



## What's in a Wellness Policy? **Competitive Foods and Beverages!**

### Local Resources

<p>California Competitive Food Standards Compliance Calculator, California Project LEAN</p>	<p><a href="http://www.californiaprojectlean.org/doc.asp?id=180&amp;parentid=95">http://www.californiaprojectlean.org/doc.asp?id=180&amp;parentid=95</a>            Tool to help determine if an á la carte (outside the school meal) food or beverage sold in the cafeteria meets Smart Snacks nutrition standards. Only compliant items may be on sold on campus from midnight through 30 minutes after the school day.</p>
<p>Competitive Foods Quick Reference Cards, California Department of Education</p>	<p><a href="https://www.cde.ca.gov/ls/nu/he/compfoods.asp">https://www.cde.ca.gov/ls/nu/he/compfoods.asp</a>            One-page fact sheets to help determine if an á la carte (outside the school meal) food or beverage meets Smart Snacks nutrition standards. Only compliant items may be on sold on campus during the school day. There are separate sheets for elementary and secondary levels at public non-charter schools, and public charter/private schools.</p>
<p>CalFresh Healthy Living Program  County of San Diego</p>	<p><a href="#">CalFresh Healthy Living</a>            USDA-funded K-12 program includes healthy eating and physical activity PSE** change support for schools with at least 50% FRPM*.</p>
<p>Increasing Access to Drinking Water in Schools, Centers for Disease Control and Prevention</p>	<p><a href="#">Increasing Access to Drinking Water in Schools Toolkit</a>            The Increasing Access to Drinking Water toolkit includes needs assessment tools, implementation strategies, and evaluation guidance: .</p>

\* FRPM: Free and Reduced Price Meals

\*\* PSE: Policy, systems, and environmental (changes)

### More Resources

San Diego County Childhood Obesity Initiative

<https://sdcoi.org/focus-areas/schools-and-after-schools/resources/>

Live Well Schools Tools for Schools <https://www.livewellsd.org/i-want-to/learn-more/schools/live-well-schools/tools-for-schools-resources-page>

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## ***How Does Your District's Wellness Policy Compare to Model Wellness Policies?***

**Model Policy:** *Live Well Schools*

### **Competitive Foods: Fundraisers, Events, and Classroom Celebrations**

“Competitive foods” refers to any food or beverage sold or served to students on campus outside of the reimbursable meal service. They are called competitive foods as they compete with the nutritious school meals.

These standards will apply to foods and beverages provided during both the regular school day and the extended school day, as well as in campus-based preschools, and before- and after-school programs.

All staff, students, and on-campus programs shall comply with the following:

- The Child Nutrition Director will have the responsibility and authority to oversee and approve all food and beverages to be sold and served to the students by any entity, starting at midnight and up to one-half hour after the school day, to ensure food safety and to maximize the school’s ability to serve healthy and appealing meals.
- Ensure all foods and beverages offered or provided on the school campus meet or exceed the California Smart Snacks in School nutrition standards, including foods and beverages for celebrations, parties, classroom snacks, and student rewards for performance or behavior. To ensure compliance for outside foods and beverages, parents and staff may use the [Smart Snack Calculator](#) to determine compliance.
- Ensure that candy or any other food of minimal nutritional value will not be available for sale or as a give-away item to students from any entity.
- Only permit the marketing and advertising of foods and beverages that meet the [California Smart Snacks in School nutrition standards](#).

### **Water Access**

Availability and consumption of free water is supported throughout the day (well-maintained water fountains designed to easily refill cups and reusable water bottles, signage promoting water use, etc.),

In compliance with Assembly Bill 2638, students, teachers and staff are allowed to bring drinking water into the classroom provided that the container is capped, such as a recyclable or reusable bottle. These vessels are not to be shared among students.

Water consumption by students shall be encouraged through education about the health benefits of water and by providing convenient access to water, including near playing fields.

District will support efforts to purchase and install bottle filling stations (with filters if contaminants are a concern) that can accommodate the filling of reusable water vessels.

Drinking fountains and bottle filling stations should be inspected and maintained on a regular schedule.

## **Fundraising, Rewards, and Celebrations**

### Fundraising

From midnight through 30 minutes after the school day ends, all school fundraisers on the school campus shall comply with the [California Smart Snacks in School nutrition standards](#).

Associated Student Body (ASB) or any group or organization that is allowed to sell food on campus must comply with the following:

- Serve no more than six (6) items each day from no more than three (3) categories (i.e., chips, juices, sandwiches, etc.) of foods/beverages pre-approved by the Child Nutrition Director
- No more than four Points of Sale (POS) per day
- Must not sell any open or potentially hazardous foods
- Must not sell the same items on the same day as the Child Nutrition program
- Must price items the same as the Child Nutrition program
- Must be compliant with California Smart Snacks in School nutrition standards and Child Nutrition program requirements

### Celebrations

No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday or holiday. The district encourages and supports the use of nonfood celebratory activities and will provide a list of suggestions to schools and parents.

*OR*

*School staff shall require parents/guardians or other volunteers to support the district's nutrition education program by meeting or exceeding California Smart Snacks in School nutrition standards when selecting any snacks which they may donate for occasional class parties.*

*The Child Nutrition Director will provide options for classroom parties. All parents and teachers are encouraged to serve food items from this menu. Some items may be available for no cost or at competitive pricing. Any food to be served that is not from existing Child Nutrition menus must be approved prior to purchase by the Child Nutrition Director. This ensures food served is both healthy and safe.*

*All food items brought on campus by parents/guardians or other volunteers or school staff for student celebrations and activities shall be commercially packaged, and pre-wrapped with an ingredients label so students with food allergies are protected from accidental exposure. No home-cooked food shall be served to students in order to minimize the risk of foodborne illnesses or allergic reactions.*

*Classroom parties and school celebrations that include foods or beverages shall be held after the lunch period when possible.*