

## **Foods**

- **Guidelines for a single serving-size snack:**
  - **will have no more than 6 grams of fat (excluding nuts, seeds, and cheese)**
  - **will contain at least two of the following:**
    - 300 or fewer calories**
    - One or more grams of fiber**
    - 10% of either Calcium, Iron, Vitamin A, or Vitamin C**

## **Portion Sizes:**

- **Below is the recommended portion sizes of foods and beverages sold individually to those listed below:**
  - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - One ounce for cookies; Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - Eight ounces for non-frozen yogurt;
  - Twelve fluid ounces for beverages, excluding water; and

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, any school sponsored fundraising activity will need approval from the Wellness Committee. Although all fundraising request will be considered, the committee will prefer fundraisers that do not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Food type fundraisers, if approved, are subject to restrictions by the committee. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**Rewards.** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,<sup>1</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Schools should try to limit celebrations that involve food during the school day to no more than one party per class per month. Each party should try to limit the amount of foods that do not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). We strongly encourage that foods and beverages offered or sold at school-sponsored events outside the school day meet the nutrition standards for meals or for foods and beverages sold individually (above). If foods and beverages of minimal to no nutritional value are offered, you must include foods and beverages that also meet the nutrition standards for foods and beverages sold individually (above). This allows for healthy choices to be made

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<sup>1</sup> Unless this practice is allowed by a student's individual education plan (IEP).