

Nutrition Guidelines

It is the intent of the Board that district schools take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served on district grounds or at district-sponsored events shall meet administrative regulation requirements for nutritional standards and/or other guidelines as may be recommended by district and school health and nutrition committees. The Superintendent or designee shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events; that schools limit the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals served by the school nutrition and food services operation is minimized.

Although the Board believes that the district's nutrition and food services operation should be financially self-supporting, it recognizes, however, that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the district's NSLP and SBP shall be nonprofit.

In order to accomplish these goals, the Superintendent or designee may:

- Set guidelines that require the use of products that are high in fiber, low in added fats, sugar, and sodium, and are served in appropriate portion sizes consistent with USDA standards for all foods offered by the district's food service department or contracted vendors. Menu and product selection will utilize student, parent, staff, and community advisory groups to the extent practicable.
- Set guidelines for foods and beverages in a la carte sales in the food service program on school campuses that ensure that such foods and beverages are nutritious and meet federal recommended guidelines.
- Set guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses that:
 - Provide only single serving snacks that meet at least two of the following: 300 or fewer calories, six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
 - Include water, 100% fruit juice, and non-carbonated drinks with less than 150 calories per container.
- Set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- Set guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- Make decisions on these guidelines based on nutrition goals, not on profit making.