



Competitive Food Sales Checklist

	What time will the sale take place?	½ hour after school to Midnight– no standards –STOP HERE During the school day (Midnight to ½ hour after end of school day) – CONTINUE ON
	Who is selling?	
	What is being sold?	
	Where will the sale take place?	
	Food Sales must be a snack or entree	
	A nutrition analysis must be run on all foods/beverages sold. CA/USDA Calculator	http://www.californiaprojectlean.org/doc.asp?adp=192&id=293
	USDA Snack Foods Calculator	http://tools.healthiergeneration.org/calc/calculator/
	USDA Entrée Foods	http://tools.healthiergeneration.org/calc/calculator/
	USDA Beverages	
	Organizations must submit a list of all food/beverages and the nutrition analysis <u>ONE MONTH</u> prior to the event to the Food Service Manager OR Administrator, Food & Nutrition	Include source of food/beverage, nutrition labeling or restaurant nutrition information list. Documentation must be kept on file for three (3) years from the date of food/beverage sold or served.
	Compliant Snacks Snack food items must be: <ul style="list-style-type: none"> a. ≤ 35% calories from fat, and b. ≤ 10% calories from saturated fat, and c. ≤ 35% sugar by weight, d. ≤ 200 mg sodium and e. ≤ 200 calories per item/container 	Ref: SB12; USDA SmartSnacks; SB1169
	Compliant Entrees Entrée food items must be: <ul style="list-style-type: none"> a. ≤ 350 calories, and b. ≤ 480 mg. sodium c. ≤ 4 grams fat per 100 calories, and Must either consist of: <ol style="list-style-type: none"> 1. Two or more groups (meat/meat alternate, fruit/vegetable, grain/bread), or 2. A meat/meat alternate alone 	Ref: SB12; USDA SmartSnacks; SB1169
	Exemptions: <ul style="list-style-type: none"> a. Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, non-fried vegetables, and legumes are exempt from the fat restriction. b. Eggs and cheese packaged for individual sale are exempt from the saturated fat restriction. c. Fruit, non-fried vegetables, legumes that contain no added sugar or fat are exempt from the sugar restriction. d. Dried blueberries cranberries, cherries, and tropical fruit that do not contain added sugar are exempt from the sugar restriction e. Mixed foods containing ONLY exempt items are exempt from all restrictions. f. Food items containing a mixture of exempt ingredients and at least one non-exempt ingredient must meet the nutrition restrictions set for either snacks or entrees. 	Ref: SB12; USDA SmartSnacks; SB1169
	Artificial Trans Fat Foods Artificial trans-fat foods cannot be sold or provided to pupils from one-half hour prior through one-half hour after the end of the school day.	Ref: SB490; USDA SmartSnacks; SB1169
	Beverages Compliant Beverages include: <ol style="list-style-type: none"> 1. Fruit juice: <ul style="list-style-type: none"> a. ≥ 50% juice and b. No added sweeteners 2. Vegetable juice: <ul style="list-style-type: none"> a. ≥ 50% juice and 	Ref: SB965; USDA SmartSnacks; SB1169

	<p>b. No added sweeteners</p> <p>3. Milk:</p> <p>a. Cow's or goat's milk, and</p> <p>b. 2%, 1%, nonfat, and</p> <p>c. Contains Vitamins A & D, and</p> <p>d. ≥ 25% of the calcium Daily Value, and</p> <p>e. ≤ 28 grams of total sugar per 8 fl. oz.</p> <p>Non-dairy milk:</p> <p>a. Contains Vitamins A & D, and</p> <p>b. ≥ 25% of the calcium Daily Value, and</p> <p>c. ≤ 28 grams of total sugar per 8 fl. oz., and</p> <p>d. ≤ 5 grams fat per 8 fl. oz.</p> <p>4. Water:</p> <p>a. No added sweeteners</p> <p>5. Electrolyte replacement beverage:</p> <p>a. Water as first ingredient, and</p> <p>b. ≤ 2.1 grams added sweetener per 1 fl. oz., and</p> <p>c. At least 10 but no more than 150 milligrams of sodium per 8 fl. oz., and</p> <p>d. At least 10 but no more than 90 milligrams of potassium per 8 fl. oz., and</p> <p>e. No added caffeine</p>	
	<p>Prohibited Foods/Beverages Sold to Students - Foods of Minimal Nutritional Value</p> <p>Applies to the following foods sold to students by any entity:</p> <ol style="list-style-type: none"> 1. Carbonated and aerated beverages 2. Water ices – except if made with fruit or fruit juice 3. Chewing gum 4. Hard candies 5. Jelly and gum candies 6. Marshmallow candies 7. Fondant 8. Licorice 9. Spun candy 10. Candy coated popcorn 	<p>Ref: U.S.D.A. Code of Federal Regulations, Title 7</p> <p>Effective Midnight to ½ hour after the end of the school day.</p>
	<p>Sales During School Hours</p> <ol style="list-style-type: none"> 1. No more than three types of foods or beverages <i>may</i> be sold each day (e.g., chips, water, yogurt). 2. Food or beverage item(s) must be pre-approved by governing board of school district. 3. Only one student organization <i>may</i> be allowed to sell each day. 4. Food(s) or beverage(s) cannot be prepared on the campus. 5. The food or beverage categories sold cannot be the same as those sold in the food service program at that school during the same school day. 6. Any and all student organizations <i>may</i> sell on the same four designated days per school year. (International Weeks) 7. Food and beverages sold shall be sold at or above the food and nutrition program Board approved prices. 	<p>Must comply with regulations and standards listed above in addition to:</p> <p>HBUHSD Board Policy 3554 HBUHSD Administrative Policy 3554 HBUHSD Local School Wellness Policy 5030 CalCodes – CA Dept. of Health Services California Code of Regulations, Title 5, Sections 15500-15501</p> <p>Ed Code Section 49430 The definition of sold is “the exchange of food or beverages for money, coupons, vouchers, or <u>order forms</u>, when any part of the exchange occurs on a school campus.” This also includes requests for donations for the exchange of food or beverages.</p>
	<p>Proceeds from sales during the school day must accrue to the cafeteria, student organization or the school</p>	
	<p>Outside vendors are not permitted on campus to sell directly to students i.e. In & Out burger catering van</p>	

If you have any questions, please contact the school food service manager or the Food & Nutrition Office at 714-894-1698 or lteng@hbuhsd.edu.

