

## **GUIDELINES FOR FOODS AND BEVERAGES SOLD INDIVIDUALLY (Vending Machines, Concessions, Fund Raising, Etc.)**

Healthy food choice options should be promoted during the school day, including parties, celebrations, sporting events, etc. Federal nutrition standards for snack food and beverages allow schools to offer healthier snack foods to children during the school day. See policy exhibit #8460E USDA Smart Snacks in School Exhibit.

### **Fundraising Activities and Concessions**

1. All fundraising events require school administrator/designee approval and must be tracked on form #8460F School Wellness Exempted Fundraiser Form.
2. The Idaho SDE allows ten (10) exempted fundraisers per school site per year. An exemption would allow food to be sold that does not meet the current regulation for all foods sold in schools. Each exempted fundraiser must be no longer than four (4) consecutive days of duration.
3. Following USDA Smart Snacks standards will promote healthy choices for children during fund-raising activities supported by the school.
4. Smart Snacks standards do not apply to organizations operating concessions at school functions where food items are sold during non-school hours, at afterschool events or activities off-campus.

### **Vending Machine Use**

1. All vending machine food and beverage sales shall comply with the USDA Smart Snack standards and District policy #8460 Food and Beverages Sold Individually.
2. Vending machines may not be operated by outside vendors. Vending fundraisers may only be used for district programs.

### **Elementary Schools**

If individual foods and beverages are sold to elementary students, they should be limited to low-fat and non-fat milk, fruits, and vegetables.

### **Middle and High Schools**

All foods and beverages sold individually outside the reimbursable school meal programs, including foods and beverages sold through la carte lines, vending machines, student stores or fundraising activities during the school day will meet the following nutrition and portion size standards:

1. Food items sold individually will:
  - a. have no more than 35% of its calories from fat, excluding nuts, seeds, peanut butter, and other nut butters and 10% of its calories from saturated fat and 0% from trans-fat, including any condiments;
  - b. have no more than 35% of its weight from total sugars;
  - a. contain no more than 200 mg of sodium for snack items; and
  - b. contain no more than 480 mg maximum of sodium per serving for entrée items, including any condiments.
2. Portion sizes of foods and beverages sold individually should be limited to those that meet the USDA's Smart Snacks in School nutrition standards.

### **School-sponsored Events**

Foods and beverages sold at school-sponsored events, such as, but not limited to, athletic events, dances, or performances outside the school day are not required to meet the nutrition standards for meals or foods and beverages sold individually during the school day.