



July 1, 2019

Principals/School Fundraiser & Wellness Coordinators:

The Healthy Hunger Free Kids Act of 2010 included the Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards which in turn, prompted the recent changes to the District Student Wellness Policy and Procedures. The Florida Department for Agriculture and Consumer Services (FDACS) published rule 5P-1.003 to further support these efforts and requires each Florida district school board to establish a Healthy School Team (HST) for all schools under its jurisdiction. For your convenience, the HST can be included as a part of your regular SAC meetings, published agendas, and minutes. HST members must include 5 out of the 7 below stakeholders:

- Parents (i.e. SAC Member)
- Students (i.e. SAC Member)
- School food service representatives (i.e. Cafeteria Manager)
- School administrators (i.e. SAC Member)
- School health professionals (i.e. School Nurse, School Clinic Assistant)
- Physical education teachers
- The Public/Community Partners (i.e. SAC Member)

**Every school is required to report their HST members, designated HST Leader, and scheduled meetings, by September 30<sup>th</sup>, 2019.** Fundraiser calendars are required to be posted on all school websites. Throughout the school year, additional information, including the HST Self-Assessment Monitoring Tool, will be required to be submitted. Please refer to the attached "Healthy School Teams Timeline of Responsibilities" for pertinent due dates.

This packet also includes the following resources to help you navigate the required changes and school responsibilities for the 2019-20 school year:

- 2019-20 Student Wellness Policy & Procedures
- 2019-20 Student Wellness Update Summary (Full PowerPoint on Student Wellness Website)
  - Healthy School Teams Timeline of Responsibilities
- Frequently Asked Questions: Fundraisers

Please feel free to contact Sarah Wood ([studentwellness@pasco.k12.fl.us](mailto:studentwellness@pasco.k12.fl.us)) with any questions regarding these requirements. The Student Wellness Policy Council thanks you for your support in our District's Wellness Mission!

Sincerely,

Julie Hedine, Director  
Food & Nutrition Services  
813/ 794-2435 727/ 774-2435  
352/ 524-2435 Fax: 813/ 794-2118  
E-mail: [jhedine@pasco.k12.fl.us](mailto:jhedine@pasco.k12.fl.us)

Additional resources are available on the student wellness website:

<http://pascostudentwellness.pasco.k12.fl.us>

(813) 794-2000 • (352) 524-2000 • (727) 774-2000 • [www.pasco.k12.fl.us](http://www.pasco.k12.fl.us)

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## 8510 Wellness Policy Procedures

### Nutrition Education

- A. Health/Nutrition standards shall be integrated into the core curriculum areas at the elementary, middle, and high school levels.
- B. Existing courses (i.e. HOPE course, MJ Health 4 health education, physical education, career and technical courses) should be aligned with Health/Nutrition standards.
- C. Health/Nutrition education will involve sharing information and resources with families and the broader community to positively impact students and the health of the community.

### Physical Education/Activity

- A. Physical education classes shall be available at all grade levels.
- B. Schools should provide a physical and social environment that encourages safe and enjoyable activities for all students. Accommodations shall be made for students with limitations.
- D. Withholding of participation in physical activity should not be employed as a form of discipline or punishment.
- E. Physical activity should not be employed as a form of discipline or punishment.

### Other School Based Activities

- A. Healthy School Teams (HST)
  - Each Pasco County school site is required to establish and maintain a Healthy School Team per the Florida Department for Agriculture and Consumer Services (FDACS) published rule 5P-1.003.
  - Healthy School Team members must include 5 out of the 7 below stakeholders:
    - Parents
    - Students
    - School food service representatives
    - School administrators
    - School health professionals
    - Physical education teachers
    - The Public/Community Partners
  - Each Pasco County school site is required to report and submit required HST documentation to the appointed District Student Wellness Coordinator.
- B. Fundraisers
  - Fundraising efforts shall promote healthful nutrition and physical activity. Community and business partnerships should be considered as an alternative to traditional food-based fundraising efforts.
  - The school day begins at midnight the night before until 30 minutes after the last school bell rings (Federal Register / Vol. 78, No. 125).

