

OTHER FOOD SALES

FOOD & NUTRITION SERVICES

FOOD & NUTRITION SERVICES OVERVIEW

- 49 School Breakfast Programs & 55 National School Lunch Programs
 - USDA and California Department of Education – Nutrition Services Division
- 16,000 meals served per day
- Menu offerings include traditional choices like bean and cheese burritos, chicken nuggets and cheeseburgers in addition to vegan taco salads, riced cauliflower with flatbread, gluten free teriyaki chicken, and gluten free make your own nachos
- Organic and conventional fresh fruits and vegetables offered daily; paying attention to seasonality and availability from American farms.
- Compostable utensils and packaging used as much as possible

OTHER FOOD SALES

Smart Snacks/Competitive Food = food and beverages sold to students, during the school day, on the school campus, outside of the school meal programs

Sold = the exchange of food and/or beverage for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus

Time Frame = from midnight to one-half hour after the end of the official school day

Who = adults, school organizations, student organizations AND food & nutrition services

Where = elementary, middle and high schools

OTHER FOOD SALES — BP 3554

OVERVIEW

The Board of Trustees may permit food and beverage sales by student organizations, adults and school organizations outside of the District's Food and Nutrition Services program, on school campuses, during the school day, provided these sales comply with or exceed applicable state and federal competitive food and beverage regulations and nutrition standards. This compliance is to ensure optimum student participation in the National School Lunch and School Breakfast program. Such food and beverage sales shall not impair the Food and Nutrition Services program's ability to be financially sound.

Food and beverage sales by student organizations, adults and school organizations and including the operation of vending machines shall comply with or exceed the state and federal competitive food and beverage regulations and nutrition standards, as well as state and county food safety and sanitation requirements found in California Retail Food Code.

Student organizations, adults and school organizations must obtain approval at the beginning of the school year or at least 45 days prior to the sale, through a memorandum of understanding with the Superintendent or designee.

OTHER FOOD SALES — BP 3554

NON-COMPLIANT & NO COST

The sale of foods and beverages that do not comply with or exceed the competitive food and beverage standards may be permitted, only when the sale meets either of the following conditions:

1. The sale takes place off and away from school premises
2. The sales takes place at least one-half hour after the end of the school day

In addition, during the school day, the Superintendent or designee encourages all school organizations, staff, parents/guardians or other volunteers to support the District's Student Wellness Policy and Food and Nutrition Services program by considering nutritional quality, when offering at no cost, food and/or beverages for school or class parties, rewards, or other giveaways, or choosing non-food items instead.

OTHER FOOD SALES — BP 3554

ADULTS AND SCHOOL ORGANIZATIONS

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

Adults and school organization sales **must comply with or exceed all state and federal competitive food and beverage regulations and nutrition standards AND all of the following:**

1. The food or beverage item **must be pre-approved** by the Superintendent or designee.
2. Each school is allowed **two sales per month.**
3. The adult or school organization **representative must be present during the sale.**
4. The adult or school organization shall **maintain records to document compliance** with the state and federal competitive food and beverage regulations and nutrition standards – receipts, nutrition labels, product specifications, etc.

OTHER FOOD SALES — BP 3554

STUDENT ORGANIZATIONS

Effective from midnight to one-half hour after the end of the official school day. Student organization sales **must comply with or exceed all state and federal competitive food and beverage regulations and nutrition standards AND all of the following:**

Elementary Schools

The Superintendent or designee shall not permit the sale of food and beverages by a student organization except when all of the following conditions are met:

1. Only **one food or beverage item** per sale.
2. The food or beverage **item must be pre-approved** by the Superintendent or designee.
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.
7. **Maintain records to document compliance** with the state and federal competitive food and beverage regulations and nutrition standards – receipts, nutrition labels, product specifications, etc.

