

DISTRICT WELLNESS

Code **ADF** Issued **MODEL/17**

The district recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The district is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular and physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices.

Food and Beverage Availability

The district is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and are committed to offering school meals that:

- are accessible to all students
- are appealing and attractive to children
- are served in clean and pleasant settings
- meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations

Students in grades Pre-K to fifth grade will be provided a minimum of 20 minutes to consume lunch after they have received their food.

Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold food or beverages as punishment. Teachers are provided with a list of alternative ideas for behavior management.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.

Outside foods

To ensure student safety regarding food allergies and dietary restrictions, food brought from outside the school for student consumption will be commercially prepared and packaged or sealed. When applicable, food will be labeled with specific ingredients or the ingredients easily accessible online. However, this policy does not restrict the food that a parent/legal guardian may provide for his/her child's consumption at school.

Competitive foods and beverages

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The district is committed to ensuring that all foods and beverages available to students on school campuses during the school day support healthy eating. The foods and beverages sold outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. See administrative rule EFE-R, Competitive Foods Sales/Vending Machines, for more information. The district will establish standards for foods made available, but not sold, during the school day on school campuses.

All foods that meet the competitive food standards may be sold at fundraisers on the school campus during school hours. The number of fundraisers exempt from the nutrition requirements will be determined by the South Carolina State Board of Education (see administrative rule EFE-R).

District Goals for Health and Wellness

Nutrition promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community.

The district will promote healthy food and beverage choices for all students throughout the school campus and will encourage participation in school meal programs. This promotion will occur through the use of evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques and through adherence to a policy of 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards.

Nutrition education

The district will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that fulfills the following criteria:

- fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning
- is part of a sequential comprehensive standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other school foods and nutrition-related community services
- teaches media literacy with an emphasis on food and beverage marketing
- includes nutrition education training for teachers and other staff

See policy IHAM, Health Education, for more information.

Physical activity

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Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program which includes quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement. Schools may promote opportunities for physical activity via in school announcements, newsletters, posters, etc. The district is committed to providing these opportunities, and schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

The district encourages the use of physical activity as a reward when feasible. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. **This does not include participation on sports teams or with other sports-related after school activities, nor does it include participation on sports teams with specific academic requirements.**

Nurses

Spartanburg County School District Five will provide a registered nurse to staff the health room in each of the schools in order to provide health services for all students.

Physical education

The district will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education. See policy IHAE, Physical Education, for more information.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Staff wellness and health promotion

The district wellness committee may have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Professional learning

The district follows the USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in the area of food and nutrition is provided for all food service employees, including directors, managers, and staff.

District Wellness Committee/Coordinated District Health Advisory Council

The district will convene a wellness committee that meets at least once per year to establish district wellness goals for and to oversee school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy. Wellness committee members will include, to the extent possible, parents/legal guardians, students, representatives of district nutrition services, physical education teachers, school health professionals, the school board, school administrators, and the general public. The designated

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officer for ensuring district compliance with the wellness policy and oversight of the committee will be the Assistant Superintendent.

Annually, the district will notify the public about the content and implementation of the wellness policy and share any updates to the policy. The district will also publicize the name and contact information of the Assistant Superintendent with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy. The information for this annual review can be gathered through and utilized in the district's strategic planning process.

Every three years, the district will assess its compliance with the policy, how it compares to model wellness policies published by state and federal agencies, and the district's progress in attaining the goals of the policy. The results of this assessment will be made available to the public to showcase the wellness efforts being made by the district and how each school is in compliance with the wellness policy. Following this assessment, the district will update or modify the policy as necessary and share these changes with the public.

Recordkeeping

The district will retain records to document compliance with the requirements of the wellness policy. Documentation maintained by the district will include but will not be limited to:

- the written wellness policy
- documentation demonstrating that the policy has been made available to the public
- documentation of efforts to review and update the policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the district wellness committee (e.g., copy of meeting notice posted on the district website)
- documentation to demonstrate compliance with the annual public notification requirements
- the most recent assessment on the implementation of the wellness policy
- documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public

Food and Beverage Marketing

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the district is imparting through nutrition education and health promotion efforts. It is the intent of the district to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the district's wellness policy.

