



Nutrition Services

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ON CAMPUS FOOD/BEVERAGE APPROVAL FORM

THE FOLLOWING FORM MUST BE COMPLETED AND APPROVED PRIOR TO ANY EVENT THAT HAS FOOD AND/OR BEVERAGE INVOLVED.

DATE: _____ SCHOOL: _____

REQUESTOR: _____

EVENT: _____

PURPOSE OF EVENT: _____

WHAT WILL BE SERVED: _____

Soda, energy drinks, carbonated drinks, fried foods of any kind and artificial sweeteners are never allowed on campus for use by students during school hours. (1/2 hour before first bell and 1/2 hour after dismissal) per California State Ed Code.

Date of Event: _____ Time of Event: _____

Periods: (circle one) 1 2 3 4 5 6 Lunch Before School After School

Educational Rationale of Event (Goals and/or Standards Met) _____

ANY QUESTIONS PLEASE CONTACT SUSAN LEE, DIRECTOR OF NUTRITION SERVICES AT 378-0568 EXT. 10010 OR slee@auhsd.net

APPROVED: _____

NOT APPROVED: _____

SIGNATURE: _____ DATE: _____

If you eat well, you will feel well.

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

References: *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 ¼ 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 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, **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 ¼ 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**

*≤ 480 milligrams sodium, **and**

*≤ 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

** 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.

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

MIDDLE/HIGH 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

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. ≤ 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), 220.8(i)(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. ≤ 16.8 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 SCHOOL 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.

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.