OTHER FOOD SALES — BP 3554

STUDENT ORGANIZATIONS

Effective from midnight to one-half hour after the end of the official school day. Student organization sales **must comply with or exceed all state and federal competitive food and beverage regulations and nutrition standards AND all of the following:**

Middle and High Schools

Student organizations may be approved to sell food and beverage items during or after the school day if all of the following conditions are met:

1. **Up to three categories of foods or beverages may be sold each day** (e.g. chips, sandwiches, juices, etc.)
2. The food or beverage **item must be pre-approved** by the Superintendent or designee.
3. The food or beverage **items cannot be prepared on campus.**
4. The food or beverage **items cannot be the same items sold in the food service program** at that school during the same school day.
5. Each school is allowed **four sales per year.**
6. **Maintain records to document compliance** with the state and federal competitive food and beverage regulations and nutrition standards – receipts, nutrition labels, product specifications, etc.

FOOD & BEVERAGE REGULATIONS

ELEMENTARY SCHOOL RESTRICTIONS

NON-CHARTER PUBLIC SCHOOLS

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.
- These apply to all foods and beverages sold to students by any entity.
- **Sold** means the exchange of food and beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

FOODS

References: Education Code sections 49430, 49431, 49437; California Code of Regulations sections 15275, 15277, 15278; Code of Federal Regulations sections 210.11, 220.12

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 all 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.	<10% calories from saturated fat, except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo.	≤35% sugar by weight, except fruit**, non-fried vegetables, dried fruit and nut/seed combo.
<0.5 g trans fat per serving. No exceptions.	≤200 mg sodium per item/container. No exceptions.	≤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 standards 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
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**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.

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.

Icons designed by Freepik, mynamepong, prettycons, and Smashicons from flaticon.com.

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.

California Department of Education, Nutrition Services Division • Revised 1/1/2017 • Design by edgawaterlab.com 1/30/2018

MIDDLE/HIGH SCHOOL RESTRICTIONS

NON-CHARTER PUBLIC SCHOOLS

A **middle/junior high** contains grade 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.
- These apply to all foods and beverages sold to students by any entity.
- **Sold** means the exchange of food and beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

FOOD

References: Education Code sections 49430, 49432, 49437; California Code of Regulations sections 15275, 15277, 15278; Code of Federal Regulations sections 210.11, 220.12

"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 must meet all 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.	<10% calories from saturated fat, except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo.	≤35% sugar by weight, except fruit**, non-fried vegetables, dried fruit and nut/seed combo.
<0.5 g trans fat per serving. No exceptions.	≤200 mg sodium per item/container. No exceptions.	≤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 standards 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	≤35% calories from fat	<0.5 g trans fat per serving
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"COMPETITIVE ENTRÉES" 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 intended as the main dish and be a:

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 all the following nutrition standards:

≤35% calories from fat	<10% calories from saturated fat	≤35% sugar by weight
<0.5 g trans fat per serving	≤480 mg sodium	≤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
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**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.

ON CAMPUS FOOD SALES REQUEST FORM

Student organizations, adults and school organizations **must obtain approval at the beginning of the school year or at least 45 days prior to the sale, through a memorandum of understanding** with the Superintendent or designee.



Capistrano Unified School District
On Campus Food Sales Request Form



This form and pre-approval is required for ALL food or beverage sales conducted on CUSD school campuses from midnight through 30 minutes after school. This includes items from the [Suggested Smart Snack List](#) found on the Food & Nutrition Services website. **Forms must be received 45 days in advance to the sale.**

45 days prior to sale, submit this form with copies of or actual packaging (including nutrition facts and ingredient list) for all products requesting to be sold.

School Site: _____ Club/Organization: _____

Contact Person: _____

Phone Number: _____ Email: _____

Date item(s) will be sold: _____ Time item(s) will be sold: _____

Location on campus where item(s) will be sold: _____

This section to be completed by contact person of club/organization.

This section to be completed by Food & Nutrition Services.

