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To: All School Offices

Date: January 14, 2015

Subject: Questions & Answers about the District Wellness Policy

We have developed this memo with answers to questions regarding the implementation of the updated Wellness Policy. These should help each school better understand the Wellness Policy. We will update the Q&A's as we receive more questions.

1. Staff rooms: I thought you mentioned in the meeting all areas of campus had to fall under guidelines of the nutrition program, even the vending machines in staff rooms as noted in the Oregon State School Nutrition website. However word on the street that I have heard says no, this doesn't pertain to staff rooms.
 - a. Answer: We received clarification from ODE on this question. Staff rooms that do not allow students do not have to comply with the Wellness Policy.
2. Fundraisers: On the Oregon School Nutritional Standards (OSNS) website it says there is an exemption for fundraiser sales in buildings with adults only. Does this mean students can sell candy to adults/staff during the school day but not students?
 - a. We received clarification from ODE on this question. Students can sell products to adults that do not meet the wellness guidelines during the school day. It is important that the sale of non-compliant products are not sold to students during the school day.
3. Fundraisers: Door to door sales are not restricted by the nutrition guides yes?
 - a. Correct, this type of fundraising is not governed by the Wellness Policy.
4. Booster clubs: To what extent is our responsibility to police booster clubs? Is it sufficient to supply the club with the policy and say good luck?
 - a. Booster Clubs need to be in compliance during the school day....Yes, please provide them with a copy of the Wellness Policy that was released Wednesday August 20, 2014. The QAM can be found at this website:
<http://www.salkeiz.k12.or.us/qam/local-wellness-0>
5. Sporting Events: the OSNS also indicates concerts and sporting events would be exempt for the time and place rule. Does this mean that students selling non-compliant food can take their items to games & concerts to sell?
 - a. That is correct; they can sell at games and events where adults and students are mixed.

6. Concessions: concessions are not under the guidelines correct?
 - a. This is correct.
7. Can a student group sell cookie dough?
 - a. We received clarification from ODE. Items that are intended for cooking and consumption at home (cookie dough, frozen pizza, etc) may be sold during the school day.
8. We have Popcorn Friday's at our school, are we allowed to continue this practice?
 - a. If you are selling popcorn to students, the popcorn mixture will need to be analyzed to ensure it meets the Wellness Policy.
 - i. The popcorn that Nutrition Services has identified as compliant is Jolly Time Healthy Pop-Butter 94% fat free. It's sold as microwave popcorn at Cash and Carry.
 - ii. The other option for schools with a regular cart and popper is to not use the oil or the seasoning in the popcorn cooker, it works and was tested. The seasoning cannot be used, too much sodium and the oil bring the fat content up too high.



9. Will the District allow any exemptions for fundraisers during the school day to sell products that do not meet the Wellness Policy?
 - a. ODE is not allowing any exemptions for any groups within the schools.
10. If coffee and Tea are sold, may the students have cream and sweetener for their beverages?
 - a. Cream and sweeteners are accompaniments to coffee and tea. The sweetener and cream must be included in the evaluation of the coffee or tea against the Wellness Policy. Same for espresso drinks.
11. Our school hosts family movie nights and we sell snacks, do these snacks need to meet the Wellness Policy?
 - a. No. Movie nights have both adults and students and do not need to meet the policy.
12. Our student store sells products to students after school, do the products need to meet the Wellness Policy?
 - a. Yes. The school day is defined as Midnight before school starts through the last school activity of the day. School activities are defined as examples: athletic practice, drama rehearsals, club meetings, etc.
13. Beverages and Snack Rules clarified by ODE (this part was copied and pasted directly from ODE newsletter dated 11/18/14): ODE knows that coffee stations are very popular and are a source of revenue and skills training for student groups, Schools, and foodservices. All foods and beverages that are sold to students must comply with Oregon Smart Snack rules. We have received many questions regarding how to serve coffee and tea beverages in compliance with Oregon Smart Snack rules. Use the following guidance to determine if beverages at your sties are in compliance.
 1. What is considered a coffee and tea beverage?

- a. Coffee and tea beverages are mixed drinks that combine tea, espresso, or coffee with flavorings, sweeteners, and milk. These drinks are known as lattes, mochas, cappuccinos, and iced or blended drinks.
2. What age/grade groups can be sold coffee and tea beverages?
 - a. Coffee and tea beverages are allowable at the high school level only.
3. Are there size limitations?
 - a. Yes, all final beverages must be no larger than 12 fluid ounces.
4. What category would a coffee and tea beverage be in?
 - a. Coffee and tea beverages are considered an “other” beverage. The standard for “other” beverages is < 60 calories per 12 fluid ounces, a standard of < 5 calories per 1 fluid ounce (e.g. a 6 fluid ounce beverage may have no more than 30 calories).
5. How is the total calorie content calculated to determine compliance?
 - a. Sweeteners and/or flavorings are accompaniments and must be included when calculating calorie content. Accompaniments may be averaged over the number of drinks sold, rather than by individual beverage/ milk is NOT considered and accompaniment, and does not need to be included when calculating calorie content for coffee and tea beverages.