San Mateo Union High School District Wellness Policy

Over the past year the District has developed a wellness policy that follows the guidelines established by the passage of Senate Bills 12 , 965 and the NSLP (National School Lunch Program). This policy will begin implementation on July 1, 2007. Both the policies and the bills require that the District set nutrition education goals, physical activity goals, and nutrition standards for **ALL** foods available on campus 30 minutes before school until 30 minutes after school. It also requires that a District sets goals for other school-based activities designed to promote student wellness.

WHAT DOES THIS MEAN ?

Below are the laws pertaining to everyone when food is provided (free or at a cost) to students including the student nutrition services department, fund raisers, student groups, or provided by staff for students. There are **no** exceptions to these rules.

Senate Bill 12

Individual Snack items except foods sold as part of the USDA meal:

- Not more than 35% of its total calories shall be from fat. Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes, exempt.
- Not more than 10% of its total calories shall be from saturated fat. Eggs or cheese packaged for individual sale, exempt.
- Not more than 35% of its total weight composed of sugars, including naturally occurring and added sugar. Fruits or vegetables that have not been deep fried, exempt.
- Not more than 250 calories per individual food item

Individual Entree items except foods sold as part of the USDA meal:

- Contains no more than 400 calories per entrée
- Contains no more than 4 grams of fat per 100 calories in each entrée and categorized as an entrée item by the USDA meal

Senate Bill 965

Only the following beverages may be sold to a pupil at a high school level:

- Fruit-based drinks that are composed of no less than 50% fruit juice and have no added Sweetener
- Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener
- Drinking water with no added sweetener
- 2% fat milk, 1% fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk

Commencing July 1, 2007, no less than 50% of all beverages shall be those meeting the above criteria and commencing July 1, 2009 all beverages shall meet the above criteria.

NSLP (National School Lunch Program) or USDA meal

The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The meals are analyzed over a period of time to make sure a balance meal is received by all students who choose to participate or who qualify.
Each student must select one entrée and one other side item but may select all side items

District Policy Category 524 “Other Food Sales”

Only three (3) competitive food sales per month shall occur (twice on Fridays and one other day) during the school day from 7:30a.m. until 3:30p.m. In addition , one international food day is allowed per semester per school. (May 26, 2005)

How to calculate food items to see if they meet the laws:

SNACK ITEMS PER SENATE BILL 12

1) Must find nutritional information on product

2) No more than 250 calories (look at label for calories per serving)

3) No more than 35% calories from fat
   From the label take the calories from fat and divide it by the calories
   EXAMPLE:
   Calories: 210 Calories from fat: 80
   80 / 210 = 38% (this part of the item does not meet the law)

4) No more than 10% total calories from saturated fat
   From the label look at the % of saturated fat

5) No more than 35% of total weight composed of sugars
   From the label look at the grams of sugar and divide it by total grams
   EXAMPLE:
   Grams of sugar: 3.0 Total Grams: 42.5
   3.0 / 42.5 = 7% (this part of the item meets the law)

ENTREE ITEMS PER SENATE BILL 12

1) Must find nutritional information on product

2) No more than 400 calories (look at label for calories per serving)

3) No more than 4 grams of fat per 100 calories
   From the label take the calories and divide it by 25, this determines the maximum grams of fat allowed for that entrée item.

   Now look at the grams of fat from the products nutritional label.

   If your division is lower than the grams of fat from the products nutritional label, then the item is not allowed

   EXAMPLE:
   Calories: 120
   120 / 25 = 4.80

   Grams of fat from label: 3

This part of the item does meet the law because 3 is less than 4.80