



Book	Policy Manual
Section	200 Pupils
Title	Student Wellness
Number	246
Status	Review
Legal	1. Pol. 808
Adopted	December 8, 2005
Last Revised	June 15, 2017

### **Purpose**

Berlin Brothersvalley School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

### **Authority**

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of students, the Board establishes that the district shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

### **Delegation of Responsibility**

The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs, and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

Each building principal or designee shall annually report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to school wellness. The report may include:

- Assessment of school environment regarding school wellness issues.
- Evaluation of food services program
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The district shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

## **Guidelines**

### **Recordkeeping**

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

#### Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: District administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

#### Advisory Health Council

An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.

- The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.

- The Advisory Health Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

- The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

- The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.

#### Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health,

Safety and Physical Education, and Family and Consumer Sciences.

- Nutrition education in the district shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

- Nutrition education lessons and activities shall be age-appropriate.

- Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.

- School food service and nutrition education classes shall cooperate to create a learning laboratory.

- Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.

- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The district shall develop standards for such training and professional development.

- Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

#### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- District schools shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

- District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

- District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

- Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media.

- Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

- District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

### Physical Activity

- District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.
- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, and fitness and performance benefits.
- Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- Physical activity breaks shall be provided for students during classroom hours.
- Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.
- Physical activity shall not be used or withheld as a form of punishment.
- District schools shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.
- Students and their families shall be encouraged to utilize district-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established district rules.

### Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.

- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
- Students shall be moderately to vigorously active as much time as possible during a

physical education class. Documented medical conditions and disabilities shall be accommodated during class.

- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- Physical education shall be taught by certified health and physical education teachers.
- Appropriate professional development shall be provided for physical education staff.
- Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.
- Physical activity shall not be used or withheld solely as a form of punishment.

#### Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.

- District schools shall provide adequate space, as defined by the district, for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in Kiosk area, "grab & go breakfast" and breakfast to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.
- Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.
- Students shall have access to hand washing or sanitizing before meals and snacks.
- Access to the food service operation shall be limited to authorized staff.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.
- The district shall provide appropriate information to all staff on the components of the School Wellness policy.
- Goals of the School Wellness policy shall be considered in planning all school based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.
- The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

- The district shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.

#### Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

#### *Competitive Foods –*

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in locations and through services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

**Competitive foods** are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

#### *Fundraiser Exemptions –*

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.

The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

#### *Non-Sold Competitive Foods –*

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

2. Classroom Parties and Celebrations:

Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.

3. Shared Classroom Snacks:

Shared classroom snacks are not permitted in district schools.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and/or other efficient communication methods.

*Marketing/Contracting –*

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in District Schools

The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

- The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

References:



School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –  
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808

Last Modified by Karen Cotter on June 16, 2017

# Local School Wellness Policy Checklist

## Instructions

Complete pages 1- 3 of this Local School Wellness Policy Checklist and obtain the required signatures on page 3. Submit a hard copy of this checklist with your local school wellness policy to the Pennsylvania Department of Education (PDE) at the following address using traditional mail within 90 days after approval as a National School Lunch Program sponsor (based on the Original Approval Date as indicated on the PEARS Sponsor Application).

Pennsylvania Department of Education  
Division of Food and Nutrition  
Attention: Local School Wellness Policy  
333 Market Street, 4th Floor  
Harrisburg, PA 17126-0333

## To be completed by the Local Education Agency (LEA)

1. Local Education Agency name Berlin Brothersvalley School District

2. Type of Sponsor:

☒ Public School

☐ Charter School

☐ Career and Technical School/Vo-Tech

☐ Intermediate Unit

☐ Private School

☐ RCCI

☐ Other (please describe-100 character limit) \_\_\_\_\_

3. PEARS Agreement Number (See School Food Service for this number) 108561003

4. Number of buildings within this LEA:

1 High Schools/Senior Highs

1 Middle Schools/Junior Highs

1 Elementary Schools

\_\_\_ K – 12 (one building)

\_\_\_ Other (please describe) \_\_\_\_\_

5. Has the policy been adopted by the School Board, Joint Operating Committee, etc.?

☒ Yes ☐ No

If No, please provide explanation (200 character limit) \_\_\_\_\_

## Local School Wellness Policy Checklist

6. Indicate by checking the boxes below that your written local school wellness policy includes each of the following requirements:

X The policy identifies by job title the LEA and/or school official(s) responsible for ensuring each participating school complies with the policy.

X The policy describes how the LEA updates the public about the content of the wellness policy, including any policy updates, on at least an annual basis.

X The policy includes a requirement for a triennial assessment of the wellness policy (i.e., at least every three years) that is made available to the public and includes the following components:

- Compliance of schools with the policy;
- Comparison of the local policy to a model school wellness policy; and
- Progress made in attaining the goals of the policy.

X The policy describes how parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public are permitted to participate in the development, implementation, periodic review and update of the wellness policy.

X The policy contains specific goals for nutrition education.

X The policy contains specific goals for nutrition promotion.

X The policy contains specific goals for physical activity.

X The policy contains specific goals for other school-based activities that promote student wellness.

