

## Edmonds School District Nutrition Policy Adopted August, 2005

<p>What foods and beverages are impacted?</p>	<p>Applies to all "Competitive Foods" (any foods and beverages offered or sold to students during the school day, other than those brought by students for their own consumption)</p> <p>Applies to Student Stores, vending machines, fundraisers run by students and/or adults, classroom snacks and treats.</p> <p>Does not apply to occasional class parties and celebrations; however, schools are strongly encouraged to offer healthful options</p> <p>(Note: food available through the Food Service Program already meets or exceeds the adopted nutrition guidelines)</p>
<p>Does the policy require 100% compliance?</p>	<p>No -- 70% of all competitive foods must meet the nutrition guidelines</p>
<p>What are the nutrition requirements?</p>	<p>Nutritional Content:</p> <ul style="list-style-type: none"> <li>- Total fat content must be less than or equal to 30% of total calories (3 grams per 100 calories) per serving (not including seeds and nuts);</li> <li>- Saturated fat content must be less than or equal to 10% of total calories per serving;</li> <li>- Sugar content must be less than or equal to 15 grams per serving (not including fresh, dried or frozen fruits, 100% fruit juice OR beverages sweetened with 100% fruit juice, and vegetables);</li> <li>- Due to the growing frequency and severity of allergic reactions to peanuts, students in grades K-8 may not have access to food containing peanuts; with clear and obvious labeling, peanuts may be included in foods available to students in grades 9 through 12.</li> <li>- Beverages may not contain caffeine.</li> </ul> <p>Portion sizes:</p> <ul style="list-style-type: none"> <li>- Beverages: <ul style="list-style-type: none"> <li>o Non-carbonated (except water and milk): 12 oz or less</li> <li>o Milk: 16 oz. or less</li> <li>o Water: carbonated or uncarbonated, unlimited</li> </ul> </li> <li>- Snacks: 1.25 oz. or less</li> <li>- Cookies/cereal bars: 2 oz. or less</li> <li>- Bakery items: 3 oz. or less</li> <li>- Frozen desserts: 3 oz. or less</li> <li>- Yogurts: 8 oz. or less</li> </ul>
<p>Additional information:</p>	<p>Additional federal restrictions on competitive foods:</p> <ul style="list-style-type: none"> <li>- May not be sold in elementary and middle schools WHEN meals are being served</li> <li>- May not be sold at any level WHERE meals are being served or eaten</li> <li>- Vendor contracts may not include incentives for selling competitive foods that do not meet the nutritional standards outlined above, and vendors may not distribute free food and beverage products unless specifically allowed in the contract</li> </ul>