**Fundraisers & Child Nutrition Guidelines**

**Definitions:**

**School Fundraisers:** Fundraisers are considered by the United States Department of Agriculture (USDA) to be events that include any activity during which tokens, currency, tickets and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity. These activities that involve the sale of food items for consumption during the school day must be in accordance with USDA Smart Snacks in School Standards.

**Competitive Foods:** Foods and beverages sold to students during the school day and therefore compete with the school’s operation of reimbursable meals and snacks. This definition includes, but is not limited to, foods and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers.

**School Day:** USDA defines the school day as midnight before the school day begins to 30 minutes after the end of instruction. Enrichment period is included as part of instruction.

**Instructional Day:** The time of instruction at the schools. Normally the bell schedule is used to determine the beginning and end of the instructional day.

**Smart Snack:** Smart Snacks are science-based nutrition standards for food and beverages sold to students at school during the day. Smart Snack guidelines pertain to a la carte, competitive foods, and fundraisers provided to students. Smart Snacks shall not apply to food sold during nonschool hours, weekends, and off-campus fundraising events.

**Fundraiser Exempt Dates:** The Pennsylvania Department of Education has determined that a maximum of 5 (five) exempt fundraisers will be permitted in each elementary and middle school building per year, and a maximum of 10 (ten) exempt fundraisers will be permitted in each high school building per year. Each fundraiser may not exceed one school week. Schools must keep records of all food fundraisers for three years and current school year for PDE School Nutrition Services audits.

Exemptions only apply to fundraisers that do not meet the requirements for foods sold in schools in the Smart Snack Standards. Non-food fundraisers and food fundraisers that meet the requirements of the Smart Snack Standards do not require an exemption.

**Regulations:**

All school-sponsored (or other nonprofit organizations selling items on school property) fundraising activities that involve the sale of food items for consumption during the school day must be approved by the school principal and the Director of Child Nutrition Services.

Any food or beverage items sold to students during the instructional day must meet state and Federal Smart Snack Guidelines.

No competitive food or beverage items may be sold to students, including through direct or indirect sales, during the instructional day at any school.

Competitive foods/beverages are not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.

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All snacks sold without approved exemptions must meet the Smart Snacks guidelines. Nutrition labels for each item to be sold must be reviewed and approved by the Director of Child Nutrition Services coordinator prior to sale.

Child Nutrition Services may provide Smart Snack items to sell as fundraisers. Contact the Child Nutrition Services office for more information.

**Nutrition Requirements of Food and Beverage Items (non-exempt fundraisers):**

In order for a food item to meet the nutritional requirements to be offered as a fundraiser or sold to students during the school day, it must undergo a two-step process. Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.

***To easily check if your food or beverage meets the below criteria, use this*** [***Smart Snack Calculator***](https://foodplanner.healthiergeneration.org/calculator/)***.***

1. The food item must meet ONE of the following:
   1. Be a whole grain rich grain product: 51% or more must be made with whole grain product and the rest of the grains must be enriched.
   2. Have as the first ingredient a fruit, vegetable, dairy product or protein food.
   3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable.
2. Once the food item has met one of the above criteria it then must meet several nutrient requirements (must meet all of the below):
   1. Calorie limits:
      1. Snack items: ≤ 200 calories
      2. Entree items: ≤ 350 calories
   2. Sodium limites:
      1. Snack items: ≤ 230mg
      2. Entree items: ≤ 480mg
   3. Fat limits:
      1. Total fat ≤ 35% of calories
      2. Saturated fat < 10% of calories
      3. Trans fat: zero grams
   4. Sugar limit:
      1. Less than or equal to 35% of weight from total sugars in foods

Elementary and Middle Schools may offer or sell:

1. Plain water with or without carbonation
2. Unflavored low fat milk (1%)
3. Unflavored or flavored fat free milk (including lactose free milk)
4. 100% fruit or vegetable juice
5. 100% fruit or vegetable juice diluted with water with or without carbonation and no added sweeteners

Elementary schools may sell up to 8 ounce portions, while middle and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for plain water.

High School may sell beverages that can be no more than 20 ounce portions of:

1. Calorie-free, flavored water (with our without carbonation),
2. Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces,
3. Or no more than 12 ounce portions of beverages with ≤40 calories per 8 fluid ounces, or ≤60 calories per 12 fluid ounces.