

NUTRITION GUIDELINES

The Glendale-River Hills School District encourages the sale or distribution of nutrient dense foods. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content necessary for a healthy lifestyle. In an effort to support the consumption of high nutrient foods in the school setting, the District has adopted the following Nutrition Guidelines governing the sale of food, beverages and snacks during the school day. School sites are encouraged to study these guidelines and develop building procedures using the District Nutritional Guidelines as the minimum.

1. Food Items

- The food service program will encourage the consumption of high nutrient dense foods by offering whole grains, vegetable and/or fresh fruit on a daily basis.
- Foods from reimbursable meals shall, over the course of five days, derive no more than the current recommendation of 30% of their total calories from fat and less than 10% of total calories from saturated fats. Glendale-River Hills School District will continue to follow the recommended mandates with current USDA Guidelines.
- In addition to food items for sale, food service will limit sizes of prepackaged items to avoid "super sizing" and limit the amounts of fat and sugar consumption.
- Nuts and seeds are exempt from these standards because they are high nutrient foods and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Concessions at school functions should include healthy food choices in their offerings. It may be necessary to market these healthy options at a lower profit margin to encourage their purchase.
- Food or beverages of minimal nutritional value may not be sold or distributed during the school day (see definition below).

2. Foods of Minimal Nutritional Value as Defined by USDA:

- Soda Water - any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- Water Ices - any frozen, sweetened water such as "popsicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- Certain Candies - any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients.
- Hard Candy - A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, cinnamon candies, breath mints and cough drops.

3. Beverage Items

- The vending sale of soda will not be permitted during the school day.
- Vending sales of beverages with less than 10% fruit juice may begin after the conclusion of lunches in the District and continue after the instructional day.
- Serving sizes of a la carte beverages, excluding milk and water, will be limited to 20 ounces or less.
- Milk, water, 100% fruit juices may be sold on school grounds both prior to, and throughout and after the instructional day.
- Building principals may permit bottled water throughout their buildings during the school day.

4. Concessions

- Concessions at school functions should include at least one healthy food choice at all times. It may be necessary to market healthy options at a lower profit margin to encourage their purchase.
- Non-carbonated water, 100% fruit juices and/or milk shall be available at concession stands in addition to soda.

5. Implementation

- Building principals will ensure compliance with the district wellness policy in their school(s) and may form a building-level committee to develop building related wellness activities.
- Building administrators will annually report to the District the steps taken to improve wellness in their building.

Adopted: 7-17-06
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