Any foods and beverages marketed or promoted to students on school campuses during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. These standards do not apply to marketing that occurs at events outside of school hours such as after school sporting events or any other events, including school fundraisers.

Contracts for goods or services that include a food and beverage marketing component executed after June 30, 2017, must conform to federal nutrition standards. No exceptions will be granted.

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Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing includes any oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container
- displays, such as on vending machine exteriors
- corporate brand, logo, name, or trademark on school equipment that is displayed during the school day, such as marquees, message boards, scoreboards, or backboards
- corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the district
- advertisements in school publications or school mailings
- free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product

Adopted ^

Legal References:

A. Federal Law:

1. Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

B. Federal Regulations:

1. National School Lunch Program and School Breakfast Program: Nutrition Standards for All Goods Sold in School, 7 C.F.R. Parts 210 and 220 (2016).
2. Local School Wellness Policy Implementation, 7 C.F.R. Parts 210 and 220 (2016).

C. S.C. Code, 1976, as amended:

1. Section 59-10-10, *et seq.* - Physical education, school health services, and nutritional standards.
2. Section 59-10-330 - Coordinated School Health Advisory Council (CSHAC).
3. Section 59-10-350 - Length of elementary school lunch period.
4. Section 59-32-30(A)(1)-(3) - Comprehensive health education program; guidelines and restrictions.

D. State Board of Education Regulations:

1. R43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.
2. R43-238 - Health education requirements.

E. State Board of Education Academic Standards:

1. 2014 SC Academic Standards for Physical Education.
2. 2009 Academic Standards for Health and Safety Education.
3. 2015 SC "Smart Snacks" and Exempt Fundraisers Memorandum.

F. Other References:

1. National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).
2. National Health Education Standards, Joint Committee on National Health Education Standards.
3. USDA Dietary Guidelines for Americans.
4. USDA *Guide to Smart Snacks in School* (2016).
5. USDA Professional Standards for State and Local School Nutrition Programs (2015).

FOOD SERVICES

Code **EF** Issued **MODEL**

The district food service program operates under the current guidelines and standards established by state and federal laws and the South Carolina State Board of Education.

The purpose of the district food program is as follows:

- to maintain and improve the health and physical fitness of students by providing an adequate meal
- to provide a satisfactory learning experience in the food program which will contribute to the overall development of students
- to provide free or reduced-price meals for students from economically deprived families

The administration will establish rules and procedures which conform to state and federal requirements regarding participation in programs for free and reduced price meals and supplementary food. The administration will report such regulations to the board from time to time for its approval.

Eligibility for students to receive free or reduced price meals will be determined by current federal and state laws. Schools will make every effort to eliminate any social stigma attached to the program and prevent the overt identification of students who are eligible for free or reduced price meals.

The district will not deny any child who a principal ~~or teacher~~ or his/her designee believes is improperly nourished a free lunch, milk, or other food simply because the district has not received proper application from the child's parent/legal guardian.

The board, with the recommendation of the food service supervisor, sets meal prices for students annually based upon South Carolina Department of Education guidelines.

Students/parents/legal guardians wishing to initiate a complaint concerning discrimination in the delivery of benefits or services in the district's school nutrition program should go to the link below or mail a written complaint to the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.S., Washington D.C. 20250-9410, or email, program.intake@usda.gov.

http://www.ascr.usda.gov/complaint_filing_cust.html

Cf. ADF, EFE, IHAE

Adopted ^

Legal references:

A. Federal Law:

1. Child Nutrition Act of 1996 (CNA), 42 U.S.C.A. Section 1771, *et seq.*
2. Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

B. S. C. Code, 1976 as amended:

1. Sections 59-10-310, *et seq.* - Nutrition standards.

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C. Federal Regulations:

1. National School Lunch Program, 7 C.F.R. Section 210.10.
2. School Breakfast Program, 7 C.F.R. Section 220.8.

D. State Board of Education Regulations:

1. R43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.

FOOD SERVICES

Code **EF-R** Issued **MODEL**

Student Meal Accounts

All cafeteria purchases should be prepaid before meal service. The district offers a variety of methods for parents/legal guardians to fund their students' meal accounts including cash, check, and online pre-payment.

