

8510.01 - DISTRICT NUTRITION STANDARDS

The District nutritional standards must be met for the sale of food and beverages to students throughout the District during the regular school day, as well as during periods before or after the school day in which students are participating in school-sponsored activities, academic or enrichment programs, or latchkey programs. This includes foods sold through the Food Service Department that are "a la carte", vending machines, and school stores.

These guidelines do not apply to foods and beverages that are part of a complete meal provided through the Federally subsidized breakfast or lunch program. They do not apply also to foods and beverages sold in connection with a school-sponsored fundraiser or other events held outside of the regular school. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission immediately before or after such events.

Sales of food in competition with the meal service (i.e., fundraisers during meal time) of the food service department are prohibited by Board of Education policy and in conjunction with Federal law.

The District's nutritional standards are in alignment with Ohio Senate Bill 210/House Bill 373.

A list of approved foods and beverages will be developed and updated annually by the Health Coordinating Council and Food Service Directors with the help of Alliance Healthier Generation product calculator. The approved snack list will be posted on the District's website and available to all District staff.

School Beverage Guidelines

Category	Elementary	Middle	High*
Water	Any size		Any size
	No added sugars, artificial sweeteners or sodium		
Plain Fat-Free or Low Fat Milk (Up to 150 Calories per 8 oz.)	8 oz (150 cal)	8 oz (150 cal)	12 oz (225 cal)
Flavored Fat-Free or Low Fat Milk (Up to 150 calories per 8 oz.)	8 oz (150 cal)	8 oz (150 cal)	12 oz (225 cal)
100% Juice (or 100% Juice plus Water) (up to 120 calories per 8 oz. + 10% DV for at least 3 vitamins and nutrients**)	8 oz (120 cal)	10 oz (150 cal)	12 oz (180 cal)
No or Low Calorie Beverages (up to 10 calories per 8 oz.)	NO	NO	Any size
Other Drinks*** (Up to 66 calories per 8 oz.)	NO	NO	12 oz (99 cal)

*At least fifty percent (50%) of beverages must be water and no or low calorie beverages.

**100% juice (or 100% juice plus water) with no added sweeteners must contain at least ten percent (10%) daily value of three (3) vitamins and nutrients as such as Vitamin A, C, D, and calcium.

***Sales of caffeinated, carbonated beverages are prohibited.

School Snack Guidelines

	Calories	Total Fat	Sat Fat	Trans Fat	Sugar by Weight	Sodium
Baseline	100	35%	10%	0 g	35%	230 mg
Dried Fruit with No Added Sugar	150 Elementary 180 Middle 200 High	0 g	0 g	0 g	Exempt	230 mg
Nuts, Nut Butters, and Seeds	150 Elementary 180 Middle 200 High	Exempt	Exempt	0 g	35%	230 mg
Low Fat and Fat-Free Dairy	150 Elementary 180 Middle 200 High	35%	10%	0 g	35%	480 mg
Soup and Vegetables with Sauce	150 (if contains at least one of the following (2 g fiber; or 5 g protein or 10% DV Vitamin A, C, E, foliate, calcium, magnesium, potassium, or iron; or 1/2 serving fruit or vegetable)	35%	10%	0 g	35%	480 (if contains at least one of the following (2 g fiber; or 5 g protein or 10% DV Vitamin A, C, E, foliate, calcium, magnesium, potassium, or iron; or 1/2 serving fruit or vegetable)
Snacks	150 Elementary 180 Middle 200 High (if contains at least one of the following (2 g fiber; or 5 g protein or 10% DV Vitamin A, C, E, foliate, calcium, magnesium, potassium, or iron; or 1/2 serving fruit or vegetable)	35%	10%	0 g	35%	230 mg
Fruit with Nuts (Trail Mix)	150 Elementary 180 Middle 200 High (Products must contain only fruit, nuts, and/or seeds and must have no added sweeteners)	Exempt	10%	0 g	35%	230 mg