

# 2018 - 2019 SMJUHSD Policy on Classroom Parties

## SMJUHSD Wellness Policy Goal

All foods and beverages available to students at SMJUHSD schools, during the school day, will support the health curriculum with the objectives of promoting student health and reducing childhood obesity.

## Classroom Party Standards

- \* Classroom parties that include food or beverages occur occasionally
- \* Parties are held after lunch time
- \* USDA Smart Snack Guidelines will be followed except for 4 times a year where latitude is given for special celebrations, for example, Halloween, Winter Holiday, Valentine's Day, or year-end parties

### Smart Snack Guidelines for Foods and Beverages

#### Compliant Foods **MUST** Meet One of the Following General Food Standards:

- ★ Be a fruit, vegetable, dairy, protein, or whole grain item (at least 51% whole grains)

OR

- ★ Be a combination food containing at least ¼ cup of fruit or vegetable.

#### ...And **MUST** Meet **ALL** of the Following Nutrition Standards

- ★ ≤ 35% Calories from Fat
- ★ ≤ 35% Sugar by Weight
- ★ ≤ 10% Calories from Saturated Fat
- ★ 0.5 gm Trans Fat per Serving
- ★ ≤ 480 mg Sodium
- ★ ≤ 350 Calories

#### Compliant Beverages **MUST** Meet the Following Standards:

Fruit or Vegetable Juice - Must Contain at Least 50% Juice and No Added Sweeteners

- ★ ≤ 12 oz Serving

Milk - 1% can Only be Unflavored and Non-Fat can be Either Flavored or Unflavored

- ★ ≤ 28 gm Total Sugar per 8oz
- ★ ≤ 12 oz Serving

Water - Must Contain No Added Sweeteners and can be Any Size Flavored Water and Electrolyte Replacement Beverages

### *Smart Snack Guidelines Are Complex*

No worries! Use the Project Lean California Competitive Food Standards Compliance Calculator at:  
[www.CaliforniaProjectLean.org](http://www.CaliforniaProjectLean.org) or google "Project Lean Smart Snack Calculator".