

Lennox School District Nutrition and Safety Standards/Regulations Students, Teachers, and Parent Center selling food on campus

Summary of the regulations of items sold on campus from California Education Code, California Code of Regulations, Lennox School District Local School Wellness Policy, and Code of Federal Regulations (FMNV).

Elementary School (Grade K-6) –

Sales may occur on campus by - students can sell if meet the requirements/restrictions listed below.

Can sell only after the close of the mid-day meal.

Only one organization can sell an item each day.

Only one food/beverage item may be sold each day.

Sales do not include food items prepared on premises.

Sales do not include food items that are heated, reheated or held at certain temperature.

No more than 4 such sales per year per school per club/organizations.

Food item sold is not sold in the food service program at that school during that school day.

Governing board of the School District must approve item sold.

Sold/Sale: the exchange of food or beverages for money, coupons, or vouchers

Food -

May be sold if they need to meet the following SB 12 regulations:

- No added trans fat in food or used in food preparation, except individual portions of nut, nut butters, seeds, eggs, cheese packaged for individual sale
- Natural whole Fruit or Vegetables (not fried) or Legumes
- Individually sold dairy or whole grain items meeting the following criteria:
(Please use <http://www.californiaprojectlean.org/calculator/> to determine compliance)
 - o Less than 10% saturated fat
 - o Less than 30% total weight from sugar
 - o Less and 30% fat
 - o Less than 175 calorie per food item
- Whole grain is a product that the 1st listed grain ingredient is a whole grain, and shall represent at least 51 percent of the total grain weight of the product

Beverage (means liquid) –

May be sold if they need to meet the following SB 965 regulations:

- Fruit juice with at least 50% fruit and no added sweeteners
- Vegetable juice with at least 50% vegetable and no added sweeteners
- Drinking water with not added sweeteners (soon they are adding no carbonation)
- Milk 2%, 1% or non-fat; soy milk, rice milk or other similar non-dairy milk
 - o Milk means cow's or goat's milk that contains:
 - Vitamin A and Vitamin D
 - At least 25 percent of Daily Value (DV) for calcium per 8 ounces.
 - No added sweeteners exceeding 28 grams of total sugars per 8 ounces.
 - Is two-percent fat milk, one-percent fat milk, or nonfat milk
 - o Non-dairy milk alternatives (e.g. rice milk, soy milk) means a beverage that:
 - Vitamin A and Vitamin D
 - At least 25 percent of Daily Value (DV) for calcium per 8 ounces.
 - No added sweeteners exceeding 28 grams of total sugars per 8 ounces.
 - Not more than 5 grams of fat per 8 ounces
 - o Sugar means all free mono- and disaccharides, such as glucose, fructose, lactose, and sucrose.

Noncompliant Foods/Beverages Sales -

Noncompliant foods may be sold for fundraising events if the items are sold by pupils and either the sales takes place off of and away from school premises or the sale takes place at least one-half hour after the end of the school day.

Middle/Secondary School (Grade 6-12)

Sales may occur on campus by -

Students only can sell if meet the requirements/restrictions listed below.

Only one organization can sell items each day.

Only up to three food/beverage types of items may be sold each day.

Sales do not include food items prepared on premises.

Sales do not include food items that are heated, reheated or held at certain temperature.

Any/all student organization can sell food or beverages items on 4 selected days per school year. All organizations hold sale on the same 4 days.

Food item sold is not sold in the food service program at that school during that school day.

Governing board of the School District must approve item sold.

Sold/Sale: the exchange of food or beverages for money, coupons, or vouchers

Food –

May be sold if they need to meet the following SB 12 regulations:

(Please use <http://www.californiaprojectclean.org/calculator/> to determine compliance)

- No added trans fat in food or used in food preparation, except individual portions of nut, nut butters, seeds, eggs, cheese packaged for individual sale
- Natural whole Fruit or Vegetables (not fried) or Legumes
- Snacks that can be sold during day:
 - o Less than 10% saturated fat
 - o Less than 35% total weight from sugar
 - o Less and 35% fat
 - o Less than 250 calorie per food item
- Entree (food sold as a unit or sold to be eaten together) must meet the following:
 - o 4g fat per 100 calories
 - o Less than 400 calories per food item.
- Whole grain is a product that the 1st listed grain ingredient is a whole grain, and shall represent at least 51 percent of the total grain weight of the product

Beverage (means liquid) -

May be sold if they need to meet the following SB 965 regulations:

- Fruit juice with at least 50% fruit and no added sweeteners
- Vegetable juice with at least 50% vegetable and no added sweeteners
- Drinking water with not added sweeteners (soon they are adding no carbonation)
- Electrolyte replacement with no more than 42 grams of added sweetener per 20 oz serving.
 - o Water is the first ingredient.
 - o Contain no more than 2.1 grams of added sweetener per fluid ounce.
 - o Contains at least 10 milligrams but no more than 150 milligrams of sodium per 8 oz.
 - o Contains at least 10 milligrams but no more than 90 milligrams of potassium per 8 oz.
 - o Contains no added caffeine.
- Milk 2%, 1% or non-fat; soy milk, rice milk or other similar non-dairy milk
 - o Milk means cow's or goat's milk that contains:
 - Vitamin A and Vitamin D
 - At least 25 percent of Daily Value (DV) for calcium per 8 ounces.
 - No added sweeteners exceeding 28 grams of total sugars per 8 ounces.
 - Is two-percent fat milk, one-percent fat milk, or nonfat milk
 - o Non-dairy milk alternatives (e.g. rice milk, soy milk) means a beverage that:
 - Vitamin A and Vitamin D
 - At least 25 percent of Daily Value (DV) for calcium per 8 ounces.
 - No added sweeteners exceeding 28 grams of total sugars per 8 ounces.
 - Not more than 5 grams of fat per 8 ounces
 - o Sugar means all free mono- and disaccharides, such as glucose, fructose, lactose, and sucrose.

Noncompliant Foods/Beverages Sales -

Noncompliant foods may be sold for fundraising events if the items are sold by pupils and either the sales takes place off of and away from school premises or the sale takes place at least one-half hour after the end of the school day or during school sponsored pupil activity after the end of school day.