

# **Wellness Policy Information**

Including:

- Information for Elementary Schools
- Information for Middle Schools
- Information for High Schools
- Healthy Snacks Guidelines
- Healthy Parties Guidelines
- Suggestions for Healthy Foods  
for Snacks and Parties
- List of Foods of Minimal Nutritional Value

**August 10, 2009**

**THIS PAGE  
INTENTIONALLY  
LEFT BLANK**

# Wellness Policy Information: Elementary

---

## Background

In May 2006 the Eugene School Board adopted a District Wellness Policy which covers five areas: Wellness Policy Goals; Physical Activity; Nutrition Education; Other Activities That Support Student Wellness; and Nutrition Standards. The superintendent is charged with developing administrative rules to implement the policy.

The 2009–10 rules have been updated to reflect requirements established by the 2007 Oregon Legislature for foods sold in schools (ORS 336.423) and to align the physical education requirements with budget decisions made for 2009–10.

Please note: These requirements now apply to before- and after-school activities sponsored by the district, except for activities at which adults are a significant part of the audience.

---

## Wellness Policy & Administrative Rules: Key Provisions for Elementary Schools

### Withholding Recess and P.E.

- Recess can only be withheld for disciplinary reasons if such action is only on an occasional basis and is part of an individual or school-wide behavior plan.
- Physical education cannot be withheld for disciplinary reasons. This does not include discipline for behavior during the P.E. class.

### Minimum Standards for Student Participation in Physical Education

- The minimum standard for student participation in physical education activity at elementary grades 1–5 shall be 60 minutes weekly, to be provided at least two different days during the week. Unstructured recess time is not to be replaced or reduced in order to provide mandated, planned instructional physical education minutes.

### Setting Minimum Times for Breakfast and Lunch

- Each school must adopt a minimum number of minutes that students have to eat breakfast and lunch and consider other strategies, such as recess before lunch, that contribute to healthy eating.

### Use of Food as Incentive or Reward

- Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, cannot be distributed by staff as a reward for academic performance or good behavior.

*Foods of Minimal Nutritional Value include soda pop and most candy (see attached list). The use of **any** candy as a reward is strongly discouraged. The use of other food as incentive or reward, or as part of the curriculum, should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.*

### Competitive Foods (Foods Competing with School Breakfast and Lunch Programs)

- Foods of Minimal Nutritional Value: These foods, as defined by the federal government, cannot be sold to students on campus during the school day. These foods include soda pop and most candy (see attached list). Soda pop cannot be sold **or distributed** during the school day for any reason.

*The school day is defined by ORS 336.423 as all times “during the regular or extended school day*  
2009–10

*when the activities in the school are primarily under the control of the school district board. This includes, but is not limited to, the time before or after classes are in session and the time when the school is being used for activities such as clubs, yearbook, band or choir practice, student government, drama rehearsals or child care programs.” This does not include events where adults are a significant part of the audience, such as carnivals, performances or athletic events.*

- Fundraising/School Stores: Food sold at school as a fund-raiser during the regular or extended school day must meet the Healthy Snacks and Healthy Parties guidelines (see attached).
- Vending Machines: Vending machines on school campuses must offer only nutritious food options that meet the Healthy Snacks Guidelines.
- Celebrations/School Parties: Soda pop cannot be served during the school day as part of a celebration or school party. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties guidelines and to serve such items after the lunch hour, if possible.
- A la Carte Items: No a la carte items will contain trans fats, except those that occur naturally, to a small degree, in animal fats.
- Healthy Snacks Guidelines Related to Beverages: Beverages are limited to water, flavored water, 100 percent fruit- or vegetable juices or 100 percent juice diluted with water, unflavored or flavored low-fat or fat-free milk or a nutritionally equivalent non-dairy beverage.

#### **Before- and After-School Events Sponsored by District**

- The definition of the school day has been expanded. Limitations on food and beverages sold in schools now apply to before-school and after-school activities sponsored by the school district, EXCEPT for activities at which adults are a significant part of an audience, such as a carnival, a play or a band or choir concert.

