

Competitive Foods and Beverages

School Wellness Summit 2025

Homework (optional)

Review the [CDE Quick Reference resource](#) for public, noncharter schools:

1. What is the definition of an elementary school? - *A school with grades no higher than grade 6*
2. Competitive foods cannot contain what colors of the rainbow as of December 31, 2027?
- *Blue 1, Blue 2, Green 3, Red 40, Yellow 5, and Yellow 6*
3. Can a food sold by a student organization be prepared on school campus? - *No*
4. What additional beverages are allowed on a public, noncharter high school campus? On a charter school high school campus?
- *Public, noncharter high school: Electrolyte Replacement Beverages/Sports Drinks and Flavored Waters.*
- *Charter high school: any beverage that meets the "no calorie" definition or "low calorie" definition.*
5. What are the nutrition standards that must be met for an entrée that is sold by Food Service, but not the day of or day after it appears on the menu?
- *1) less than/equal to 35% calories from total fat; 2) less than 10% calories from saturated fat; 3) zero grams of trans fat per serving; 4) less than/equal to 480 mg of sodium; 5) less than/equal to 350 total calories; 6: as of Jan 1, 2027 cannot contain brominated oil, potassium bromate, polyparaben, red dye 3.*
6. Is a popsicle considered a food or a beverage? (Hint: the definition of "beverage" is a potable liquid) - *Since the popsicle is in solid form it is considered a food and must be measured by the competitive food standards.*
7. Is a "flavored water" that contains stevia considered compliant? - *No. Flavored water cannot contain any added sweeteners.*