



## Ala Carte Competitive Sales

### Beverages

- Elementary school beverages are limited to water (any size), 100% fruit juice (not to exceed 6 oz.), and milk (not to exceed 8 oz.).
- Middle and High School beverages must implement the following guidelines.
- Plain or flavored water, any size.
- Flavored water with artificial sweeteners cannot surpass 25% of all water and fruit juice available.
- 100% fruit juice (not to exceed 12 oz.).
- Milk, plain or flavored (not to exceed 12 oz.).
- Carbonated beverages with at least 70% fruit juice.
- Beverages that do not meet the above guidelines can be offered as 25% of the total school beverages offered, but cannot exceed 150 calories, or 35 grams of sugar.

### Snacks

- Packages must be limited to a single serving.
- Products must be no more than 250 calories per serving.
- At least 50% of the grains offered must be whole grains.
- Food items should contain no more than 35% total fat and no more than 10% saturated fat.
- Foods may not contain added sugar as the first ingredient. In addition, no more than 30% of the total calories should come from sugar.
- Minimal to no trans fatty acids.
- No fried or pre-fried foods.

## Rewards

Foods cannot be used as a reward for classroom or school activities unless the reward in an activity that promotes a positive nutrition message. Such as:

- Guest Chef
- Farmers Market

## Foods From Home

- Parents and Caregivers should be encouraged to promote their student's participation in school meal programs.
- Nutrition education should be available and encouraged.

## School Stores

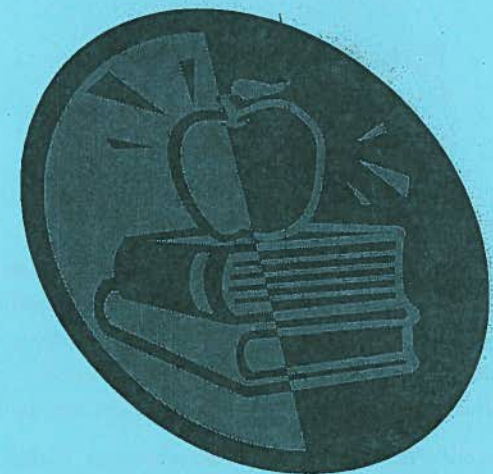
- School stores will not sell food until at least 30 minutes after the last meal period of the day.
- School stores open during the school day must following the guidelines.
- Marketing and pricing should encourage students to choose healthy options.
- Packages must be limited to a single serving.
- Products must be no more than 250 calories per serving.
- At least 50% of the grains offered must be whole grains.
- Food items should contain no more than 250 calories per serving.
- Food items should contain no more than 30% total fat and no more than 10% saturated fat.
- Foods may not contain added sugar as the first ingredient. In addition, no more than 35% of the total calories should come from sugar.
- Minimal to no trans fatty acids.
- No fried or pre-fried foods.

This brochure was developed and approved by the School District of Pottstown, Wellness Committee.

Revised November 2010

Please call Food Service Dept for more information.

610-970-6717



**Wellness Guidelines**

**Food Service Department  
and the  
Pottstown Wellness  
Committee**

## Pottstown School District Food Service Department Wellness Policy Guidelines

The Pennsylvania Department of Education has implemented Nutrition Standards for Competitive Foods in all Pennsylvania schools. In addition, Pottstown School District has implemented a Wellness Policy that incorporated these standards.

As child nutrition experts and educators, Child Nutrition Services believes when students are given healthy, well-balanced meals, they are more successful in school, they have fewer behavioral problems, fewer unexcused absences, and are more attentive in the classroom. The Food Services Dept ensures that breakfast, lunch, and after-school snacks meet all Federal and State nutritional requirements.

This brochure provides information and resources to help schools follow the Pennsylvania Department of Education Nutrition Standards for Competitive Foods, especially in regards to fundraisers, school celebrations, vending, and school stores.

### Fundraisers

Although the Food Service Dept encourages complete compliance, only fundraisers that are held on school property and during the school day are required to follow the Nutrition Standards for Competitive Foods. Fundraisers must be held no earlier than 30 minutes after the last meal period of the day.

The following is a list of guidelines for fundraising activities held during the school day:

### Fundraiser Guidelines

- ◆ Foods may not be fried or pre-fried.
- ◆ Foods must be offered in single serving sizes only.
- ◆ Food items should contain no more than 250 calories per serving.
- ◆ Food items should contain no more than 30% total fat and no more than 10% saturated fat.
- ◆ Foods may not contain added sugar as the first ingredient. In addition, no more than 30% of the total calories should come from sugar.
- ◆ *No Foods with Minimal Nutritional Value (FMNV)* Federal guidelines define four specific categories of FMNV, including (1) soda and carbonated beverages, (2) water ices made from sugar and water, (3) chewing gum, and (4) hard candies such as lollipops, sour balls, fruit balls, rock candy, jaw breakers, cough drops, sugar wafers, candy corn and mints.
- ◆ According to Nutrition Standards for Competitive Foods (PDE, 2007), it is the school's responsibility to review fundraising food items to ensure the guidelines are met. The Director of Child Nutrition Services is available to assist the school principal in determining the suitability of fundraising items in accordance with the guidelines.

#### Healthy, Fun Alternatives to Food Related Fundraisers

- ◆ Sale of pencils, books, and other school supplies
  - ◆ Candle Sale
  - ◆ Christmas Tree Sale
  - ◆ Parking Spot Sales (High Schools)
  - ◆ Gift Card Sales - Grocery Stores and/or Department Stores
  - ◆ Magazine/Book sales
  - ◆ Fun and educational games, such as Bingo
- Check out our website, under Wellness Policy for more fun and profitable ideas!

### School Celebrations and Rewards

School celebrations are permitted to offer minimal amounts of foods that contain added sugar as the first ingredient. In addition, fresh fruits and vegetables, water, 100% fruit juice, or milk must be offered as a choice.

For your convenience, Food Services has developed a School Celebration Menu that follows the above guidelines. This menu can be offered during the school day and can be served as a lunch.

#### School Lunch Celebration

##### \*\*\*\*\*Big Daddy Bash\*\*\*\*\*

Big Daddy Pizza

(one slice per student)

Tossed Salad w/Dressing  
Apple Slices w/ Dipping Sauce

Ice Cream Treat

Choice of Milk

#### School Lunch Celebration

##### \*\*\*\*\*Sandwich Social\*\*\*\*\*

PSD Hoagie

Baked Lays Chips

Carrot Sticks w/Ranch Dressing

Orange Smiles

100% Fruit Snacks

Choice of Milk

This snack menu is available at a reduced cost and helps classrooms celebrate a special occasion. The snack can be offered with or without 100% fruit juice.

#### Special Treat Menu

Assorted pre-packaged Healthy Snacks

100% Fruit Snacks

Approved Ice Cream Novelty

100% Fruit Juice

Milk, any flavor