



June 19, 2017

TO: Parents, All District Staff  
FROM: District Wellness Council  
RE: Shoreline School District Nutrition Standards for foods provided in the classroom

### **Shoreline School District Nutrition Standards**

If food is provided in the classroom environment, it must meet the nutrition standards in this procedure.

Any foods served to students in the classroom environment must meet at least one of the criteria below:

- Be a “whole grain-rich” grain product. To determine this, the first ingredient on the nutrition label must list a whole grain (examples: whole corn, whole wheat, whole grain brown rice, whole grain rolled oats). If water is the first ingredient and the whole grain is the second, this will meet the definition of a whole grain. If baking from scratch without a nutrition label, at least half of the grains used in preparation must be whole grain (example ½ whole wheat pastry flour, ½ all-purpose flour).
- Have as a first ingredient a fruit, a vegetable, a dairy product, or a protein food
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Remember:

Classroom parties and celebrations are required to follow: the Shoreline School District nutrition standards (above), all applicable health codes, school allergic reaction prevention policies and procedures, and those who organize classroom parties be aware of and responsive to food sensitivities and dietary restrictions among the students in the classroom.

A Final Note:

If students are coming to class hungry, let the Family Advocate and/or the Food and Nutrition Services Kitchen Lead at your school know so the family can be contacted about available meal resources.