

SB 12 & SB 965 Compliant Foods – ELEMENTARY SCHOOLS

COMPLIANT FOODS (SB 12)

The only foods that can be sold to students are *full meals*, *exempt foods* and *dairy* or *whole grain foods* that meet specific calorie, fat, saturated fat and sugar requirements. (Applies during school until ½ hour after school.)

EXEMPT FOODS

These foods can be sold and do not have to meet SB 12:

- Nuts
- Nut butters (such as peanut butter)
- Seeds (such as sesame seeds)
- Eggs
- Cheese packaged for individual sale
- Fruit/vegetables that have not been deep fried
- Legumes

DAIRY & WHOLE GRAIN FOODS

Individually sold dairy or whole grain foods can be sold if they contain:

- Not more than **175** calories
- Not more than **35%** of total calories from **fat**
- Not more than **10%** of total calories from **saturated fat**
- Not more than **35%** of total **weight from sugar** (natural and added)

COMPLIANT BEVERAGES (SB 965) (Applies during school until ½ hour after school.)

The only beverages that can be sold to students are:

- Fruit and vegetable-based drinks that are composed of at least 50% fruit or vegetable juice and have no added sweetener
- 2%, 1% or nonfat milk, soy milk, rice milk and other similar nondairy milk
- Water with no added sweetener

These foods/beverages may or may not meet SB 12/SB 965. To find out, you need to read the Nutrition Facts label*

- Frozen yogurt/ice cream bars
- Flavored milk
- Energy/cereal/granola bars
- Cookies, muffins
- Cereal
- Crackers/pretzels

These foods do NOT meet SB 12/SB 965

- Deep fried vegetables (such as french fries, onion rings)
- Candy, candy bars
- Corn chips, tortilla chips, potato chips, Cheetos®, potato chips
- Pastries, donuts, sweet roles, cinnamon buns
- Turkey/beef jerky
- Soda, electrolyte replacement beverages

* To determine if an individual **dairy** or **whole grain** snack meets SB 12 food standards, you need to read the Nutrition Facts label. For assistance with this, visit our on-line snack calculator at www.CaliforniaProjectLEAN.org. The on-line calculator allows you to input information from the Nutrition Facts label and find out in a few seconds if the food meets the standards.