

WEST SHORE SCHOOL DISTRICT

Nutritional Standards for Competitive Foods

(For Use Under Board Policy 246 Student Wellness)

Revised September 11, 2014

The sale of food and beverages to students by the District's Food Services' Department, any District vending operations, and student fundraisers during the school day will be in compliance with the *Healthy, Hunger Free Kids Act* and the United States Department of Agriculture's *Smart Snacks in School* regulations. Additionally, consideration for the following guidelines will be used in selecting food and beverages provided to students at no cost:

Area

Classroom Parties

Foods and Beverages

- a. Fresh fruits and vegetables preferred.
- b. Water, 100% juice, or milk (1% or nonfat) preferred, teas & flavored drinks not exceeding 25% of total selection.
- c. Moderate in sodium.
- d. Minimal to no trans fatty acids.
- e. > 2 grams of fiber/serving.
- f. No foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220).

Rewards

Foods will not be used as rewards unless the reward is an activity that promotes a positive nutrition message e.g., guest chef, field trip to farm.

Foods from Home

- a. Parents will be encouraged to participate in NSLP or provide healthy alternatives.
- b. District promotes and publicizes nutrition standards to parents through building and departmental newsletters, open houses, Back-to-School Nights, family nights, etc.

Faculty Lounges

Encouraged to set example for students by not allowing items that do not align with school policy.

Other

Vegetarian options – Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or a la carte offerings. If interest is indicated, efforts will be made to include appealing vegetarian choices.

Student input – Students will be an active part of menu planning in conjunction with the Director of Food Services.