



---

## Student Wellness Policy

Foods Served or Sold on Campus: **Elementary Schools**

½ hour before, during and ½ hour after school

Fund Raisers, Classrooms, Parties, Birthdays, Student Stores

### **DO**

- Water, *NO SUGAR ADDED*
- Fruits and Vegetables
- 100% Juice, Juice Bars
- Low fat or Non fat Milk, Yogurt, Frozen Yogurt (meets sugar requirements also)
- Lowfat/low sugar muffins etc.
- Cheese
- Nuts, Seeds, Trail Mix
- Baked crackers
- Lowfat Popcorn

### **DON'T**

- Soda, Fruit Punch, Capri Sun, Sunny Delight, etc.  
(with added sugar or high fructose corn syrup)
- Candy
- Nachos, Chips, Cheetos
- Full Fat Popcorn
- Donuts, Cakes, Cookies, **Cupcakes**
- Fried vegetables
- Fruit cups with added sugar
- Ice Cream, Frozen Desserts

For more details contact Dona Richwine, SMMUSD Nutrition Specialist  
(310) 450-8338 ext. 70259 or [drichwine@smmusd.org](mailto:drichwine@smmusd.org)

SMMUSD Student Wellness Policy No. 5030 available at  
<http://www.smmusd.org>



## **Student Wellness Policy**

Foods Served or Sold on Campus: **Secondary Schools**

½ hour before, during and ½ hour after school

Fund Raisers, Classrooms, Parties, Student Stores, Vending  
Machines

### **DO**

- Fruits and Vegetables
- Water, NO SUGAR ADDED
- 20 ounces or less Electrolyte Replacement Drinks
- 100% Juice, Juice Bars
- Lowfat or Nonfat Milk, Yogurt
- Cheese
- Nuts, Seeds, Trail Mix
- Baked Chips
- Lowfat Popcorn

### **DON'T**

- Soda, Fruit Punch, Capri Sun, Sunny Delight, etc.  
(with added sugar or high fructose corn syrup)
- Candy
- Nachos, Chips, Cheetos etc.
- Full Fat Popcorn
- Donuts, Cakes, Cookies, Cupcakes
- Pizza
- Fried vegetables
- Fruit cups with added sugar

For more details contact Dona Richwine, SMMUSD Nutrition Specialist  
(310) 450-8338 ext. 70259 or [drichwine@smmusd.org](mailto:drichwine@smmusd.org)

SMMUSD Student Wellness Policy No. 5030 available at  
<http://www.smmusd.org>



## **STUDENT WELLNESS POLICY**

### **Classroom Party/Snack Ideas**

- Fresh Fruit
  - Fall Fruits: Apples, Fuyu Persimmons, Pears, Grapes
  - Winter Fruits: Navel Oranges, Tangerines, Blood Oranges, Dates
  - Spring Fruits: Strawberries (great for Valentine's Day!)
- 100% Fruit Smoothies
- Lowfat yogurt parfaits layered with cold cereal and fresh fruit
- Fresh vegetables either by themselves or with a dip
- Vegetable Quesadillas on whole wheat tortillas
- Broccoli and cauliflower "trees" with lowfat ranch dressing
- Granola Bars
- Baked tortilla chips and fresh salsa
- Whole grain crackers
- Pasta salad with apples and carrots
- Whole grain mini muffins
- Whole wheat tortillas wraps
- Whole wheat toaster waffles with applesauce or fruit purees
- Cracker Stacks (whole grain crackers, slice of cheese, slice of turkey, slice of tomato and cucumber)
- Whole Grain Fig Newtons
- Nonfat Chocolate Milk
- Grilled cheese sandwiches on whole wheat bread (2% milk cheese slices)
- Canned fruit sweetened in it's own juice
- 100% juice

**Senate Bill 12**  
**Signed into Law September 15, 2005**  
**Commences July 1, 2007**

**Definitions:**

“Full Meal” – any combination of food items that meet USDA-approved School Breakfast Program (SBP) or National School Lunch Program (NSLP) meal pattern requirements

“Added Sweetener” – Any additive other than 100% fruit juice that enhances the sweetness of a beverage.

“Entrée” – A food that is generally regarded as being the primary food in a meal, and shall include, but not be limited to, sandwiches, burritos, pasta and pizza.

“Snack” – A food that is generally regarded as supplementing a meal, including, but not limited to, chips, crackers, onion rings, nachos, French fries, donuts, cookies, pastries, cinnamon rolls, and candy.

**Elementary Schools:**

Only full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. Individually sold dairy items and whole grain food items may be sold to pupils at an elementary school, except food sold as part of a USDA meal program, if it meets all of the following standards:

- Not more than 35% of its total calories shall be from fat.
- Not more than 10% of its total calories shall be from saturated fat.
- Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar
- Not more than 175 calories per individual food item

An elementary school may permit the sale of food items that do not comply with the above regulations as part of a school fundraising event in any of the following circumstances:

- The items are sold by pupils of the school and the sale of those items takes place off of and away from school premises.
- The items are sold by pupils of the school and the sale of those items takes place at least one-half hour after the end of the school day.

**Middle, Junior or High School:**

Snacks sold to a pupil in middle, junior or high school, except food served as part of the USDA meal program, shall meet all of the following standards:

- Not more than 35% of its total calories shall be from fat.
- Not more than 10% of its total calories shall be from saturated fat.
- Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar
- Not more than 250 calories per individual food item

Entrée items sold to a pupil in middle, junior or high school, except food served as part of a USDA meal shall:

- Contain no more than 400 calories per entrée
- Contain no more than 4 grams of fat per 100 calories contained in each entrée and shall be categorized as entrée items in the SBP or NSLP

A middle, junior or high school may permit the sale of food items that do not comply with the above regulations in any of the following circumstances:

- The sale of those items takes place off of and away from school premises.
- The sale of those items takes on school premises at least one-half hour after the end of the school day.
- The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.

It is the intent of the Legislature that the governing board of a school district annually review its compliance with the nutrition standards described.

**Senate Bill 965**  
**Signed into Law September 15, 2005**  
**Commences July 1, 2007 (50%)**  
**Commences July 1, 2009 (100%)**

**Definitions:**

“Added Sweetener” – Any additive that enhances the sweetness of the beverage, including added sugar but does not include the natural sugar of sugars that are contained within the fruit juice which is a component of the beverage.

**Elementary School:**

Regardless of the time of day, only the following beverages may be sold to a pupil at an elementary school:

- Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener
- Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener
- Drinking water with no added sweetener
- Two percent-fat, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.

An elementary school may permit the sale of beverages that do not comply with the above regulations as part of a school fundraising event in any of the following circumstances:

- The items are sold by pupils of the school and the sale of those items takes place off of and away from school premises.
- The items are sold by pupils of the school and the sale of those items takes place at least one half hour after the end of the school day.

**Middle or Junior High School:**

From one-half hour before the start of the school day to one-half hour after the end of the school day, only the following beverages may be sold to a pupil at a middle or junior high school:

- Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener
- Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener
- Drinking water with no added sweetener
- Two percent-fat, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.
- An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

A middle or junior high school may permit the sale of beverages that do not comply with the above regulations as part of a school event if the sale of those items meets all of the following criteria:

- The sale occurs during a school sponsored event and takes place at the location of that event at least one half hour after the end of the school day.
- Vending machines, student stores, and cafeterias are used later than one-half hour after the end of the school day.

Above items may be made available in vending machines at any time during the school day. Beverages that do not comply, may be made available in middle and junior high schools if the beverage only is available not later than one-half hour before the start of the school day and not sooner than one-half hour after the end of the school day.

Commencing July 1, 2007, no less than 50 percent of all beverages sold to pupils from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those meeting the above criteria.

Commencing July 1, 2009, all beverages sold to pupils from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those meeting the above criteria