B. Fundraisers (continued)

- Food sales consumed during school hours:
  - Per the District’s Competitive Foods Policy 8550, only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.
  - Sale of food items in secondary schools cannot occur until 30 minutes after the conclusion of the last designated meal service period. This does not apply to vending machines or snack bars if only selling Smart Snacks.
  - Only food items that qualify as a “Smart Snack” item may be sold in secondary schools unless the secondary school is using one of their allotted “exemption days”.
  - Combination food fundraiser sales are prohibited (ex. Pizza, chicken sandwich), even as an exemption.
- C. Any food items sold on campus during the school day must be prepared in a commercial kitchen (not homemade) and shall comply with District Policy 8550 regarding competitive sales.
- D. The use of non-food incentives or rewards is encouraged. All food and beverages that are provided, not sold in school, on the school campus during the school day (which may include classroom parties and holiday celebrations) must be prepared in a commercial kitchen (not homemade) and shall comply with the Dietary Guidelines for Americans and Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA’s “All Foods Sold in Schools” Standards. <http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>
  - Calorie Limits
    - Snack items:  $\leq 200$  calories
    - Entrée items:  $\leq 350$  calories
  - Sodium Limits:
    - Snack items:  $\leq 200$  mg
    - Entrée items:  $\leq 480$  mg
  - Fat Limits:
    - Total fat:  $< 35\%$  of calories
    - Saturated fat:  $< 10\%$  of calories
  - Trans fat: zero grams
  - Sugar Limits
    - $\leq 35\%$  of weight from total sugars in foods
- E. Schools should collaborate with students, teachers, administrators and families to plan and implement activities that encourage healthy behaviors in the school environment (i.e. Walking School Bus, Jump Rope for Heart, National Walk to School Day, etc.).
- F. Students should be provided an adequate amount of time to consume their meal with a minimum of 15 minutes after receiving their lunch from the line.

## Nutrition Standards

- A. Nutritious and appealing foods and beverages, such as water, fruits, vegetables, low-fat dairy, and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.
- B. Schools should allow bottled water (with cap) in classrooms to encourage hydration.
- C. Healthful food choices should be identified to encourage consumption.
- D. All foods that are available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines should meet the following *Competitive Food Guidelines* recommended by the *Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards* as outlined in "Other School Based Activities", section C and D.
- E. When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 50% of those items should comply with the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards. <https://foodplanner.healthiergeneration.org/calculator/>

## Nutrition Promotion

- A. Schools are required to establish and maintain a Healthy School Team with a goal of 100% district-wide compliance.
- B. Fundraiser Calendars are required to be posted on school websites.
- C. The District should use a variety of media to promote the making of sound food and lifestyle choices.
- D. The District should provide to students and parents access to the nutritional content of food and beverages in accordance with the Dietary Guidelines of the USDA.
- E. Any food and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards except for items being provided on approved exemption days in middle and high schools.

## Monitoring & Evaluation

- A. All stakeholders will be communicated the schedule of Student Wellness Policy Meetings on the District's Student Wellness Website, and all stakeholders are encouraged to join at any time.
- B. Appropriate updates or modifications to the student wellness policy or procedures will be made by the student wellness policy council as necessary to remain in compliance with Federal and State Regulations. Updates will be communicated to the public on the District's Student Wellness Website
- C. The annual student wellness report and triennial assessment results will be made available to the public on the District's Student Wellness Website.

Revised 6.26.19

# Student Wellness Update 2019-20: Healthy School Teams & Fundraisers

Pasco County Schools



Pasco County Schools  
Sarah Wood, RD, LD/N, Student Wellness Co-Chair & Coordinator



