

CPS Healthy Snack and Beverage Policy

Beverage Nutritional Criteria: All competitive beverages available for purchase by students must meet the following nutritional criteria:

1. General beverage requirements:

- a. Schools may sell, or serve only **plain water, 100% juice, and milk** to students that:
 - i. Do not contain added sugars including high fructose corn syrup and non-nutritive sweeteners except as authorized for flavored milk or flavored milk substitute
 - ii. Do not contain artificial sweeteners
 - iii. Do not contain more than a trace amount of caffeine (4mg).
 - b. Beverages such as soft drinks, fruit drinks, vitamin water drinks and energy drinks with minimal nutritional value are prohibited.
 - c. Sports drinks are prohibited except when provided for student athletes participating in sport programs involving vigorous activity for at least one hour duration.

Food Nutritional Criteria: All foods sold on school grounds available for purchase by students must meet the following nutrition criteria:

- 1. No more than 35% of total calories from fat per serving, (with the exception of nuts, seeds, nut butters, fruits or vegetables)
- 2. Zero trans fat (< 0.5 g per serving)
- 3. Have 10% or less of its total calories from saturated fat
- 4. Have 35% or less of its weight from total sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients
- 5. Less than 230 mg of sodium for a snack or side dish and less than 480 mg for a main dish
- 6. Bread, cookies, baked goods, and other whole-grain based products shall have a whole grain (such as whole wheat) listed as the first ingredient
- 7. Cheese must be low, reduced-fat and low sodium
- 8. Item package or container is not to exceed 150 calories for elementary
- 9. Dried fruit and nut combination products can be included within these guidelines if they meet the following standards:
 - a. the product includes only unsweetened dried fruit, nuts and or seeds,
 - b. The product contains no added sweeteners

Fundraisers: Any food or beverage used or sold for school fundraising purposes on school grounds, must meet the nutrition requirements set out in this policy (stated above).

Rewards: Principals, school staff, parent/guardians and before and after school program partners must promote non-food rewards.

Celebrations: A school may only permit food or beverages of minimal nutritional value to be served to students at a maximum of **two** celebrations per school year which will be established by the principal and Health and Wellness Team.

Exceptions: The nutrition criteria outlined in this policy are recommended, but not required for food or beverages sold, served or provided: (a) **during a field trip** or other school-sponsored activity or trip off school grounds, (b) at concession stands at a sports stadium, gym, field house or auditorium, whether on or off school grounds, (c) as part of a school sports game, performance or event where parents/guardians and other adults are a significant part of an audience, and (d) at school fundraising events held off school grounds.

School Staff and Administration: Staff are encouraged to refrain from consuming foods of minimal nutritional value in the presence of students as a way of healthy role-modeling.

School Coordination: The local school wellness team established at each school in accordance with the Board's Local School Wellness Policy for Students will coordinate compliance plans and efforts for ensuring that foods sold or served at their school satisfy the nutritional and other requirements of this policy. The local school wellness team shall provide progress, compliance and other reporting to the Office of Student Health and Wellness as specified in the guidelines.