

## Nutritious Food Choices

At every possible eating occasion, students will have opportunities to practice what they are taught in nutrition education and choose nutritious snacks that are low in fat, sodium and added sugars.

The Food and Nutrition Services Department will take steps to ensure:

- nutritious foods are always available as an affordable option (a-la-carte) whenever food is served or sold.
- students have limited opportunities to eat snacks high in fat, sodium or added sugars; and
- competition with nutritious meals served by the school food service program is minimized.

The emphasis on healthy choices applies to:

- a la carte items (separate food choices) offered by the food service program;
- snacks and beverages sold from vending machines, school stores and fund-raising activities that compete with the food service program; and
- snacks and beverages that are available as part of a school-sponsored activity.

Each beverage offered for sale to students from any source, including the school cafeteria, vending machines, school stores and fund-raising activities conducted on school grounds, shall satisfy the minimum nutritional standards for beverages adopted by the State Board of Education. The Board imposes the following additional restrictions:

- the sale of soda, including diet soda, on all school campuses is prohibited; and
- the sale of food and beverages to students by third party vendors during the school day is prohibited on all school campuses.

These standards shall apply to beverages sold on campus during the regular school day and time spent by students before and after the school's regular hours of operation for any purpose, including but not limited to participation in extracurricular activities such as clubs, yearbook, band, student government, and drama as well as child care programs.

These standards shall not apply to the sale of beverages at school related events where parents and other adults are invited attendees. Such activities include, but are not limited to, selling beverages at events such as interscholastic sporting events, school plays and band concerts.

Adopted: May 27, 2009  
Revised: October 26, 2011  
Revised: June 14, 2017

LEGAL REFS.: C.R.S. 22-32-134.5 (*healthy beverage requirement*)  
1 CCR 301-79 (*State Board of Education – healthy beverages rules*)