## Responsibilities of the Healthy School Team:



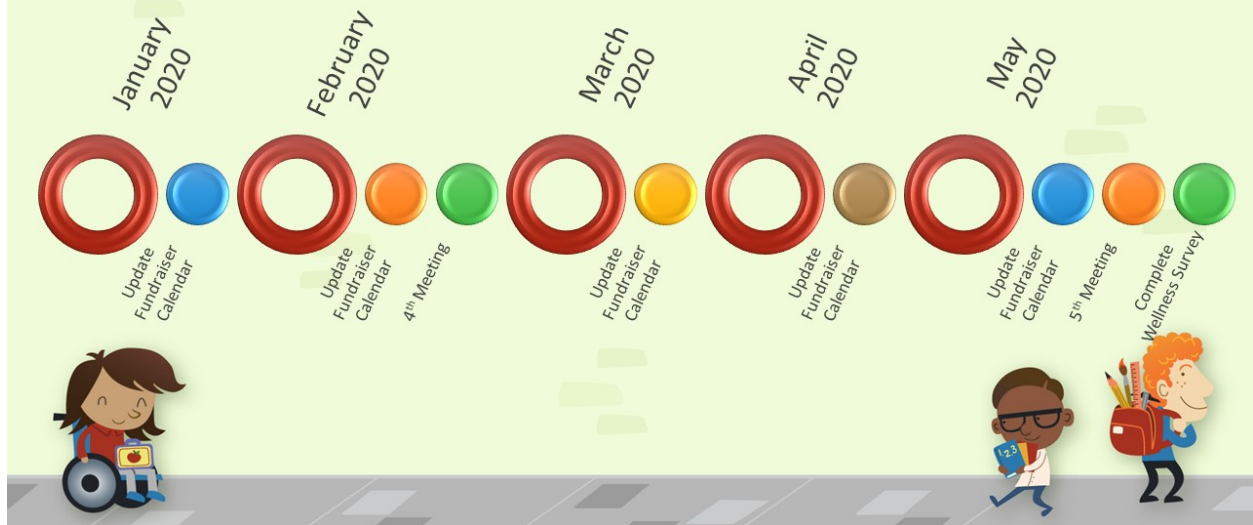
- Ensure compliance with the USDA's Smart Snacks in School nutrition standards and Florida's competitive food rule.
- Maintain a school calendar identifying fundraisers, including the dates when exempted competitive food fundraisers will occur; and
- Report their school's compliance with the rule to the person(s) overseeing the Local School Wellness Policy.
  - Healthy School Team Reporting Form
  - Healthy School Team Monitoring Tool
  - Student Wellness Policy Implementation Survey



## Healthy School Teams 2019-20 SY Timeline of Responsibilities August – December 2019



## Healthy School Teams 2019-20 SY Timeline of Responsibilities January - May 2020





# Fundraisers

What you need to know!



Pasco County Schools  
Sarah Wood, RD, LD/N, Student Wellness Co-Chair & Coordinator



## What qualifies as the “School Day”

The period from the **midnight** before,  
to **30 minutes after** the end of the official school day

(Federal Register / Vol. 78, No. 125)



<http://pascostudentwellness.pasco.k12.fl.us/>

Revised 7.1.19



# Food Sales/Consumed During School Hours

Any food items sold on campus shall comply with District Policy 8550 regarding competitive food sales

## 8550 - COMPETITIVE FOODS

The Food and Nutrition Services department will comply with the provision set forth in State and Federal laws and regulations regarding the sale of competitive foods.

Only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.

In secondary schools, the Food and Nutrition Services department shall be the sole provider of food and beverage items sold until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the US Department of Agriculture (USDA) Smart Snack Standards, other State and Federal laws and regulations, and the Board's Student Wellness Policy, with principal approval. The Superintendent shall develop and maintain appropriate procedures relative to the implementation of this policy and any exemptions provided for by law.

F.S. 1001.41(2), 1001.42(14), 1006.06

F.A.C. 7.041

F.A.C. 5P-1.003

F.C.F.R. 210.11

Revised 12/16/14

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### FOOD ITEMS

- Smart Snack Approved/Exempt Food Items
- Non-Exempt Food Items ("junk food")



### NON-FOOD ITEMS

- No changes from previous year



## Two Categories of Fundraisers





**Smart Snack Approved/Exempt Food Items**

- Can be sold during the school day in **secondary schools** only
- Requires Smart Snacks Calculator Approval along with product nutrition facts label
- There are no limits on sales of Smart Snack Food approved items in secondary schools



**Non-Exempt Foods:**

- Do not meet Smart Snacks Standards
- Can only be sold off campus or 30 minutes after the end of the school day
- Middle and High Schools can sell thirty (30) minutes following the last lunch period on an exemption day



**Exempt  
or  
Non-Exempt  
FOODS**



**Combination Foods are NOT Permitted  
as Smart Snack Fundraiser Foods**

i.e. Chicken & Biscuit, Pizza, Burgers

(Florida Administrative Code 5P-1.003)





## Fundraiser Calendar

- Fundraiser Calendars are required to be posted on ALL school websites
- Schools have the option to have a stand-alone fundraiser calendar or they may incorporate it within their already established online school calendar.
- Secondary Schools must identify "Exemption days" on their calendar
- BEST PRACTICE: All fundraisers on the same calendar to promote clear communication with parents, staff, and auditors.



## Fundraiser Exemption Days:

Secondary Schools Only

- **Exemption Days** are days in the school year where Fundraiser Activities take place that sell food items that do not meet the Smart Snack Standards.
- This is "number of exemption days", not number of fundraisers.
- Schools can have multiple fundraisers on the same day.



