



# CADA- WELLNESS LAWS

# NEW FOOD REGULATIONS EFFECTIVE JULY 1<sup>ST</sup> 2014

- The Healthy Hunger-Free Kids Act of 2010 was signed into law by President Barack Obama on December 13, 2010 and is set to go into effect July 1, 2014. This bill funds school lunch and child nutrition programs. It also sets standards for schools and allocates money for those programs. There is a bit of confusion how this will affect snack fundraising next school year, so hopefully this will clear some of that up.



# NEW FOOD REGULATIONS EFFECTIVE JULY 1ST

- Some of the major points are:
- For healthy school snack fundraising that is Smart Snacks in School compliant and Healthy, Hunger-Free Kids Act of 2010 compliant, you're looking for snacks which are:
  - 51% whole grain, or have whole grain as the first ingredient, or have as the first ingredient one of the non grain major food groups
  - Additionally, these must be 35% or less calories from fat, 35% or less sugar by weight
  - no more than 10% calories from saturated fat
  - They must be less than 230mg of sodium until July 1, 2016 when that goes to 200mg.
  - Calories for snack items must not exceed 200 calories and have no trans fat

## DOES YOUR FOOD MEET THE REGULATIONS?

- <https://foodplanner.healthiergeneration.org/calculator/>

# IMPORTANT CHANGES- DISTRICT EXAMPLE

## Nutritional Guidelines

- All food that is going to be sold at any time throughout the year must be pre-approved by the School Board.
- No sports drinks can be sold within the school day.
- Non-nutritional fundraisers are permitted, as long as no sales occur during the school day.
  - Students cannot sell to staff during the day.
- Student Organizations can still sell snacks if:
  - There is only one organization selling per day
  - All food being sold meets nutritional guidelines (less than 350 cal. entree) and is already Board approved
  - Do not sell an item that is on the school cafeteria menu on the same day
  - Nothing is prepared on site – i.e. no barbecues by student organizations
  - More than one organization can sell during the four days of the year designated by the site for sales
  - All the above regulations apply to the four food court days, as well

# WHAT DOES THIS MEAN FOR CVHS?

- All possible food related fundraisers to be sold during the school days need to be given to Mrs. Lilly-Porter by June 6<sup>th</sup>.
  - A copy of the nutrition label needs to be included with the photo copy picture of the item.
  - The Club that is interested in selling the item
- Sign up for non-compliant sales over Summer Break, Winter Break, Feb Break, Spring Break
  - Pretzel Rods, Beef Jerky, Candy Bars
- Food Court will be HAPPENING!!!- Let's get creative and try to sell and make some sort of profit- Get all items to me for possible sale by June 6<sup>th</sup>!
- I will be approving all catalog sales for teams and clubs, with a signed agreement from the students and club advisors that they will not sell on campus and to staff members.
- <http://healthyfundraisingsolutions.com/>
  - Here is a website for fundraising snack sales- If you would like to sell one of these items or possibly sell them just print out the nutrition facts for the snack sale items and attach copy of item and club name.

# FUNDRAISERS THAT WORK!!!!!!

- Snack Sales- 2 week timeframe
- Water Sales- 2 week timeframe
- Restaurant Fundraisers (10-20% of proceeds go to the program)
- Buff Puff (Boys volleyball game entrance \$\$ and concessions)
- Spirit Beads (3 for 2.00)- Oriental Trading Bulk Buy
- Shirt Donations to sell
- Selling non compliant items outside of the school day (30 minutes after)

## FUNDRAISING IDEAS!!!

- Let's work together to help share ideas of raising \$\$\$\$\$\$ with the new laws in place
- What ideas can you share?



**QUESTIONS**