



School Wellness Policy

It is the intent of this policy to promote a healthy environment, in which our students will learn to make good food choices. This skill will assist in their academic, social and emotional development.

1. Smart Snacks Nutrition Standards

All foods and beverages available for sale or given away to students on the school campus during the school day must meet the minimum nutrition standards. These food standards apply to all grade levels (unless otherwise specified).

To be allowable, a food item **must meet all** of the competitive food standards as follows:

Calories:

Snack/Side Item- =200 calories per item as served (includes any accompaniments)

Entrée- =350 calories per item as served (includes any accompaniments)

AND

Sodium:

Snack/Side Item- =230 mg per item as served until June 30, 2016 (=200 mg after July 1, 2016)

Entrée- =480 mg per item as served

AND

Fat:

Total Fat- =35% of calories

Saturated Fat- <10% of calories

Trans Fat- 0 g per serving

AND

Sugar:

Total Sugar- <35% by weight

2. Specific Nutrient Standards for Food

In addition to the Smart Snacks Nutrition Standards, food items **must meet one** of the following criteria;

Be a grain product that contains >50% whole grains by weight or have whole grains listed as the first ingredient on the food label; **OR**

Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy or protein foods; **OR**

Be a combination food that contains at least 1/4 cup fruit and/or vegetable; OR
Contain 10% Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber (Effective through June 30, 2016).

*If water is the first ingredient, the second ingredient must meet one of the above criteria.

3. Beverages

Allowable beverages vary by grade level and address container size. All beverages sold on the school campus during the school day must be non-carbonated. There are no restrictions on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.

Beverages for all:

Water– Plain, no size limit

Milk– Unflavored non-fat, unflavored low-fat, or flavored non-fat milk, =8 fl. oz. per serving for elementary school, =12 fl. oz. per serving for middle school and high school.

Juice– 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners), =8 fl. oz. per serving for elementary school, =12 fl. oz. per serving for middle school and high school allowable.

It is recommended that juice be sold in smaller serving sizes: 4-6 fl. oz. servings for elementary school and 8 fl. oz. servings for middle and high school.

Beverage	Elementary School	Middle School	High School
Plain Water	No Size Limit	No Size Limit	No Size Limit
Non-fat milk, unflavored or flavored*	= 8 fl oz	= 12 fl oz	= 12 fl oz
Low-fat milk-unflavored*	= 8 fl oz	= 12 fl oz	= 12 fl oz
100% Fruit/Vegetable juice**	= 8 fl oz	= 12 fl oz	= 12 fl oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with plain water & with no added sweeteners

Other Allowable Beverages in **High School Only**.

Non-Carbonated Calorie-free beverages (=20 fl. oz./serving);

Examples: Vitamin Water Zero, Propel Fit Water, Powerade Zero

Other Non-Carbonated “Calorie-free” Beverages (=20 fl. oz./serving): <5 calories per 8 fl. oz. or =10 calories per 20 fl. oz.;

Examples: Diet Fuze, Pure Leaf Iced Tea

Non-Carbonated Lower-Calorie Beverages (=12 fl. oz./serving): =60 calories per 12 fl. oz., =40 calories per 8 fl. oz.

Examples: G2, Diet Snapple, Light Hawaiian Punch

4. Caffeine

All foods and beverages in elementary school and middle school must be non-carbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g. chocolate milk, cocoa).

It is recommended that no caffeine be allowed, however, caffeine is permitted at the high school level at the discretion of the school district.

5. Chewing Gum

Is not allowed to be sold or given away as an incentive.

Definitions

Carbonated Beverage- A class of beverages that bubble, fizz, or are effervescent. These include beverages that are aerated or infused.

Combination Food- products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

Competitive Food- all food and beverages other than meals reimbursed available for sale to students on the School Campus during the School Day.

Non-program food- food sold in school during the school day at any time or location on the school campus other than reimbursable meals.

School Campus- all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day- the period from the midnight before, to 30 minutes after the end of the official school day.

School Property- all areas of the school campus including those that are owned or leased by the school and used at any time for school-related activities such as the school building, areas adjacent to the school building, school buses or other vehicles used to transport students, athletic fields or stadiums, or parking lots.

Smart Snacks Nutrition Standards- a part of the Healthy Hunger-Free Kids Act of 2010 that provide science-based nutrition standards for all foods and beverages sold to students in school during the school day.