligrams sodium, and
• ≤ 350 calories

* 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 pitted figs that contain added sugar are exempt from fat and sugar standards. Dried fruit in 100% juice only.

HECK YOUR DISTRICT’S WELLNESS POLICY FOR STRicter RULES.

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

Illinois Department of Education, Nutrition Services Division

MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS

Reference: Education Code Section 49431.5, California Code of Regulations Section 15576, Code of Federal Regulations sections 210.10, 210.11, 220.8, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10. A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable Juice:
a. ≥ 50% juice and
b. No added sweeteners
c. ≤ 12 fl. oz. serving size
2. Milk:
a. Cow’s or goat’s milk, and
b. 1% (unflavored), nonfat (flavored, unflavored), and
c. Contains Vitamins A & D, and
d. ≤ 25% of the calcium Daily Value per 8 fl. oz., and
e. ≤ 25 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)(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. ≤ 16.6 grams added sweetener/8 fl. oz.
d. 10-150 mg sodium/8 fl. oz.
e. 10-90 mg potassium/8 fl. oz.
f. No added caffeine
g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (HIGH SCHOOLS ONLY)
a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
b. No added sweetener
c. No added caffeine
d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

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

MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15501

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND all of the following:

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

EFFEctIVE 1/1/2017

10/2016/2017