Item Name	Package Size (include serving size in grams)	Copy of Packaging w/ Nutrition Info & Ingredients	Approved or Denied for On Campus Sale	Denial Reason, if applicable
<small>E.g. 25% Less Sugar Chewy Granola Bar, Chocolate Chip Flavor</small>	<small>1 bar (21 gm)</small>	<small>Attached</small>	<small>Approved/Denied</small>	

Return form and supporting package documentation via mail, fax or email to Shannon Illingworth, Nutrition Specialist.

Mail: 32972 Calle Perfecto, San Juan Capistrano CA 92675

Fax: 949-496-1767

Email: stilingworth@capousd.org

Food & Nutrition Services Reviewer: _____ Date: _____

Returned Copy for Contact Person

Site Principal Copy

Food & Nutrition Services File Copy

SUGGESTED SMART SNACK LIST

The following is a list of food and beverages that meet the standards for all grade levels as of September 2019.

This list is not all inclusive and is up to date to the best of our knowledge.



CUSD Suggested Smart Snack List

The CUSD Wellness Policy BP 5030(a) affirms that foods and beverages available to students at District schools should support health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, fundraising or other venues will comply with Smart Snacks in Schools standards. Smart Snacks in Schools is a federal rule that went into effect July 1, 2014 and is implemented by thousands of schools around the country.

Do You...

- Coordinate school fundraisers
- Manage a school store or snack bar
- Sell food during the school day on campus
- Manage school vending machines
- Want healthier foods on school campus

If you checked any of the boxes above, then the foods and beverages you're selling need to meet the Smart Snacks in School Standards. You play an important role in helping kids get the nutrition they need to grow and learn.

Why are Smart Snacks Important?

- More than **25% of kids' daily calories** may come from snacks.
- Kids who have healthy eating patterns are more likely to **perform better academically**.
- When Smart Snacks are available, the **healthy choice is the easy choice**.
- Smart Snacks Standards are a **Federal requirement** for all foods sold outside school meal programs.

The following is a list of foods and beverages that meet the standards for all grade levels as of 9/13/19. This list is up to date to the best of our knowledge, however products change without notice. This list is not all inclusive. To determine if an alternative item meets the Smart Snacks standards, please refer to the California Project Lean Smart Snack Calculator or Reference Cards.

If you have additional questions, please contact the CUSD Food & Nutrition Services Department (959) 234-9509.

STUDENT WELLNESS

BP 5030

Students

BP 5030(a)

STUDENT WELLNESS

The Board of Trustees 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.

School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food and nutrition 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.

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other District committee and a school wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before-and after-school program staff, health practitioners, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the school wellness council members.

The school wellness council shall advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

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.

The District's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the State's curriculum



Capistrano Unified School District

Student Wellness Policy



Why do we have a Wellness Policy? We believe our kids deserve to eat well, live well, and be well! CUSD believes in supporting children's health and overall well being through nutritious eating and physical activity. Federal legislation requires districts who participate in the National School Lunch Program to establish a wellness policy.



What does wellness mean to CUSD?

We see wellness as a wholesome concept. Our approach is composed of several components to create an environment of wellness within our schools and community. Our wellness policy is constructed with 4 key areas. These areas include:

- School Health, Safety, & Environment
- Nutrition
- Physical Education & Activity
- Family, Staff, & Community Involvement



Implementation of our Policy

- On site school gardens
- All food and beverages sold on campus meet strict federal and state nutritional standards.
- Healthy alternatives available at all school events
- Use of eco-friendly and sustainable products
- Organic food options available
- Taste testing for students incorporating a variety of fruits and vegetables
- Promotion and modeling of healthy behaviors through all staff and employee members
- Social and psychological health services available available for students



How Can you help promote wellness in the community?

Modeling healthy behaviors has been proven to be one of the most effective methods to encourage children to adopt life long healthy lifestyles. Please join us in:

- Choosing healthy food options
- Engaging in physical activity
- Practicing kindness and positivity
- Getting out and enjoying our beautiful community!



Information provided by
Capistrano Unified School District
Wellness Committee.

QUESTIONS

Contact Us:

(949) 234-9509

khilleman@capousd.org

stillingworth@capousd.org