

## **OPUSD Policy and Practice Guide: Food Sold/Served Outside the Regular School Day.**<sup>1</sup>

Federal and state laws regulate the food and drink school districts may serve, sell, and promote to students during the school day and the 30 minutes following the end of the school day. OPUSD strictly adheres to this mandate, and we also take great care and pride to go above and beyond; we care for the whole child, including health and wellness. Our cafeterias offer globally-inspired, plant-forward menus that integrate optimal nutrition with environmental stewardship.

While we understand that parents are of many opinions as to what constitutes healthy habits, and each family has the right to make choices for their children, we are committed to supporting healthy choices for our students at school, at home, and in our community. As the planet reaches a projected 9 billion people by 2050, our children will grow up in a world that faces environmental and social challenges.<sup>2</sup> We believe an essential 21st-century skill involves learning not only about environmental stewardship, but also how to eat thoughtfully.

We ask our educational community to serve as our “wellness ambassadors” during **and** outside school hours by purchasing and serving food in accordance with these principles. Collective and consistent efforts across platforms will reinforce students’ understanding of these values and the importance of a healthy lifestyle for themselves and for the world in which they live. It is vital that staff, parents, and students abide by the following when organizing school-sponsored events, fundraisers, or activities held outside the school day.

1. **OFFER HEALTHY FOOD OPTIONS:** Always offer healthy options like those OPUSD serves during the school day by keeping the following in mind when possible.
  - a. Choose whole grains, beans, vegetables, and fruit as the focus of menus.
  - b. Choose snack foods that are 200 calories or less, contain less than 35% sugar by weight, and contain less than 200 mg of sodium.
  - c. Choose foods that are not deep fried and that do not contain trans fats. Saturated fats should comprise less than or equal to 10% of the total calories of a menu item.
  - d. For beverages, choose water or unflavored drinks, 100% fruit juice, no sugar added. Energy drinks such as Red Bull and the like may not be served to students at any time.
  - e. Candy and other sweets/treats should only be sold or served in moderate quantities to students after school on special occasions (e.g., a dance at the secondary level, movie night or carnival afternoon at the elementary level).
  - f. For suggestions and resources, refer to [OPUSD Healthy Food Guidelines](#).
  - g. Parent organizations and auxiliary groups may order healthy snacks for resale directly from OPUSD by using this [OPUSD Healthy Snacks Order Form](#).
2. **OFFER VEGETARIAN AND NON-RED MEAT/NON-PROCESSED MEAT OPTIONS:** As we strive to be plant forward, environmentally conscious, and inclusive of the cultural diversity of all students, event organizers:
  - a. **Must** offer a vegetarian or vegan option whenever meals are served.
  - b. Limit red meat and processed meat as a primary meal option.<sup>3</sup>

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<sup>1</sup> For OPUSD’s comprehensive Wellness Policy, see [Board Policy 5030](#) and [Administrative Regulation 5030](#).

<sup>2</sup> A study in the journal [Nature](#) found that as a result of population growth and the continued consumption of diets high in red meats and processed foods, environmental pressures could increase by up to 90% by 2050, “exceeding key planetary boundaries that define a safe operating space for humanity beyond which Earth’s vital ecosystems could become unstable.”

<sup>3</sup> Higher intake of red meat increases the risk of heart disease, stroke, and diabetes when compared to poultry, fish, eggs, nuts, or legumes. Also, the [World Health Organization](#) classifies processed meat (including bacon, cured deli meats, hot dogs) as a Group 1 carcinogen; it classifies red meat as a Group 2A carcinogen.

- c. Consider offering gluten-free and allergen-free menu items.
3. **USE ONLY FOOD VENDORS APPROVED BY THE DISTRICT:** If using an outside food vendor, event organizers must use one approved by OPUSD's Business Services Office.
- a. Outside food vendors include but are not limited to food trucks, restaurants, and catering companies.
  - b. To get a desired food vendor approved by the District, the vendor must have valid:
    - i. Liability insurance with endorsement page naming OPUSD as an additional insured
    - ii. Ventura County Health Permit
    - iii. Food safety certification by owner or employee, and
    - iv. A current food and beverage menu.
  - c. Food vendors who have met the above requirements will be placed on OPUSD's "Approved Vendor List" and remain there so long as they maintain the necessary documentation up-to-date and are otherwise in good standing with the District.
  - d. OPUSD also has pre-approved food vendors to choose from as an alternative to submitting a new vendor into the approval process. E-mail OPUSD's Business Services Assistant at [asegal@opusd.org](mailto:asegal@opusd.org) to request a current list.
  - e. For the requisite forms to obtain approval for an event and food vendor, please complete the relevant portions of the [OPUSD Event Resources Request Packet](#) which can be downloaded from OPUSD's website.
4. **DO NOT COOK OR PREPARE FOOD ON CAMPUS:** In order to adhere to proper food safety protocol as required by applicable health codes, OPUSD does **not** allow volunteers or unauthorized staff to prepare or cook food for students on site due to high liability risk.
5. **LIMIT SERVING FOOD PREPARED OFF-SITE:** The District acknowledges that some events may occasionally call for food prepared off-site (e.g., bake sale, pot-lucks, etc.). However, event organizers must secure prior authorization by the school site principal before **serving** such food, and all such events must comply with District policies. Again, **cooking** food on site by volunteers or unauthorized staff is prohibited (See #4, above).
6. **CHOOSE HEALTHY FUNDRAISERS:** For fundraisers conducted outside of school hours:
- a. Choose healthy food, non-food or active fundraisers.
  - b. If the fundraiser involves the sale of food, select healthy items and refer to OPUSD's [Healthy Food Guidelines](#) and [OPUSD Healthy Snacks Order Form](#) for suggestions and resources for purchasing (as mentioned in #1, above).
  - c. For rewards and incentives, use non-food prizes and awards, such as more recess time or participating in a special activity.
  - d. Go to the Nutrition and Wellness Department's [tab](#) on OPUSD's website for more information, ideas and resources about healthy, active fundraisers.

If you have any questions or for further information and guidance, please contact your school site principal or Carole Ly, OPUSD Director of Student Nutrition & Wellness, at [cly@opusd.org](mailto:cly@opusd.org).