GRADE LEVEL	NUMBER OF ALLOWABLE EXEMPTIONS/Year
ELEMENTARY	None
MIDDLE	10
HIGH	15

**Sale of food items cannot occur until 30 minutes after the conclusion of the last designated meal service period.**

(8550-Competitive Foods Policy)







## What about after the “School Day”

- If fundraisers are conducted outside of school areas, or 30 minutes after the last bell, the Smart Snack Standards regulations do not apply.
- Per our Student Wellness Policy Procedures: When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 50% of those items should comply with the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA’s “All Foods Sold in Schools” Standards.

## Incentives & Celebrations:



All food & beverages (free or sold) that are provided on the school campus during the school day (which may include classroom parties & holiday celebrations) must be prepared in a commercial kitchen (*not homemade*).



# What about Incentives & Rewards?



- Per the District's Student Wellness Policy & Procedures, we do not encourage the use of food as incentives or rewards.
- However, when food is used, it is must be **Smart Snack** compliant & prepared in a commercial kitchen!



# What about Celebrations?



- Birthday parties and/or classroom celebration food items must meet Smart Snack Standards & be prepared in a commercial kitchen per our District's Student Wellness Policy & Procedures.
- Smart Snacks on Amazon:  
[https://www.amazon.com/b/?&node=13951371011&suppress-ve=1&ref\\_=b2b\\_ahq\\_w](https://www.amazon.com/b/?&node=13951371011&suppress-ve=1&ref_=b2b_ahq_w)
- Smart Snack Calculator:  
<https://foodplanner.healthiergeneration.org/calculator/>
- Celebration foods are available to parents to purchase for their child's class through FNS. These foods are already Smart Snack approved for ease of access & can be delivered directly to a student's classroom.



(8510-Student Wellness Policy)

# Food Related Marketing:



Any food and/or beverages marketed or promoted to students on the school campus, **during the school day**, must meet or exceed the USDA Smart Snacks in School nutrition standards, except for items being provided on approved exemption days in middle and high schools.



# Know your Wellness Resources!



Additional resource can be found on our Student Wellness Website:

<http://pascostudentwellness.pasco.k12.fl.us>

- District Policy & Procedures
- Wellness Information Packets
- Smart Snack Calculator
- Student Wellness Blog
- Fundraiser Ideas
- & MUCH MORE!

Email: [StudentWellness@pasco.k12.fl.us](mailto:StudentWellness@pasco.k12.fl.us)





**Frequently Asked Questions: Fundraisers**  
**Pasco County Schools 2019-20 SY**

**1. Can you please tell us how this initiative affects free food given in the schools as incentives or just as birthday parties?**

- a. All food & beverages (free or sold) that are provided on the school campus during the school day (which may include classroom parties & holiday celebrations) must be prepared in a commercial kitchen (*not homemade*). A food item prepared in a commercial kitchen will include an ingredient/allergen statement and a nutrition facts label.

Per the District’s Student Wellness Policy & Procedures, we do not encourage the use of food as incentives or rewards. However, when food is used, it must be Smart Snack compliant & prepared in a commercial kitchen. All food & beverages (free or sold) that are provided on the school campus during the school day (which may include classroom parties & holiday celebrations) must be prepared in a commercial kitchen (*not homemade*). For ease of access, smart snack compliant celebration foods are available for purchase & delivery directly from FNS. Our Student Wellness Policy 8510 and procedures are also located on our District Student Wellness Website.

**2. Elementary schools do not have any fundraiser exemptions. Why is this?**

- a. While the State set 5 exemption days for elementary schools, our District School Board Competitive Foods Policy 8550 does not permit the sale of food and beverages to students in elementary schools during regular schools hours.

**8550 - COMPETITIVE FOODS**

“The Food and Nutrition Services department will comply with the provision set forth in State and Federal laws and regulations regarding the sale of competitive foods.

**Only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.**

In secondary schools, the Food and Nutrition Services department shall be the sole provider of food and beverage items sold until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the US Department of Agriculture (USDA) Smart Snack Standards, other State and Federal laws and regulations, and the Board's Student Wellness Policy, with principal approval. The Superintendent shall develop and maintain appropriate procedures relative to the implementation of this policy and any exemptions provided for by law.

F.S. 1001.41(2), 1001.42(14), 1006.06

F.A.C. 7.0411

F.A.C. 5P-1.003

7 C.F.R. 210.11

Revised 12/16/14

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**3. Are exemptions per day or per fundraiser?**

- a. Per day. You can include as many exempted fundraisers in that day as possible, 30 minutes following the last designated lunch period.

