

School District of Florence County
Policy MA
Administrative Rule 2

Nutrition Guidelines for Food and Beverages Sold, Served or Distributed on the School Campus During the School Day Outside the School Meal Program

A. **Definitions**

1. “**School campus**” includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This does not include teachers’ lounges or other areas that are restricted to students.
2. “**School day**” is defined as the time period from the midnight before, through 30 minutes after the end of, the applicable school’s official school day.

B. **Food and Beverages Sold on School Campus during the School Day and Outside of the School Meal Programs**

1. **Food**: Food sold outside the school meal programs on any school campus during the school day, as defined in these guidelines, must be in compliance with the minimum USDA “smart snacks” (or “competitive food”) nutrition standards, including all permissible exemptions and exceptions allowed by the USDA. Vending machines will abide by the USDA Smarts Snacks Guidelines. In general, and when no allowed exemption or exception applies, such food must meet the federal “competitive food” nutrient standards and at least one of the following:
 - a. Be a “whole grain-rich” grain product (defined as having 50% or more whole grains by weight or having whole grains as the first ingredient); or
 - b. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - c. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - d. If water is the first ingredient, the second ingredient must be one of the above.
2. **Beverages**: On each school campus during the school day, the District permits only the sale of those beverages that are allowed under the applicable federal nutrition standards, which are summarized as follows:

Elementary School

- Plain water or plain carbonated water (no size limit)
- Low fat milk, unflavored (8 fluid ounces or less)
- Nonfat milk, flavored or unflavored (8 fluid ounces or less), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
- 100% fruit/vegetable juice (8 fluid ounces or less)
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (8 fluid ounces or less)

Middle School

- Plain water or plain carbonated water (no size limit)
- Low fat milk, unflavored (12 fluid ounces or less)
- Non fat milk, flavored or unflavored (12 fluid ounces or less), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
- 100% fruit/vegetable juice (12 fluid ounces or less)
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (12 fluid ounces or less)

High School

- Plain water or plain carbonated water (no size limit)
 - Low fat milk, unflavored (12 fluid ounces or less)
 - Non fat milk, flavored or unflavored (12 fluid ounces or less), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
 - 100% fruit/vegetable juice (12 fluid ounces or less)
 - 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (12 fluid ounces or less)
 - Other flavored and/or carbonated beverages (20 fluid ounces or less) that are labeled to contain 5 or fewer calories per 8 fluid ounces or 10 or fewer calories per 20 fluid ounces
 - Other flavored and/or carbonated beverages (12 fluid ounces or less) that are labeled to contain 40 or fewer calories per 8 fluid ounces, or 60 or fewer calories per 12 fluid ounces
3. **Special Fundraiser Exemption:** The building principal may approve (to the extent authorized by the Department of Public Instruction) a limited number of exempt student organization fundraisers involving the sale of food or beverage items that do not meet any minimum nutrition standards. DPI currently allows up to 2 approved exempt fundraisers per student organization per school year, with each such fundraiser lasting no longer than 2 weeks. Each individual organization will be encouraged to sell items that are “smart snack” qualified in place of one of the exemptions. However, an approved exempt fundraiser may not take place in the food service area during any school meal period. In addition, an authorized exempt fundraiser must adhere to all other District policies and procedure related to fundraisers.
4. **Foods Not for Consumption at School:** Foods that, with appropriate District approval, are ordered and delivered at school or through a school-related activity, but that are not intended to be (and that due to packaging, preparation requirements, etc., cannot reasonably be) consumed on school premises (such as a frozen pizza fundraiser) are not subject to any specific nutrition standards or time or location restrictions regarding orders or deliveries under this rule.

C. **Food and Beverages Served or Distributed, but Not Sold, to Students**

The following standards and guidelines apply to foods and beverages that are provided or distributed (but not sold) to students on any school campus during the school day, as those terms are defined in this rule:

1. **Beverages** – Any beverages that are not on the approved list of beverages to be sold on the school campus during the school day should not be served or distributed to students during the school day without first receiving written permission from the building principal. All schools must also be aware of and adhere to federal requirements regarding the availability of free drinking water for students.
2. **Classroom Celebrations, Receptions for Special Events, and Similar Special Occasions** – Teachers and students are encouraged to offer or distribute healthy snacks and treats for student birthday celebrations, classroom parties, and other similar events. A healthy snack list that is based on sound nutrition facts and principles will be developed and maintained under the coordination of the building principal and made available to staff and parents. This list may include, but is not limited to, items such as the following:

Fresh fruit or fruit cups	Trail/cereal mixes (no candy included)
Fresh vegetables and low-fat dip	Yogurt
Dried fruits	Pretzels
String cheese/cheese cubes	Popcorn
Whole grain crackers	Low-fat muffins
Other low-fat crackers	

During occasional celebrations (i.e. birthday observances, classroom parties, etc.) items of minimal nutritional value that do not meet the federal nutrition standards for “competitive food” sold to students and that also would not qualify as a healthy snack option as defined by District standards may, in moderation, be served or distributed to students unless otherwise restricted by a directive of the building principal. However, unless the building principal or his/her administrative designee approves an exception, whenever school staff are involved in organizing such an occasional celebration (e.g., for a class or club party, a brief reception following an intra-day performance, etc.), staff shall ensure that one or more healthy alternatives are offered in conjunction with any offering(s) of minimal nutritional value that may be offered. Whenever a student’s parent or guardian is primarily responsible for initiating such an occasional celebration, the schools shall encourage parents or guardians to provide a healthy snack item to be offered in conjunction with any offering of minimal nutritional value.

Staff are encouraged to schedule occasional celebrations and other events where food is served or distributed to occur after the students’ scheduled lunch period.

As needed and while maintaining an appropriate degree of confidentiality, staff will also make parents and students aware of restricted foods to be avoided as a means of accommodating any identified food allergies or similar dietary restriction within the relevant class or other student group.

3. **Teacher-Initiated Rewards or Learning Incentives** – Staff’s use of foods of minimal nutritional value as student rewards or learning incentives should be kept to a minimum (e.g.,

- not regularly and using minimal serving sizes). Healthy food choices or non-food items are preferred. Should teachers or other staff members feel compelled to utilize food items as an incentive, they are strongly encouraged to select an option from the District’s list of healthy snack options for foods served or distributed during the school day, as outlined above.
4. Other Meetings and Events – At any other school-sponsored meeting/event that occurs before, during, or up to 30 minutes after a school day, that involves student participation, and that has not otherwise been addressed above, any food or beverage that is provided by the District and served to the attendees shall either (1) adhere to the District’s nutrition guidelines for food and beverages sold on the school campus during the school day, as identified above; or (2) adhere to the District’s list of healthy snack options for items served or distributed to students during the school day, as mentioned above. The building principal or his/her administrative-level designee may, at his/her discretion, approve an exception to this restriction if requested and approved in advance of the event.
 5. Food an Individual Student Brings from Home – Nothing in this rule attempts to create or modify any District or school rules for the foods and beverages that a student brings to school for his/her own consumption.

Adopted: 5/9/17