X The policy ensures that reimbursable meals available to students as part of the federal school meal programs are consistent with established federal school meal nutrition standards.

X The policy contains nutrition guidelines for all other foods and beverages for sale to students on the school campus during the school day that are consistent with the established federal guidelines for competitive foods (Smart Snacks in School nutrition standards).

X The policy includes standards for non-sold foods and beverages available to students on the school campus during the school day (e.g. at classroom parties, for shared classroom snacks, or as a reward or incentive).

X The policy allows marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

## Local School Wellness Policy Checklist

### General Comments from LEA (optional):

General Comments regarding LEA's Local Wellness Policy (500 character limit): Smart Snacks Quick Reference revised copy October 2016.

### Signatures (required)

LEA/school official responsible for policy compliance and oversight:		
Name (Print) <i>Catherine J. Berkebile</i>	Phone 814-267-4621	Date 6/16/17
E-mail cberkebile@bbsd.com	Signature <i>Catherine J. Berkebile</i>	
District Superintendent or Chief Administrative Officer:		
Name (Print) <i>David F. Reeder</i>	Phone 814-267-4621	Date 6/16/17
E-mail dreeder@bbsd.com	Signature <i>David F. Reeder</i>	

## **SMART SNACKS IN SCHOOLS - QUICK REFERENCE**

### **I. Background**

- a. Policy standards impacting foods and beverages sold to students at school, enacted in the Healthy Hunger-Free Kids Act of 2010.
- b. Implementation of Interim Final Rule began July 1, 2014.
- c. Final Rule was published July 29, 2016.

### **II. Locating the Final Rule**

- a. <https://www.gpo.gov/fdsys/pkg/FR-2016-07-29/pdf/2016-17227.pdf>

### **III. Definitions and Applicability**

- a. **Competitive Foods:** All foods and beverages sold to students outside of the reimbursable school meals, on the school campus, and at any time during the school day.
  - i. **Sold** refers to the exchange of money, tokens, or the use of some type of prepaid account to purchase an item.
  - ii. Includes items sold a la carte, in vending machines, at school stores, during fundraisers, or at any other venue that sells food/beverages to students during the school day.
  - iii. **School Campus:** All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
  - iv. **School Day:** Period from the midnight before school starts, until 30 minutes after the end of official school day.
- b. **Entrée item** means an item intended as the main dish that is either:
  - i. A combination food of meat or meat alternate and whole grain-rich food; or
  - ii. A combination food of vegetable or fruit and meat or meat alternate; or
  - iii. A meat or meat alternate alone (except yogurt, low-fat or reduced fat cheese, nuts, seeds, nut/seed butters, and meat snacks, such as dried beef jerky); or
  - iv. A grain-only, whole-grain rich entrée served in the School Breakfast Program reimbursable meal.
- c. Smart Snacks standards are minimum standards; schools and districts may establish stricter standards, if desired.

### **IV. Nutrition Standards for Foods**

- a. Apply the same at all grade levels.
- b. Must meet two sets of standards:
  - i. General Standard - must meet ONE of the following:
    1. Be a whole grain-rich product (i.e., contains 50 percent or more whole grains by weight or have whole grains as the first ingredient); *OR*
    2. Contain one of the other major food groups as the first ingredient: fruits, vegetables, dairy product, or protein food (meat, legumes, poultry, seafood, eggs, nuts, seeds, etc.); *OR*
    3. Be a "combination food" with at least ¼ cup fruit and/or vegetable; *OR*
    4. If water is the first ingredient, the second ingredient must be one of the above.
  - ii. Nutrient Standards - must meet ALL of the following, including any added accompaniments:
    1. Total Fat: ≤ 35 percent of total calories per item as packaged/served.
    2. Saturated Fat: < 10 percent of total calories per item as packaged/served.
    3. Trans Fat: Zero grams per portion as packaged/served.
    4. Sodium:
      - a. Snack and side items: ≤ 200 mg sodium per item as packaged/served.
      - b. Entrée items: ≤ 480 mg sodium per item as packaged/served.
    5. Calories:
      - a. Snack or side items: ≤ 200 calories per item as packaged/served.
      - b. Entrée items: ≤ 350 calories per item as packaged/served.

6. Sugar:  $\leq 35$  percent of weight from total sugar per item as packaged/served.
- c. Broad exemptions to all Smart Snacks standards include:
  - i. Fruits and Vegetables:
    1. Fresh, frozen and canned fruits with no added ingredients except water, or packed in 100 percent juice, light syrup or extra light syrup.
    2. Fresh, frozen and canned vegetables with no added ingredients except water, and canned vegetables that are low sodium or no salt added that contain no added fat.
    3. Combinations of fresh, frozen or canned fruits and vegetables listed above are exempt as long as there are no other added ingredients except for water.
  - ii. NSLP/SBP Entrée Items Sold a la Carte: Any entrée item offered as part of the reimbursable breakfast or lunch is exempt from all competitive food standards if it is sold a la carte on the day of service or on the following school day.
  - iii. Sugar-Free Chewing Gum
- d. Specific exemptions to Nutrient Standards
  - i. Exemptions to total fat standard:
    1. Reduced fat cheese (including part-skim mozzarella)
    2. Nuts and seeds and nut/seed butters
    3. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
    4. Seafood with no added fat
    5. Whole eggs with no added fat
  - ii. Exemptions to saturated fat standard:
    1. Reduced fat cheese (including part-skim mozzarella)
    2. Nuts and seeds and nut/seed butters
    3. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
    4. Whole eggs with no added fat
  - iii. Exemptions to sugar standard:
    1. Dried whole fruits or vegetables
    2. Dried whole fruit or vegetable pieces
    3. Dehydrated fruits or vegetables with no added nutritive sweeteners
    4. Dried whole fruits or fruit pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries or blueberries)
    5. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
  - iv. Paired exempt foods: Exempt food items listed above retain their individual exemptions to the nutrient standards when packaged together, except they must always meet limits for calories and sodium. (Examples include peanut butter with celery, or reduced fat cheese served with apples.)

