

BVSD Policies for Healthy Foods in Schools

What types of foods and beverages can be offered to students during the school day?

AM	midnight until 30 min before school breakfast	Smart Snacks can be offered or sold to students at a school-sponsored event.
	30 MINS before school breakfast until 30 MINS after breakfast	No competing food can be offered to students. No events involving food allowed, including food-based fundraisers.
	30 mins after breakfast until 30 mins before 1st lunch period	Smart Snacks can be offered to students.
LUNCH	30 before first lunch period until 30 mins after last lunch period	No competing food can be offered to students. No events involving food allowed, including food-based fundraisers.
	30 mins after final lunch period until 30 mins after school ends	Smart Snacks can be offered to students.
	30 minutes after school ends until midnight	Smart Snacks can be offered or sold to students at a school-sponsored event. Any food can be sold to parent audience.*

*Some fundraisers and events may qualify for an exemption:

All exempt fundraisers and events must still follow the time restrictions above. Schools may hold up to **3 fundraisers** and **6 celebrations** per year exempt from Smart Snack guidelines, but these events must follow **Colorado Competitive Food Service Policy time restrictions**. School administrations must notify the Food Services Director **in advance** using the **Special Events Exemption Form** to ensure compliance of the timeframe and foods offered.

*NOTE: Vending machines and school stores **must** adhere to Smart Snack guidelines **and** require prior BVSD Food Services approval.*

In BVSD, we prioritize serving highly nutritious, whole and delicious school food because we know that students are able to do their best when they are well fueled.

It is our policy to offer students foods that reflect our values including fresh fruits, veggies, and whole grains. As educators, we have a responsibility to set an example by modeling and encouraging healthy eating habits at school. We are also bound by law to comply with USDA Smart Snack guidelines when feeding students during the school day.

What are the Smart Snack guidelines?

FOOD

To qualify as a Smart Snack, a food must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); **or**
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **or**
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; **and**
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Smart Snack Nutrient Standards

Calories	200 or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Sugar	35% of weight or less

BEVERAGE

Permitted:

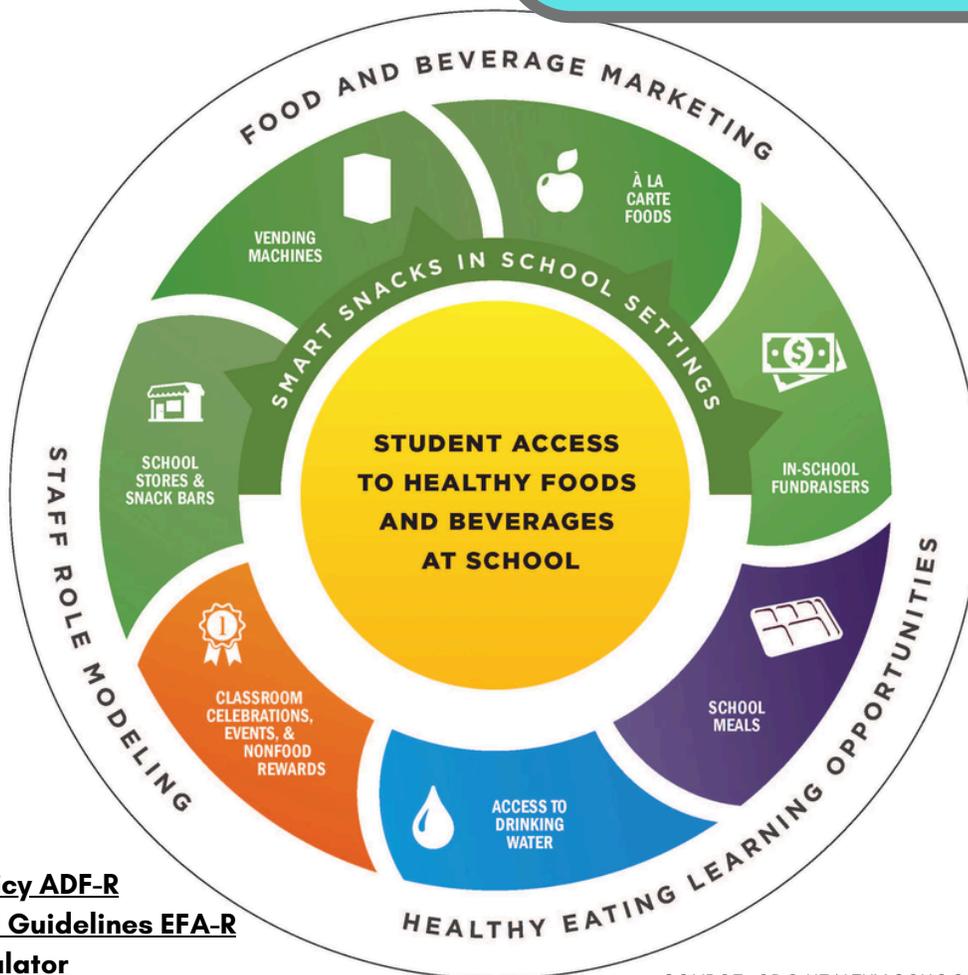
- Milk must be low-fat (1% unflavored) or nonfat (flavored or unflavored).
- Plain or carbonated water.
- 100% juice with no added sweeteners
- High schools: other drinks, up to 12 ounce servings with no more than 40 calories per 8 ounces or 60 calories per 12 ounces.

NOT Permitted:

- Diet sodas, or any beverages containing nonnutritive sweeteners (sucralose, saccharin, aspartame, etc.), high fructose corn syrup, or hydrogenated or trans fats, or caffeine*.
- Beverages containing artificial dyes, additives, or preservatives.

*For info on caffeine exemptions, please contact BVSD Food Services.

An online Smart Snack calculator is available at foodplanner.healthiergeneration.org/calculator



References:

- [BVSD Wellness Policy ADF-R](#)
- [BVSD Healthy Food Guidelines EFA-R](#)
- [Smart Snack Calculator](#)
- [Healthy Celebrations Guide](#)
- [Colorado Competitive Food Service Policy](#)

SOURCE: CDC HEALTHY SCHOOLS