



Before/After-School Fundraising & Concessions

The New Mexico school wellness regulations set specific nutrition requirements for all foods and beverages sold to students, including food fundraisers that occur on school property during and outside of school hours. Concession sales can be a great opportunity to provide and promote healthy choices. Concession sales can be profitable and contribute to the health and well being of students.

What are the requirements for food fundraisers outside of normal school hours?

Food can be sold on-campus outside of normal school hours as long as half of the products offered meet the following fundraising guidelines:

- ◆ 200 calories/package or less
- ◆ 8 grams fat/pkg or less
- ◆ 2 grams saturated & trans fat/pkg or less
- ◆ 15 grams sugar/pkg or less

What does this mean for fundraiser meals and concession stand sales?

Meals: Meals need to be balanced and healthy with half of the meal meeting the above requirements. An example is a spaghetti or pizza meal which includes a tossed salad and fruit or salad and milk or water. The total menu needs to meet the half "healthy" requirements even if the dessert or entrée doesn't.

Concession Stands: Half of foods and snacks offered need to meet the above nutrition requirements.

What about beverages?

At least half offered should be lowfat milk, water and 100% fruit juice

Are there any exceptions?

All nuts, seeds, cheese, yogurt and fruit are exempt from the nutrition requirements because they are considered "healthy options."

What foods meet these guidelines?

Look for items that contain single servings only. Some examples of foods that you can sell:

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| ◆ Low-fat pretzels | ◆ 100% juice bars |
| ◆ Fat free popcorn/popcorn balls | ◆ Yogurt |
| ◆ Trail mix, seeds or nuts | ◆ Cheese sticks |
| ◆ Granola Bars | ◆ Beef jerky |
| ◆ Crackers | ◆ Pickles |
| ◆ Cheese or peanut butter crackers | ◆ Vegetable or fruit dippers with salsa, cheese, or yogurt sauce as dip |
| ◆ Fresh or dried fruit | |
| ◆ Fruit roll ups | |

Helpful Hints

- If you rely on donations, distribute a list of acceptable items.
- Refrigeration increases the options for healthy choices. If refrigeration is not available, consider purchasing ice blankets to use in coolers.

Web Resource.

Action for Healthy Kids Food & Beverage Lists -
http://www.ped.state.nm.us/div/sipds/health/wellness_TA.html

