

DISTRICT NUTRITION STANDARDS

The Verona Area School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the District has adopted the following Nutrition Standards governing the sale of food, beverages, and candy on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Food:

- Any given food item for sale during the school day will have to be “Smart Snack” compliant. “School day” is defined as the time period from midnight before through 30 minutes after the end of the applicable school’s official school day.
- Any a la carte food item for sale during the school day (as defined above) will have no more than 35% of its total calories derived from fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the building principal may allow a school group to deviate from these guidelines.
- The consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables will be encouraged.

Beverages:

- Vending sales of soda will not be encouraged on school grounds.
- The nonvending sale of soda will not be permitted on school grounds during the school day (as defined above), but will be permitted at those special school events that begin after the conclusion of the school day.
- The vending sale of beverages, other than soda, with less than 100% fruit/vegetable juice may begin at the conclusion of the school day (as defined above).
- Low fat and nonfat milk, water, and 100% fruit/vegetable juices may be sold on school grounds during the school day (as defined above).

Candy:

- Vending sales of candy will not be encouraged on school grounds.
- Nonvending sales of candy will be permitted at the conclusion of the school day (as defined above).
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

Water Consumption:

Encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. The principal may want to authorize

students to carry water bottles during the school day. Teachers may need to call for extra water breaks too. Even during periods of moderate temperature, staff members should remind students of the value of consuming water.

Water sales should be a significant option through school vending and concession services. Water should be available during mealtimes, at least through water fountains.

Water Bottle Policy: Each school shall determine when students may bring water bottles for use during school and establish a policy for whether or not bottles may be refilled during school time.

- Water bottles must be clear and have secure caps.
- Students may not share water bottles.
- Empty bottles should on a regular basis be recycled (if appropriate), discarded, or taken home for sanitized reuse.
- Students misusing water bottles will be subject to disciplinary actions.
- Teachers have discretion in determining classroom use.
- Water bottles may not be used in computer labs, science labs and the library.

Juice-Based Drinks:

Other juice-based drinks without added sugars (e.g., juice diluted with water or flavored waters) may be served. No sweetener-based “juice drinks” or sports drinks which derive more than one-third of their weight from added sugars will be served during mealtimes.

Children who bring sack lunches from home are encouraged to bring 100% fruit/vegetable juice or water with them instead of consuming heavily sweetened juice drinks and sport drinks.

Soda Pop/Caffeine

Consumption of soda and caffeine by students during the school day will be discouraged.

APPROVED: April 17, 2006

REVISED: July 30, 2018