Charge accounts

A student may charge up to \$25 maximum. A student who charges a meal may not charge any à la carte items or additional items that would result in a cost above and beyond the base meal cost. Parents/Legal guardians will receive at least one written notification prior to a student being denied the ability to charge meals.

Food service employees and each building principal will work together to prevent meal charges from accumulating. Parents/Legal guardians are expected to pay all meal charges in full by the last day of the school year. Negative balances that remain will be carried forward to the following school year.

Alternate meals

If alternate meals are provided for students who owe \$25 or more, in order to safeguard the dignity and confidentiality of students, reasonable efforts must be used to avoid calling attention to a student's unpaid balances and/or inability to pay.

No student will be denied an alternate meal. If a student comes to school with no lunch and no money on an ongoing basis, food service employees or other mandated reporters will report this information to the building principal as this may be a sign of abuse or neglect, and the proper authorities will be contacted.

Modifications will be made to alternate meals to ensure that any students with medically documented special dietary needs are provided with appropriate accommodations.

Unpaid balances

Students with unpaid balances will not be denied a meal if they have money in hand for a meal on a given day.

The food service manager and other school personnel will coordinate communications to parents/legal guardians by mail and/or telephone to resolve unpaid balances in meal accounts. These communications will include providing families with information about the free and reduced lunch programs and the programs' application process.

Parents/legal guardians are encouraged to discuss payment arrangements with the ~~food service manager~~ and building principal and district designee. In establishing the terms of repayment plans, the district will assess each household's particular circumstances and will consider factors including, but not limited to, family size, employment status, medical and employment circumstances, etc. Negative balances of more than \$25 not paid in full within 30 days of the last instructional day of the school year will be turned over to the district level designee to initiate formal collection efforts, up to and including legal action if appropriate, to recover the costs for unpaid meal charges.

Surplus balances

At the end of the school year, surplus balances in student meal accounts will be carried forward to the next year or reimbursed. Students who qualify for reduced price lunch will receive a full refund of any surplus balances.

Students who graduate or withdraw will be notified and given the option to receive a refund. If no response is received within 30 days of the mailing of this notification, the funds will remain in the district food service accounts.

Dissemination of procedures

At the beginning of each school year, the information contained in this administrative rule and any associated procedures will be shared with administrators, principals, school food service professionals, and other district stakeholders charged with duties related to the school food services program. Parents/Legal guardians and students will be notified in writing of this rule and any associated procedures at the beginning of the year, upon transferring into the district, or upon transferring into a new school within the district.

Issued

COMPETITIVE FOOD SALES/VENDING MACHINES

Code **EFE** Issued **11/14**

Purpose: To establish the basic structure for the sale of competitive foods at school.

Good nutrition is essential to peak academic performance for students and to long-term health. The district supports nutrition programs and nutrition education as an integral part of a high-quality education.

To ensure that foods served at schools address modern nutritional needs and to protect the health of students, the principal will exercise control over the sale of non-cafeteria/competitive food. For purposes of this policy, "competitive food" means any food that is sold in competition with the school lunch or breakfast program.

The district will permit vending machines and the sale of competitive foods in the high schools in accordance with this policy.

Schools will not offer or sell foods of minimal nutritional value on campus during the prescribed school day. Foods of minimal nutritional value are those which contribute less than five percent of the Reference Daily Intake (RDI) for any one of several key nutrients and are grouped into the following four categories:

- soda water (which includes all carbonated beverages)
- water ices
- chewing gum
- certain candies

High schools will operate vending machines that are accessible to students only if the contents meet the guidelines set in the Health, Hunger-Free Kids Act of 2010 (HHFKA) and requirements established in district policy.

