

Nutrition Guideline Administrative Regulations

I. Food as Reward

- a. Foods of Minimal Nutritional Value (FMNV) cannot be served as rewards in the classroom or other educational settings. (Attachment A)
- b. Teachers should be encouraged to consider the sugar/fat content of food items used as rewards. Refer to Guidelines for Classroom Parties/Celebrations for ideas. (Attachment B)
- c. Field trips used for the expressed purpose of food as a reward are not allowed.
- d. Refer to “What Schools Can Do” handout for alternative ideas. (Attachment C)

II. Fundraising

- a. District-sponsored organizations are encouraged to sell non-food items or nutritious food items instead of candy or other foods of low nutritional value. Information about non-food fundraising choices will be distributed to organizations. (Attachments D & E)
- b. No FMNV can be sold/consumed during the school day, i.e., lollipops.

III. Daily Snacks in Classroom for PreK-5

- a. Parents/Teachers shall be provided a list of acceptable snacks to be served in the classroom. (Attachment F)

IV. Birthday Celebrations

- a. Limit one treat per child. It cannot be served if it is a Food of Minimal Nutritional Value. (Attachment A)

V. Classroom Parties/Celebrations

- a. See guidelines concerning foods/beverages consumed in the classroom. (Attachment B)
- b. Refreshments at classroom parties must include nutritional choices such as fresh fruits, vegetables, pretzels, or other items that can be found on the list of guidelines mentioned above.

- c. Foods of Minimal Nutritional Value (FMNV) given to students at school as treats at class parties shall not be consumed at school.
- d. Carbonated beverages (soda, soft drinks, pop) cannot be served at any classroom party or celebration.

VI. Vending Machines/School Stores

- a. Only beverages which meet the following criteria can be sold in vending machines accessed by students:
 - Water, flavored or plain
 - Low fat or fat free milk
 - 100% juice without added sweetener, up to 120 calories per 8 oz.
 - Low calorie beverages with up to 10% calories per 8 oz.
- b. Foods of Minimal Nutritional Value cannot be sold.
- c. Snack vending machines and school stores shall have 50% of choices as “healthy,” meaning less than 250 calories per serving, sugar is not the first ingredient, and there are no more than 35% of total calories from fat.
- d. Cannot operate during cafeteria hours.

VII. A la Carte Sales (Food and Beverages)

- a. Elementary Schools: A la carte sales will be limited to “cash only” ice cream Mondays.
- b. Middle and High Schools
 - 1. Candy items are not permitted to be sold by the food service department.
 - 2. LSS (Large single serving) sizes cannot be sold by the food service department.
 - 3. No foods will be on-site deep fat fried.
 - 4. A minimum of one fresh fruit and vegetable will be offered daily.
 - 5. Marketing, pricing, and nutrition education will be used to encourage the selection of foods meeting these standards.
 - 6. The cafeteria shall have 50% of choices as “healthy,” meaning less than 250 calories per serving, sugar is not the first ingredient, and there are no more than 35% of total calories from fat.

VIII. Other

- a. Carbonated beverages (soda, soft drinks, pop) are not allowed to be consumed in school buildings during the school day.
- b. Faculty and staff members shall be encouraged to model behaviors for students to emulate in the area of nutrition.