- 4. Can we sell food items after school lets out?**
  - a. Yes, if the item is smart snack approved, it can be sold immediately after the last bell. If it is not smart snack approved, you must wait until 30 minutes after the last bell, or use it as one of your exemption days (secondary schools). Food items should still meet the student wellness guidelines as stated in the District Student Wellness Policy & Procedures.
  
- 5. Can we sell food items in the bus loop before school as a fundraiser?**
  - a. Elementary-NO.
  - b. Secondary schools- only if the food meets the smart snacks guidelines, unless you are using one of your exemption days.
  
- 6. Can schools purchase pre-approved smart snacks from FNS to sell as fundraisers?**
  - a. Yes, schools can purchase smart snack approved items at a discounted rate to sell as fundraisers.
  
- 7. The rule says that “combination foods” are not permitted to be sold as a fundraiser food item; would that include pizza?**
  - a. Definition as provided by the USDA in respect to the National School Lunch Program: “A combination food is defined as a product that contains two or more components representing two or more of the recommended food groups; fruit, vegetable, dairy, protein, or grains. “  
I.e. Pizza is a combination food as it contains the following components as defined by the NSLP: protein and grains. Same with chicken and biscuit.
  - b. Source regarding combination/competitive foods:  
Florida Administrative Code 5P-1.003 (Responsibilities for the School Food Service Program). It states "Unless being sold by the district school food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate, as defined in 7 CFR 210.10, and grain products as defined in 7 CFR 210.11. Section 7 CFR 210.10 (6/28/13), is hereby adopted and incorporated by reference and available online at <http://www.flrules.org/Gateway/reference.asp?No=Ref-04499>. "
  
- 8. Are we allowed to collect money for items such as candy-grams, beef jerky, etc.?**
  - a. Elementary Schools cannot sell food during the day. Money can be collected for items that are not consumed on campus and that are distributed after school hours.
  - b. Secondary Schools- As long as you wait until 30 minutes after the last bell to distribute the candy-grams.
  - c. Foods of minimal nutritional value are not allowed per our District’s Competitive Foods Policy and Student Wellness Policy.
  
- 9. Are school wide fundraisers, i.e. cookie dough, still allowed?**
  - a. Yes, as long as these items are not consumed on campus (i.e. picked up by parents, etc.).

**10. Are we still allowed to giveaway snacks during testing, either purchased from FNS or Sam’s Club?**

- a. Yes.

**11. Are schools required to have a separate calendar for fundraisers on our website if we already have a school calendar?**

- a. Schools have the option to have a stand-alone online fundraiser calendar or they may incorporate it within their already established online school calendar. It would be a best practice to have all fundraisers on the same calendar, especially for clear communication with parents, staff, and auditors. The calendar should be easily identifiable and must include the type of fundraiser, date/time of fundraiser, & exemption days being used.

**12. Can you give fundraiser ideas that do not involve food?**

- a. There is a list of alternate fundraisers on our District Student Wellness Website, under “Wellness Resources” and it includes ideas such as walk-a-thons, Fund Runs/5k’s, Growums garden kits, spirit cups, flowers, read-a-thons etc.  
<http://connect.pasco.k12.fl.us/pcs-wellness/>

**13. Who do we contact to add a fundraiser calendar or edit the name of the link on our website?**

- a. Your school’s Webmaster.

**Examples of Best Practices:**

**T. E. Weightman Middle School**

**Color Run**

Students had an opportunity to participate in a fundraiser for PTA right on our campus. The color run was held on a Saturday where students came to run a 5k while getting color dye thrown on them.

**Veterans Elementary School**

Participated in **Jump Rope for Heart** to raise money for the American Heart Association.

**Moon Lake Elementary**

**Turkey Trot Walk-a-thon**

Our Fall fundraiser in November is focused on a Walk-a-thon that the students complete at school. We do this fundraiser annually to raise funds and promote healthy choices. The students and their teachers walk during their designated time and track their laps.

**Gulf Trace Elementary School**

**Student Birthdays & Rewards**

We celebrate student birthdays each month with “smart snack approved” cookies purchased from our school cafeteria. All students Pre-K through 5th all get a nutritional cookie and if they have food allergies the cafeteria helps us to find an alternate treat. 98% of the rewards given to students are non-food items such as extra recess, computer time, etc.