

Penn Delco School District

Student Wellness Administrative Guidelines

SOURCE OF COMPETITIVE FOOD	GUIDELINES
Ala Carte Foods	<p>A minimum of one fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.</p> <p>Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day in schools enrolled in the National School Lunch Program. In addition, the majority of items offered will not contain sugar as the first ingredient.</p> <p>Marketing, pricing, and nutrition education strategies will be used to encourage selection of the healthier foods.</p> <p>A minimum of 75% of snack foods sold in elementary schools and 60% of snack foods sold in secondary schools will meet the criteria outlined below:</p> <ul style="list-style-type: none"> No more than 200 total calories per package No more than 35% calories from fat No more than 10% calories from saturated fat No more than 480 mg sodium No more than 35% sugar by weight Excludes fruits, vegetables, nuts, seeds, and nut butters
Ala Carte Beverages	<p>Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day in schools enrolled in the National School Lunch program.</p> <p>Marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier foods.</p> <p>A minimum of 75% of beverages sold in elementary schools and 60% of beverages sold in secondary schools will meet the criteria outlined below:</p> <ul style="list-style-type: none"> 100% fruit and vegetable juice, limited to 12 oz. portion sizes Fat-free and 1% milk, 8-16 oz. portion size Water and flavored water without added sugar, unlimited portion size Caffeine free except flavored milk Carbonated water and carbonated 100% fruit juice with USDA approval

Vending Foods	<p>Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day in schools enrolled in the National School Lunch program. In addition, the majority of items offered will not contain sugar as the first ingredient.</p> <p>Marketing, pricing, and nutrition education strategies will be used to encourage selection of the healthier foods.</p> <p>A minimum of 75% of snack foods sold in elementary schools and 50% of snack foods sold in secondary schools will meet the criteria outlined below:</p> <ul style="list-style-type: none"> No more than 200 total calories per package No more than 35% calories from fat No more than 10% calories from saturated fat No more than 480 mg sodium No more than 35% sugar by weight <p>Excludes fruits, vegetables, nuts, seeds, and nut butters</p>
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Fundraisers (available during the school day)	<p>All food items sold as fundraisers, available for sale <u>during</u> the school day, will follow the standards listed below:</p> <ul style="list-style-type: none"> Packages will be in single serving sizes. Food of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. Foods will not be fried. Foods will not contain added sugar as the first ingredient. Provide minimal to no trans fatty acids. <p>Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p>

Fundraisers (continued)	<p>The school Food Service Director can provide assistance in identifying foods that meet these criteria. The school day is defined as:</p> <p style="padding-left: 40px;">Sun Valley 7:30 a.m. – 2:15 p.m. Northley 8:00 a.m. – 2:55 p.m. Elementary 8:50 a.m. – 3:25 p.m.</p>
Classroom Parties/Holiday Celebrations	<p>Classroom parties will offer minimal amount of foods (maximum one [1] item) that contain added sugar as the first ingredient and provide up to three of the following:</p> <p style="padding-left: 40px;">Fresh fruits and vegetables. Water, 100% fruit juice or milk. Items from the approved list.</p> <p>There will be a limit of two classroom/holiday party celebrations per school year. Birthday celebrations may occur in the cafeteria during lunch. All items sent into school must be from the approved list (see attached).</p>
Rewards	<p>Food will not be used as a reward for classroom unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.). Administration and teachers are encouraged to develop alternative reward options.</p>
Foods From Home	<p>Parents/caregivers will be encouraged to promote their child's participation in the school lunch program. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide or encourage the purchase of healthy alternatives.</p>
School Store Foods	<p>Food will not be sold.</p>
School Store Beverages	<p>Beverages will not be sold.</p>
Faculty Lounges	<p>Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.</p>