

Nutrition and Physical Fitness

K-12 Food and Beverage Guidelines

Effective September 1, 2008 only food and beverages that meet approved nutritional standards as defined by the U.S. Department of Agriculture may be sold or served at school.

Foods that meet K-12 guidelines include the following:

Beef jerky	Popcorn
Cheese and crackers	Pretzels
Corn chips	Sunflower seeds
Fruit	Trail mix
Granola bars	Water ices with fruit/fruit juices (e.g. fruit juice bar)
	Yogurt

Foods that do not meet K-12 guidelines include the following:

Fondant - sugar and water (e.g., candy and toffee apple, cotton candy, bubble gum, chewing gum, butterscotch, caramel, taffy, soft mints, starbursts and skittles)
Hard candies (e.g., candy sticks, lollipops, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers)
Jellies and gums (e.g., gum drops, jelly beans, jellied and fruit flavored slices)
Licorice
Marshmallow candies
Popcorn, candy-coated
Spun candy
Water ices – water-based bars made with sugar and water (e.g., popsicle)

Beverages that meet K-12 guidelines include the following:

Carbonated beverages that contain fruit juice
Water, flavored water, carbonated fruit water
Low or non-fat regular or flavored milk and nutritionally equivalent (per USDA) milk alternatives
100% juice with no added sweeteners and at least 10% of the Recommended Daily Value (RDV) for at least 3 vitamins and minerals
Calorie-free or low calorie beverages – diet iced tea, beverages that contain at least 50% fruit or vegetable juice
Sugar free juice drinks
Sports drinks

**Beverages that do not meet K-12 guidelines include the following:**

Frozen coffee/tea drinks not containing milk products, partially frozen drinks; soda water floats
Soda water, including all carbonated beverages that do not contain fruit juice (diet and regular pop)

General Guidelines:

Schools will promote healthy choices for classroom snacks and celebration
Staff will encourage non-food alternatives as student rewards
Students will be given the appropriate time needed to complete meals
Students will have access to fresh drinking water at school
Food that is sold or served will meet department of health standards
Fundraisers involving food will be permissible during the school day; however,
Food and beverage items of minimum nutritional value may not be sold
Co-curricular activities before and after school will be subject to the standard
Extra-curricular activities (e.g., after-school parties and recreational events) will not be held to the same requirements

High School - Only Provision

All K-12 guidelines will be followed. However, with fundraisers, any food and/or beverage items being sold that do not meet minimum nutritional value must be approved at the discretion of the building principal

Competitive Food Sales

All foods and beverages sold must follow the USDA guidelines in meeting minimum nutritional value and in the pricing of products. All items offered should be priced to ensure the reimbursable meal is the most attractive option for the student. All items should be priced in a way that if they are purchased together, the total amount must be more than the amount a student would spend to purchase a reimbursable meal. Pricing of all items sold must be approved in advance by the district to ensure compliance with the above guidelines.

See Food and Beverage Appendix for additional information about best practices and acceptable practices in sale and consumption of food and beverages.