Schools must offer **some** healthy options at concession stands operated on campus outside the school day (for example, at carnivals, after school programs, and performances). Examples of healthy options include water, milk, 100% fruit juice and foods that meet the Healthy Snacks guidelines. *The policy allows soda pop and foods outside the guidelines to be sold at these events.*

---

#### **Contacts**

##### **Wellness Advisory Committee**

- Barb Bellamy, Dir. of Communications/Chief of Staff, 541-790-7735, [bellamy@4j.lane.edu](mailto:bellamy@4j.lane.edu)

##### **Nutrition Standards**

- Rick Sherman, Director of Nutrition Services, 541-790-7657, [rsherman@4j.lane.edu](mailto:rsherman@4j.lane.edu)
- Nicole Zammit, Nutrition Services Dietitian, 541-790-7655, [nzammit@4j.lane.edu](mailto:nzammit@4j.lane.edu)

##### **Physical Activity/Recess**

- Sara Cramer, Director of Elementary Education, 541-790-7562, [cramer@4j.lane.edu](mailto:cramer@4j.lane.edu)

---

#### **References**

**School Board Policy EFA  
Administrative Rules E4000–E4300**

# Wellness Policy Information: Middle

---

## Background

In May 2006 the Eugene School Board adopted a District Wellness Policy which covers five areas: Wellness Policy Goals; Physical Activity; Nutrition Education; Other Activities That Support Student Wellness; and Nutrition Standards. The superintendent is charged with developing administrative rules to implement the policy.

The 2009–10 rules have been updated to reflect requirements established by the 2007 Oregon Legislature for foods sold in schools (ORS 336.423) and to align the physical education requirements with budget decisions made for 2009–10.

Please note: These requirements now apply to before- and after-school activities sponsored by the district, except for activities at which adults are a significant part of the audience.

---

## Wellness Policy & Administrative Rules: Key Provisions for Middle Schools

### Guidance Regarding Withholding P.E.

- Physical education cannot be withheld for disciplinary reasons. This does not include discipline for behavior during the P.E. class.

### Minimum Standards for Student Participation in Physical Education

- The minimum standard for all grade 6 students will be to have at least 3,200 minutes of physical education, preferably distributed evenly throughout the school year. It is highly recommended that physical education be available for all students in grade 7 and 8.

### Setting Minimum Times for Breakfast and Lunch

- Each school must adopt a minimum number of minutes that students have to eat breakfast and lunch and consider other strategies that contribute to healthy eating.

### Use of Food as Incentive or Reward

- Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, cannot be distributed by staff as a reward for academic performance or good behavior.

*Foods of Minimal Nutritional Value include soda pop and most candy (see attached list). The use of **any** candy as a reward is strongly discouraged. The use of other food as incentive or reward, or as part of the curriculum, should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.*

### Competitive Foods (Foods Competing with School Breakfast and Lunch Programs)

- Foods of Minimal Nutritional Value: These foods, as defined by the federal government, cannot be sold to students on campus during the school day. These foods include soda pop and most candy (see attached list). Soda pop cannot be sold **or distributed** during the school day for any reason.

*The school day is defined by ORS 336.423 as all times “during the regular or extended school day when the activities in the school are primarily under the control of the school district board. This includes, but is not limited to, the time before or after classes are in session and the time when the school is being used for activities such as clubs, yearbook, band or choir practice, student govern-*

*ment, drama rehearsals or child care programs.” This does not include events where adults are a significant part of the audience, such as performances or athletic events.*

- A La Carte Items: A La Carte items offered must meet the Healthy Snack Guidelines. No a la carte items will contain trans fats, except those that occur naturally, to a small degree, in animal fats.
- Fundraising/School Stores: Food sold at school as a fund-raiser **during the regular or extended school day** must meet the Healthy Snacks and Healthy Parties guidelines (see attached).
- Vending Machines: Vending machines on school campuses must offer only nutritious food options that meet the Healthy Snacks Guide-lines.
- Healthy Snacks Guidelines Related to Beverages: Beverages are limited to water, flavored water, 100 percent fruit- or vegetable juices or 100 percent juice diluted with water, unflavored or flavored low-fat or fat-free milk or a nutritionally equivalent non-dairy beverage.
- Celebrations/School Parties: Soda pop cannot be served during the school day as part of a celebration or school party. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties Guidelines and to serve such items after the lunch hour, if possible.

#### **Before- and After-School Events Sponsored by District**

- The definition of the school day has been expanded. Limitations on food and beverages sold in schools now apply to before-school and after-school activities sponsored by the school district, EXCEPT for activities at which adults are a significant part of an audience, such as a carnival, a play or a band or choir concert.

Schools must offer **some** healthy options at concession stands operated on campus outside the school day (for example, at carnivals, after school programs, and performances). Examples of healthy options include water, milk, 100% fruit juice and foods that meet the Healthy Snacks Guidelines. *The policy allows soda pop and foods outside the guidelines to be sold at these events.*

---

#### **Contacts**

##### **Wellness Advisory Committee**

- Barb Bellamy, Dir. of Communications/Chief of Staff, 541-790-7735, [bellamy@4j.lane.edu](mailto:bellamy@4j.lane.edu)

##### **Nutrition Standards**

- Rick Sherman, Director of Nutrition Services, 541-790-7657, [rsherman@4j.lane.edu](mailto:rsherman@4j.lane.edu)
- Nicole Zammit, Nutrition Services Dietitian, 541-790-7655, [nzammit@4j.lane.edu](mailto:nzammit@4j.lane.edu)

##### **Physical Activity/Recess**

- Laurie Moses, Director of Secondary Education, 541-790-7878, [moses@4j.lane.edu](mailto:moses@4j.lane.edu)

---

#### **References**

**School Board Policy EFA  
Administrative Rules E4000–E4300**

# Wellness Policy Information: High

---

## Background

In May 2006 the Eugene School Board adopted a District Wellness Policy which covers five areas: Wellness Policy Goals; Physical Activity; Nutrition Education; Other Activities That Support Student Wellness; and Nutrition Standards. The superintendent is charged with developing administrative rules to implement the policy.

The 2009–10 rules have been updated to reflect requirements established by the 2007 Oregon Legislature for foods sold in schools (ORS 336.423) and to align the physical education requirements with budget decisions made for 2009–10.

Please note: These requirements now apply to before- and after-school activities sponsored by the district, except for activities at which adults are a significant part of the audience.

---

## Wellness Policy & Administrative Rules: Key Provisions for High Schools

### Guidance Regarding Withholding P.E.

- Physical education cannot be withheld for disciplinary reasons. This does not include discipline for behavior during the P.E. class.

### Setting Minimum Times for Breakfast and Lunch

- Each school must adopt a minimum number of minutes that students have to eat breakfast and lunch and consider other strategies that contribute to healthy eating.

### Setting Minimum Times for Breakfast and Lunch

- Each school must adopt a minimum number of minutes that students have to eat breakfast and lunch and consider other strategies that contribute to healthy eating.

### Use of Food as Incentive or Reward

- Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, cannot be distributed by staff as a reward for academic performance or good behavior.

*Foods of Minimal Nutritional Value include soda pop and most candy (see attached list). The use of **any** candy as a reward is strongly discouraged. The use of other food as incentive or reward, or as part of the curriculum, should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.*

### Competitive Foods (Foods Competing with School Breakfast and Lunch Programs)

- Foods of Minimal Nutritional Value: these foods, as defined by the federal government, cannot be sold to students on campus during the school day. These foods include soda pop and most candy (see attached list). Soda pop cannot be sold **or distributed** during the school day for any reason.

*The school day has been defined by ORS 336.423 as all times “during the regular or extended school day when the activities in the school are primarily under the control of the school district board. This includes, but is not limited to, the time before or after classes are in session and the time when the school is being used for activities such as clubs, yearbook, band or choir practice, student government, drama rehearsals or child care programs.” This does not include events where adults are a significant part of the audience, such as performances or athletic events.*

- A La Carte Items: Items offered must meet the Healthy Snack Guidelines. No a la carte items will contain trans fats, except those that occur naturally, to a small degree, in animal fats.

- Fundraising/School Stores: Food sold at school as a fund-raiser **during the school day** must meet the Healthy Snacks and Healthy Parties guidelines (see attached).
- Vending Machines: Offerings in vending machines on school campuses must include only nutritious food options that meet the Healthy Snacks Guidelines. *Vending machines in faculty/staff rooms must meet the Healthy Snacks Guidelines as they apply to high schools.*
- Healthy Snacks Guidelines Related to Beverages:  
Beverages are limited to water and the following:
  - 100% fruit or vegetable juice, limited to no more than twelve ounces and 180 calories.
  - Fat-free or low-fat milk or a nutritionally equivalent milk alternative, limited to no more than twelve ounces and, if flavored, no more than 225 calories.
  - A no-calorie or low-calorie beverage, limited to no more than 10 calories per eight ounces, excluding diet soda (no size limitation).
  - Other beverages, limited to no more than twelve ounces and 100 calories.
 Not allowed: Beverages of Minimal Nutritional Value as defined by the USDA (soda water or “pop”).
- Celebrations/School Parties: Soda pop cannot be served during the school day as part of a celebration or school party. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties Guidelines and to serve such items after the lunch hour, if possible.

### **Before- and After-School Events Sponsored by District**

- The definition of the school day has been expanded. Limitations on food and beverages sold in schools now apply to before-school and after-school activities sponsored by the school district, EXCEPT for activities at which adults are a significant part of an audience, such as a carnival, a play or a band or choir concert.

Schools must offer **some** healthy options at concession stands operated on campus outside the school day (for example, at carnivals, after school programs, and performances). Examples of healthy options include water, milk, 100% fruit juice and foods that meet the Healthy Snacks Guidelines. *The policy allows soda pop and foods outside the guidelines to be sold at these events.*

---

### **Contacts**

#### **Wellness Advisory Committee**

- Barb Bellamy, Dir. of Communications/Chief of Staff, 541-790-7735, [bellamy@4j.lane.edu](mailto:bellamy@4j.lane.edu)

#### **Nutrition Standards**

- Rick Sherman, Director of Nutrition Services, 541-790-7657, [rsherman@4j.lane.edu](mailto:rsherman@4j.lane.edu)
- Nicole Zammit, Nutrition Services Dietitian, 541-790-7655, [nzammit@4j.lane.edu](mailto:nzammit@4j.lane.edu)

#### **Physical Activity/Recess**

- Laurie Moses, Director of Secondary Education, 541-790-7878, [moses@4j.lane.edu](mailto:moses@4j.lane.edu)

---

### **References**

**School Board Policy EFA  
Administrative Rules E4000–E4300**

## Eugene School District 4J

# Healthy Snacks Guidelines

These healthy snack guidelines apply to items sold in a school at all times during the regular or extended school day, except for events at which adults are a significant part of the audience such as athletic events, carnivals or performances.

---

### Snack Foods

Each individual food item may not contain any trans fat and will have no more than:

- 35% of its calories from fat (excluding legumes, nuts, seeds, nonfried vegetables, cheese, eggs, and other nut butters) and 10% of its calories from saturated (excluding nuts, eggs, and cheese)
- 35% of its weight from added sugars (does not apply to fruit and vegetables)
- 350 mg of sodium per serving for bread, sweets and salty snacks; 480 mg for nutrient-dense snacks, such as nuts, seeds, fruits, vegetables, dairy; 530 mg for pre-packaged entrees, such as “hot pockets,” soups, burritos; 600 mg for freshly made daily entrees.
- Elementary school (K–5) items may not contain more than 150 total calories.
- Middle school (6–8) items may not contain more than 180 total calories.
- High school (9–12) items may not contain more than 200 total calories.

---

### Beverages

**Kindergarten–5<sup>th</sup> Grade:** Beverages will be limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 8 ounces, is 100% juice with no added sweeteners and contains no more than 120 calories per 8 ounces.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 8 ounces, is fat-free or low-fat and, if flavored, contains no more than 150 calories per 8 ounces.

**6<sup>th</sup>–8<sup>th</sup> Grade:** Beverages will be limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 10 ounces, is 100% juice with no added sweeteners and contains no more than 150 calories.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 10 ounces, is fat-free or low-fat and, if flavored, contains no more than 190 calories.

**9<sup>th</sup>–12<sup>th</sup> Grade:** Beverages will be limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 12 ounces, is 100% juice with no added sweeteners and contains no more than 180 calories.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 12 ounces, is fat-free or low-fat and, if flavored, contains no more than 225 calories.
- A no-calorie or low-calorie beverage if the beverage contains no more than 10 calories per 8 ounces, excluding beverages defined by the U.S. Department of Agriculture (USDA) as “Foods of Minimal Nutritional Value” (e.g., soda water).
- A beverage that is not more than 12 ounces and contains no more than 100 calories, excluding beverages defined by the USDA as “Foods of Minimal Nutritional Value.”

## Eugene School District 4J

# Healthy Parties Guidelines

These healthy snack guidelines apply to food distributed during the school day as part of a celebration or school party.

---

### Encouraged Beverages

**Kindergarten–5<sup>th</sup> Grade:** Beverages limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 8 ounces, is 100% juice with no added sweeteners and contains no more than 120 calories per 8 ounces.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 8 ounces, is fat-free or low-fat and, if flavored, contains no more than 150 calories per 8 ounces.

**6<sup>th</sup>–8<sup>th</sup> Grade:** Beverages limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 10 ounces, is 100% juice with no added sweeteners and contains no more than 150 calories).
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 10 ounces, is fat-free or low-fat and, if flavored, contains no more than 190 calories).

**9<sup>th</sup>–12<sup>th</sup> Grade:** Beverages limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 12 ounces, is 100% juice with no added sweeteners and contains no more than 180 calories.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 12 ounces, is fat-free or low-fat and, if flavored, contains no more than 225 calories.
- A no-calorie or low-calorie beverage if the beverage contains no more than 10 calories per 8 ounces, excluding beverages defined by the U.S. Department of Agriculture (USDA) as “Foods of Minimal Nutritional Value” (e.g., soda water).
- A beverage that is not more than 12 ounces and contains no more than 100 calories, excluding beverages defined by the USDA as “Foods of Minimal Nutritional Value.”

Not allowed: Beverages of Minimal Nutritional Value as defined by the USDA (soda water or “pop”).

---

### Encouraged Foods

Food items that do not contain any trans fat and have no more than:

- 35% of its calories from fat (excluding legumes, nuts, seeds, nonfried vegetables, cheese, eggs, and other nut butters) and 10% of its calories from saturated (excluding nuts, eggs, and cheese)
- 35% of its weight from added sugars (does not apply to fruit and vegetables)
- 350 mg of sodium per serving for bread, sweets and salty snacks; 480 mg for nutrient-dense snacks, such as nuts, seeds, fruits, vegetables, dairy; 530 mg for pre-packaged entrees, such as “hot pockets,” soups, burritos; 600 mg for freshly made entrees.

---

### Portion Sizes

Portion sizes should be reasonable given the age of the student. Appropriate portion sizes for beverages are noted under “Beverages.”

## Eugene School District 4J

**Suggestions for Healthy Foods for Snacks and Parties**

- Fresh fruits and vegetables
- Dips based on low-fat yogurt or sour cream (be aware of sugar and salt content)
- Canned fruits (preferably packed in natural fruit juices instead of syrups)
- Dried fruits
- Trail mix, chex mix, or popcorn-based snack mix (be aware of products that contain nuts or nut byproducts and sodium content)
- Granola bars (be aware of products that contain nuts or nut byproducts)
- Sunflower or pumpkin seeds
- Yogurt or soy-gurt
- Jerky
- Ritz chips
- Baked chips (be aware that Baked Cheetos and SunChips are higher in fat and sodium than other baked chip varieties)
- Salsa, guacamole, bean dip and fruit salsa
- Pita bread or pita chips and hummus dip
- Whole-grain cereals (be aware of sugar content)
- Whole-grain or multigrain crackers and cheese (cheese made with 2% milk is better)
- 100% frozen fruit juice bars
- Frozen yogurt
- Fruit smoothies (preferably yogurt- or sorbet- based)
- Whole-grain and fruit/vegetable breads and muffins: banana, zucchini, carrot or oatmeal bread, bran muffins, etc.
- Other fruit-based desserts: fruit and yogurt parfaits, strawberry shortcake, mixed berries with whipped cream, baked apples with granola topping
- Fruit or pretzels dipped in a yogurt-based coating: strawberries, raisins, cherries etc.
- Nabisco 100-calorie packs (Wheat Thins, Cheese Nips, Chips Ahoy, Oreo)
- Quaker Multigrain Minis (Honey Graham, Cinnamon Sugar)
- Graham cracker-based items: Honey Maid Squares, Teddy Grahams, Animal Crackers, Goldfish Giant Grahams etc. (individual packets and honey flavored is better)
- Nutrigrain bars
- Pretzels (low salt is better)
- Bagels (whole grain is better)
- Tortilla roll-ups: meat and cheese, cream cheese and salsa, etc. (cut into finger-size pieces)

*Celebrations, the Eugene School District catering service, can assist with appealing and healthy classroom snacks and pizza parties. Call 541-790-7654 or email [catering@4j.lane.edu](mailto:catering@4j.lane.edu) to support your local school district and serve healthy foods and beverages to kids.*

Eugene School District 4J

## Wellness Policy Information: Foods of Minimal Nutritional Value

*(As defined by the U.S. Department of Agriculture)*

- 1) **Soda Water**—A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
- 2) **Water Ices**—As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
- 3) **Chewing Gum**—Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
- 4) **Certain Candies**—Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
  - i) **Hard Candy**—A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
  - ii) **Jellies and Gums**—A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
  - iii) **Marshmallow Candies**—An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
  - iv) **Fondant**—A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
  - v) **Licorice**—A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
  - vi) **Spun Candy**—A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
  - vii) **Candy Coated Popcorn**—Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.