

## Step-by-Step Instructions for On-Campus Competitive Food Sales

**\*ALL food & beverages sold on-campus** (either through the school cafeteria or through student organizations) **MUST meet BOTH the Federal & California state nutrition standards\***

Please follow these step-by-step instructions to determine if the food and/or beverages your student organization would like to sell meets the nutrition standards:

1. Obtain nutrition facts label and ingredient list for the product(s) you are considering for your fundraiser.  
*\*Make sure the serving size per container is listed in grams (on the nutrition facts label)*
2. Check the *Restricted Food/Bevs Sold During a Meal Time* list to make sure that the product(s) you wish to sell DO NOT include any of the following products.  
*\*See Attachment #1 for the Federal list.*  
*\*If your product(s) do not include any of those listed on the Federal list, proceed to step #3.*
3. Go to the California Project Lean website and access the "Middle/High School Snack Food Standards Calculator" at [http://www.californiaprojectlean.org/calculator\\_MH\\_S.asp?id=180](http://www.californiaprojectlean.org/calculator_MH_S.asp?id=180)
4. Follow the instructions posted on this site to input the nutrition fact information.
  - a. First fill out **Step 1** information (servings per container & calories per serving) & then click "Calculate" to make sure that there are less than 250 calories per serving.  
*\*See Attachment #2 for an example.*
  - b. If screen states that the snack "**Meets the calories requirement, proceed to Step 2**" Then complete the empty fields on the Nutrition Facts label (including Food Name, Serving Size in grams, Calories, Calories from Fat, Total Fat, Saturated Fat, Trans Fat, and Sugars). Once all fields are completed, click the "Calculate" box to determine if this snack food is appropriate for sale during the school day.  
*\*See Attachment #3 for an example.*
  - c. After clicking "Calculate" the screen will either display "**This Food Fits!**" or "**Sorry this food does not meet the standards**"
    - i. If your food fits the standards, then please continue to step #5
    - ii. If your food does not meet the standards, then this food will not be approved for on-campus food sales.
5. Provide a copy of the following to your school cafeteria manager who will turn it in to the Food Service Department, for final approval:
  - a. Completed California Project Lean calculator form that states that "This Food Fits!"  
*\*See Attachment #3 for an example.*
  - b. Copy of the nutrition facts label and ingredient list.  
*\*See Attachment #4 for an example.*

Attachment #1

**MIDDLE/HIGH SCHOOL – RESTRICTED FOODS/BEVS  
SOLD DURING A MEAL  
TIME**

*Reference: Code of Federal Regulations, Title 7, Part 210.11,  
Appendix B FMNV*

**Effective** during a meal period in a food service area.

**Applies** only to the following foods sold to students by any entity:

- Carbonated and Aerated water
- Water ices – except if made only with 100% juice
- Chewing gum
- Hard candies
- Jelly and gum candies
- Marshmallow candies
- Fondant
- Licorice
- Spun candy
- Candy coated popcorn

**A food service area is any location on a school campus where a federally reimbursable meal is *served* and/or *eaten*.**

Attachment # 2



[Home](#) » [School Wellness](#) » California School Food Standards Calculator

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## MIDDLE/HIGH SCHOOL SNACK FOOD STANDARDS CALCULATOR

[Printer Friendly](#)

### Step 1

Snacks in middle/high school must be **250 calories or less per container**. If the number of calories per container is higher than 250, the food cannot be sold in the container and the food must be repackaged in a smaller serving size.

Servings per Container	1
X Calories per Serving	190
Calories per container	190
<input type="button" value="Calculate"/>	

Meets the calories requirement, proceed to Step 2.

### Exemptions

All snacks must be less than 250 calories; the following are foods exempt from some of the fat and/or sugar restrictions:

- Nuts, nut butters, seeds, fruit, non-fried vegetables, and legumes are exempt from the Total Fat restriction
- Individually packaged cheese and eggs do not have to meet the Total Fat or Saturated Fat limits
- Fruit and non-fried vegetables are exempt from the Sugar restriction

### Step 2

If you have a **snack** food item that is **250 calories per container or less**, enter the nutrition information from the **Nutrition Facts** label in the fields to determine if the item meets the standards. [California School Food and Beverage Standards](#) for detailed information about the food and beverage standards.

**Food Name:**  
Nature Valley Oats 'n Honey Granola Bars (2/pk)

### Nutrition Facts

Serving Size in grams	0 g
<b>Amount Per Serving</b>	
<b>Calories</b>	0
<b>Calories from Fat</b>	0
<b>Total Fat</b>	0 g
Saturated Fat	0 g
Trans Fat	0 g
<b>Sugars</b>	0 g
<input type="button" value="Calculate"/>	



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