

## **Nutrition Guidelines for Foods Available at School**

**Policy:** The TTUSD Board believes that food and beverages available to students at district schools should support the 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, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards for fat, saturated fat, sugar, and total calories.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Compliant foods:

"Snack" food items must be:

- a.  $\leq$  35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and
- b.  $<$  10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and
- c.  $\leq$  35% sugar by weight (except fruit\*, non-fried veggies, dried fruit+nut/seed combo),
- d.  $<$  0.5 grams trans fat per serving (no exceptions), and
- e.  $\leq$  230 milligrams sodium (no exceptions), and
- f.  $\leq$  200 calories per item/container (no exceptions)

AND must meet one of the following:

- g. Be a fruit, vegetable, dairy, protein, or whole grain item\*\* (or have one of these as the first ingredient), or
- h. Contain  $\geq$  10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- i. Be a combination food containing at least 1/4 cup fruit or vegetable.

### **MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS**

Reference: California Code of Regulations Section 15501

Effective during or after school hours.

Applies ONLY to food and beverage sales by student organizations.

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 governing board of school district.
3. Only one student organization may be allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on the campus.

***“Inadequate nutrition during  
childhood can have lasting effects  
and compromise cognitive development  
and school performance.”***

-Healthy Food Policy Resource Guide,  
California Project Lean

**Celebration:** Schools shall limit classroom celebrations (birthdays, holidays, 100 day etc) that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (E5030 (a)). Fruits and non-fried vegetables are suggested as the healthy alternative. Class parties or celebrations will be held after the lunch period whenever possible.

**Rewards:** Schools will not use foods/beverages as rewards for academic performance or positive reinforcement.

**School-sponsored Events** (including, but not limited to, athletic events, dances, honor roll breakfasts and/or performances): Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods/beverages sold individually (E5030(a)) for at least 50% of the items offered or sold. For example, if a sugary beverage is offered, water will be available; if cookies are offered, fruit is also served.

### **Middle School Students Reward Ideas**

• Sit with friends • Listen to music while working at desk • Five-minute chat break at end of class • Reduced homework or “no homework” pass • Extra credit • Fun video • Fun brainteaser activities • Computer time • Field trips • Eat lunch outside or have class outside

### **Rationale:**

Celebrations provide an opportunity for parents, students, and schools to work together to promote healthy lifestyle habits. Healthy school celebrations are a key component of the wellness policy because they:

- Provide a consistent health message and support the classroom lessons on health instead of contradicting them.
- Promote a healthy school environment by focusing on the person or event being celebrated, instead of focusing on food. Healthy school celebrations demonstrate the importance of balance and moderation in healthy eating.

***“Those who think they have no time  
for healthy eating will sooner or  
later have to find time for illness.”***

– modified from :  
**Edward Stanley (1826-1893)**  
from **The Conduct of Life** –

## **Themes**

### **General Ideas:**

- Focus on the holiday, person, or event rather than the food.
- Plan creative experiences such as art, music, or simple food preparation.
- Plan party games and activities. Ask parents to provide game supplies instead of food.
- Involve students in planning and preparing by making decorations and favors.

### **Food Ideas**

- Air-popped popcorn • Pretzels • Crackers and peanut butter† • Baked chips and salsa
- Cut up fruit with yogurt dip • Cut up veggies with yogurt/ranch dip
- Low fat breakfast or granola bars • Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.) • 1% milk • 100% fruit juice • Water

## **Birthday Parties**

- Honor the child with a special button, badge, or crown.
- Allow the child to be “first” at something that day.
- Instead of food, ask the parents to donate a book for the classroom or school library in the birthday child’s name. Have the parents read it to the class.
- Sing “Happy Birthday!”
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa