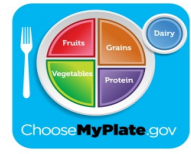




**POWAY UNIFIED SCHOOL DISTRICT
COMPETITIVE FOOD AND BEVERAGE (CALIFORNIA SMART SNACKS) STANDARDS
ELEMENTARY SCHOOLS**



NOTE: Student and adult school-based organizations must follow guidance contained in District Administrative Procedures 5.31.1 (School Wellness) and 6.62.4 (Competitive Food Sales) before selling foods and beverages to students.

COMPLIANT FOODS: From midnight to 30 minutes after the school day ends, the only foods that may be sold or served to elementary students are *full USDA meals* or *individual portions of specific food types* that meet the standards described below:

- COMPLIANT SNACKS MUST BE ONE OF THE FOLLOWING:**
- a. Fruit
 - b. Non-fried vegetable
 - c. Dairy food item with a dairy product listed as the first ingredient
 - d. Nuts, seeds, legumes, eggs, or cheese
 - e. Whole grain-rich grain food item
 - f. Combination food containing at least ¼ cup fruit or vegetable
- AND**
- MUST MEET THESE NUTRIENT STANDARDS:**
- Not more than 200 calories per item/container
 - Not more than 35% of calories from total fat
 - Less than 10% of calories from saturated fat
 - Not more than 35% of weight from total sugar
 - Not more than 200 mg sodium per food item/container
 - Zero grams of trans fat per food item/container

- EXEMPTIONS:** The following foods are exempt from certain nutrient standards, provided they are sold in portions packaged for individual sale and contain no added fat or sugar:
- Nuts, seeds, and nut/seed butters are exempt from the total fat and saturated fat standards.
 - Reduced fat cheese and part-skim mozzarella cheese are exempt from the total fat and saturated fat standards.
 - Combinations of dried fruit with nuts/seeds are exempt from the total fat, saturated fat, and sugar standards.
 - Dried blueberries, cranberries, cherries, tropical fruits, and chopped dates or figs that contain added sugar are exempt from the sugar standard.
 - Fruits and non-fried vegetables with no added ingredients (except water) are exempt from the total fat and sugar standards.

COMPLIANT BEVERAGES: From midnight to 30 minutes after the school day ends, the only beverages that may be sold or served to elementary students are:

- **Unflavored Water** with no added sweeteners. (No portion size limit)
- **100% Fruit and/or Vegetable Juice**, diluted up to 50% with water, with no added sweeteners. (Portion size limit: 8 fl. oz.)
- **Unflavored Low Fat (1%) Milk**, with added vitamins A & D, and ≥ 25% Daily Value for calcium per 8 fl. oz. (Portion size limit: 8 fl. oz.)
- **Unflavored or Flavored Fat Free Milk**, with added vitamins A & D, ≥ 25% Daily Value for calcium, and ≤ 28 grams total sugar per 8 fl. oz. (Portion size limit: 8 fl. oz.)
- **Unflavored or Flavored Non-Dairy Milk** that meets USDA requirements for nutritional equivalency to milk, ≤ 28 grams total sugar per 8 fl. oz., and ≤ 5 grams fat per 8 fl. oz. (Portion size limit: 8 fl. oz.)

ADDITIONAL REQUIREMENTS FOR SCHOOL-BASED ORGANIZATIONS, from midnight to 30 minutes after school ends:

- In addition to the standards described above, food and beverage sales by school-based organizations must adhere to the following:**
- Each elementary school is permitted four (4) food or beverage sales by school-based organizations per school year.
 - The sale must occur after the last lunch period has ended.
 - Only one (1) food or beverage item is allowed per sale.
 - The food or beverage item must be approved in advance by the Food and Nutrition Department.
 - The food or beverage item cannot be prepared on campus.
 - The food or beverage item cannot be an item sold by the school's Food and Nutrition Department during that school day.