## V. Nutrition Standards for Beverages

- a. Beverages allowed for all grades with serving sizes varying by grade level:
  - i. Plain water or plain carbonated water with no added ingredients (no size limit)
  - ii. Unflavored low fat milk, and unflavored or flavored non-fat milk (including nutritionally equivalent milk alternatives as permitted in the school meal programs):
    - a. Elementary schools (grades K-5):  $\leq 8$  fluid ounces
    - b. Middle and high schools (grades 6-12):  $\leq 12$  fluid ounces
  - iii. 100% fruit and/or vegetable juice
    - a. Elementary schools (grades K-5):  $\leq 8$  fluid ounces
    - b. Middle and high schools (grades 6-12):  $\leq 12$  fluid ounces
  - iv. 100% fruit/vegetable juice diluted with water, with or without carbonation, and with no added sweeteners
    - a. Elementary schools (grades K-5):  $\leq 8$  fluid ounces
    - b. Middle and high schools (grades 6-12):  $\leq 12$  fluid ounces

- b. Additional beverages allowed for high school students (grades 9-12):
  - i. Calorie-Free Beverages (up to 0.5 calorie per fluid ounce): maximum container size 20 fluid ounces
    - 1. Calorie-free flavored water, with or without carbonation
    - 2. Other "calorie-free" beverages with less than 5 calories per 8 fluid ounce container, or up to 10 calories per 20 fluid ounce container
  - ii. Lower Calorie Beverages (up to 5 calories per fluid ounce): maximum container size 12 fluid ounces
    - 1. Up to 60 calories per 12 fluid ounce container
    - 2. Up to 40 calories per 8 fluid ounce container
- c. Caffeine:
  - i. Only caffeine-free foods and beverages are allowed for elementary and middle school students, with the exception of trace amounts of naturally-occurring caffeine substances, such as in chocolate milk.
  - ii. Caffeine-containing products are not prohibited in high schools.

## VI. Fundraisers

- a. All foods/beverages that meet the Smart Snacks standards may be sold for fundraising purposes on the school campus during the school day without a limit on frequency or location of sale.
- b. Smart Snacks standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events.
- c. PDE permits a maximum of five *exempt fundraisers* to occur in each elementary school and middle school building, and a maximum of ten exempt fundraisers to occur in each high school building per school year.
  - i. *Exempt fundraisers* are fundraisers that do not meet the Smart Snacks standards.
  - ii. Each exempt fundraiser can last up to one school week, or five consecutive school days. Items sold for exempt fundraisers may not be sold in the meal service area during meals. See PDE-SNP-400 on PEARS, Download Forms for more information.

## VII. Administrative Provisions

- a. Recordkeeping
  - i. School food authorities (SFAs) are responsible for maintaining records documenting compliance with the competitive food standards for items sold in the meal service area during meal service periods.
  - ii. Local education agencies (LEAs) are responsible for maintaining records documenting compliance with the competitive food standards for items sold in areas outside of the school food service operation.
  - iii. LEAs are responsible for ensuring that any organizations selling competitive foods at the various venues in the school are maintaining records documenting compliance with the competitive food standards.
  - iv. Required records include receipts, nutrition labels and/or product specifications for items available for sale. In addition, a record that substantiates that each item offered for sale meets the standards is required and includes evaluating the Nutrition Facts label and/or using the Alliance for a Healthier Generation Calculator and retaining copies in the files.
- b. Monitoring and Compliance
  - i. State agencies are responsible for monitoring compliance with the requirements of the competitive food nutrition standards.
  - ii. During the administrative review, PDE will review SFA and LEA records and operations.

## VIII. Resources

- a. PEARS, Download Forms, Smart Snacks in School section
- b. Alliance for a Healthier Generation's Smart Snacks Calculator: <http://rdp.healthiergeneration.org/calc/calculator/>
- c. USDA/FNS Smart Snacks in School Resource Page: <http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>
- d. Alliance for a Healthier Generation's Smart Food Planner page: <https://foodplanner.healthiergeneration.org/>

## IX. PDE Contacts:

Jenny Edmondson at [jeedmondso@pa.gov](mailto:jeedmondso@pa.gov) or Kathleen Hiltwine at [khiltwine@pa.gov](mailto:khiltwine@pa.gov)