

Wellness Policies Guidelines:
For Food and Beverage Available outside the School Nutrition Program

Elementary Schools.

The only foods that may be available to students at a school with any **grades K-5** during the school day are individual portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables that has not been deep fried, and legumes. An individual dairy or whole grain item may be available if it meets all of the following criteria: (Ed. Code 49431)

- Not more than 35 percent of its total calories from fat.
- Not more than 10 percent of its total calories from saturated fats and trans fats combined.
- Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar. No artificial sweeteners are permitted.
- Its total calories do not exceed 175 calories.

The only beverages that may be available to elementary students regardless of the time of day are:

- No more than 8 oz. portions of fruit-based or vegetable based drinks that are composed of at least 50 percent fruit or vegetable juice and have no added sweetener, natural or artificial.
- No more than 8 oz. portions of milk that is 1% fat, 2% fat, or nonfat; soy milk, rice milk, or other similar nondairy milk.
- Drinking water with no added sweetener, natural or artificial.
- The food and/or beverage items must be prepared or purchased through a facility that has a health permit.

Middle Schools and High Schools.**

The only foods that may be available to **middle and high school** students during the school day are individual portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables that has not been deep fried, and legumes. An individual dairy or whole grain item may be available if it meets all of the following criteria: (Ed. Code 49431)

- Not more than 35 percent of its total calories from fat.
- Not more than 10 percent of its total calories from saturated fats and trans fats combined.
- Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar. No artificial sweeteners are permitted.
- Its total calories do not exceed 250 calories.

The only beverages that may be available to middle and high school students during the school day are:

- No more than 12 oz. portions of fruit-based or vegetable based drinks that are composed of at least 50 percent fruit or vegetable juice and have no added sweetener, natural or artificial.
- No more than 12 oz. portions of milk that is 1% fat, 2% fat, or nonfat; soy milk, rice milk, or other similar nondairy milk.
- Drinking water with no added sweetener, natural or artificial.
- Electrolyte replacement drinks that are no more than 12 oz.
- The food and/or beverage items must be prepared or purchased through a facility that has a health permit.
- The sale or service of foods or beverages does not begin until after the close of the regularly scheduled midday lunch service and shall not be permitted during daily instructional time.

** for high schools, up to four days during the school year may be designated on which any number of organizations and/or clubs may conduct the sale or service of any approved food or beverage and these events may take place during the regularly scheduled midday lunch service. All food and/or beverage items must be prepared or purchased through a facility that has a health permit.