Schools will offer or sell other non-cafeteria/competitive foods to students on campus only if the food meets HHFKA guidelines and requirements established in district policy.

The principal is responsible for maintaining records to ensure that foods from vending machines and/or other non-cafeteria/competitive foods are sold in compliance with federal guidelines, state regulations and district policy.

Schools will adhere to federal, state and district exemption guidelines.

The board authorizes the superintendent to close a canteen or discontinue the sale of competitive foods if not properly operated.

Adopted 11/24/14

Legal references:

A. Federal Law:

1. Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

B. S. C. Code, 1976, as amended:

1. Sections 59-10-310 through 380 - Nutrition standards.

C. Federal Regulations:

1. **National School Lunch and Breakfast Program: Nutrition Standards for all Foods Sold in School, 78 Fed. Reg. 125 (June 28, 2013).**

D. State Board of Education Regulations:

1. **R43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.**

COMPETITIVE FOOD SALES/VENDING MACHINES

Code **EFE-R** Issued **11/14**

In an effort to promote student wellness, prevent and reduce childhood obesity and provide assurance that school meals and snacks meet the minimum federal standards, the district implements this rule governing the sale of competitive foods within the district.

Competitive foods means all foods and beverages sold to students during the school day other than food sold under the lunch and breakfast programs ~~provided under the Child Nutrition Act (CAN) and the Richard B. Russell National School Lunch Act (NSLA)~~. The school day is the period from midnight before to 30 minutes after the end of the school day.

This rule applies to all properties under the jurisdiction of the school that are accessible to students during the day. The venues include, but are not limited to, á la carte in the cafeteria, school stores, snack bars and vending machines.

The competitive food standards do not apply under the following situations:

- food sold during non-school hours, weekends or off-campus fundraising events (e.g., athletic events, or school concerts)
- food sold for off-campus consumption (e.g., cookie dough or frozen pizza)
- food sold exclusively to adults who are not students
- food given to students at no charge without suggesting a donation
- food brought from home by students for personal consumption
- foods donated for classroom celebrations
- emergency medical situations

Definitions

Á la carte: an individually priced food item.

Combination food: a product that contains two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains. Examples include yogurt and fruit parfait, hummus with vegetables and cheese and crackers.

Entrée: a combination food of meat/meat alternative and whole grain rich food; or a combination food of vegetable or fruit and meat/meat alternative; or a meat/meat alternative alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky and meat sticks).

Nutritive sweetener: a sweetener that provides energy (calories) in the form of simple carbohydrates such as sugars and syrups, i.e. brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar or syrup.

Entrée items (sold only á la carte) and side dishes

The nutrition requirements for food apply to all grade levels and must meet one of the following standards

- be a grain product that contains 50 percent or more whole grains by weight or have whole grains as the first ingredient

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- have as the first ingredient one of the non-grain main food groups; fruits, vegetables, dairy or protein foods (i.e., meat, beans, poultry, seafood, eggs, nuts, seeds)
- be a combination food that contains at least 25 percent cup fruit and/or vegetable
- contain 10 percent of the daily value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D or dietary fiber)*

**Effective July 1, 2016, this will no longer qualify as a competitive food.*

If water is the first ingredient, the second ingredient must be one of the above. Exemptions include the following.

- fresh fruits and vegetables with no added ingredients except water
- canned and frozen fruits with no added ingredients except water, or those that are packed in 100 percent juice, extra light syrup or light syrup
- canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable

Total fat in entrée items and side dishes

Acceptable food items must have no more than 35 percent of calories from total fat as served including any added accompaniments. **Under state regulations, foods sold at any K-5 public school can not have more than 30 percent calories from fat.**

Exemptions to the total fat requirement include the following (combination foods are not exempt).

- reduced-fat cheese (including part-skim mozzarella)
- nuts and seeds and nut/seed butters
- dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
- seafood with no added fat

Saturated fat in entrée items and side dishes

Acceptable food items must have less than 10 percent of calories from saturated fat as served including any condiments.

Exemptions to the saturated fat requirement include the following (combination foods are not exempt).

- reduced-fat cheese (including part-skim mozzarella)
- nuts and seeds and nut/seed butters
- dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Trans fat in entrée items and side dishes

Acceptable food items must have zero grams of trans fat as served (no more than .5 gram per portion) including any added accompaniments.

Sugar in entrée items and side dishes

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Acceptable food items must have no more than 35 percent of weight from total sugar served.

Exemptions to the sugar requirement include the following (combination foods are not exempt).

- dried whole fruits or vegetables
- dried whole fruit or vegetable pieces
- dehydrated fruits or vegetables with no added nutritive sweeteners
- dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e. cranberries, tart cherries or blueberries)
- products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Sodium in entrée items and side dishes

- Entrée items cannot exceed 480 milligrams of sodium per item as served including any added accompaniments.
- Snack items and side dishes can not exceed 230 milligrams of sodium per item as served.*

**Effective July 1, 2016, snack items and side dishes can not exceed more than 200 milligrams of sodium as served including added accompaniments.*

Calories in entrée items and side dishes

- Entrée items can not exceed 350 calories per item as served including any added accompaniments.
- Snack items and side dishes cannot exceed 200 calories per item as served including any added accompaniments such as butter, cream cheese and salad dressing.

Sugar-free gum is exempt from all competitive food standards.

Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards. Examples include, but are not limited to, butter, cream cheese, syrup, ketchup, mustard and salad dressing.

Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program. Exempt entrées that are sold as competitive foods must be offered in the same or smaller portion sizes as the NSLP and SBP and with the same accompaniments.

Beverages

Elementary school

- plain water, with or without carbonation (no size limit)
- one percent milk, unflavored (no more than 8 fluid ounces)
- nonfat milk, flavored or unflavored (no more than 8 fluid ounces), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
- 100 percent fruit/vegetable juice (no more than 8 fluid ounces)
- 100 percent fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners (no more than 8 fluid ounces)

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Middle school

- plain water, with or without carbonation(no size limit)
- low fat or one percent milk, unflavored (no more than 12 fluid ounces)
- nonfat milk, flavored or unflavored (no more than 12 fluid ounces), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
- 100 percent fruit/vegetable juice (no more than 12 fluid ounces)
- 100 percent fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners (no more than 12 fluid ounces)

High school

- plain water , with or without carbonation (no size limit)
- low fat or one percent milk, unflavored (no more than 12 fluid ounces)
- nonfat milk, flavored or unflavored (no more than 12 fluid ounces), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
- 100 percent fruit/vegetable juice (no more than 12 fluid ounces)
- 100 percent fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners (no more than 12 fluid ounces)
- other flavored and/or carbonated beverages (no more than 20 fluid ounces) that are labeled to contain no more than five calories per eight fluid ounces or no more than 10 calories per 20 fluid ounces
- other flavored and/or carbonated beverages (no more than 12 fluid ounces) that are labeled to contain no more than 40 calories per eight fluid ounces or no more than 60 calories per 12 fluid ounces

Caffeine

In elementary and middle schools, foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. In high schools, foods and beverages may contain caffeine.

Fundraisers

All foods that meet the competitive food standards may be sold at fundraisers on the school campus during school hours. Food or beverages that do not meet the standards may only be sold in accordance with federal and state exception guidelines and district policy and must not be sold in competition with school meals in the school serving area during the meal service time. The standards do not apply to items sold during non-school hours, weekends or off-campus fundraising events. This rule governs the sale of food using payment options including, but not limited to, money, tokens, and coupons, or where a donation is expected or suggested.

Exemptions

State law will determine the number of exempt fundraisers allowed at each school per year.

Record Maintenance

Principals are required to maintain records documenting compliance with the competitive food nutrition standards for food sold in areas that are outside of the control of the school food service operation.

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The school food authority is responsible for maintaining records documenting compliance with the competitive food nutrition standards for foods sold in meal service areas during meal service periods.

Required records include, at a minimum, receipts, nutrition labels and/or product specifications for the items available for sale.

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DRAFT