

**RESCIND BOARD REPORT 04-0623-PO1
ADOPT A NEW HEALTHY SNACK AND BEVERAGE POLICY**

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Board rescind Board Report 04-0623-PO1 and adopt new Healthy Snack and Beverage Policy.

PURPOSE: The purpose of this policy is to establish nutrition standards, requirements and recommendations for foods and beverages sold, provided or served to students at school that compete with food provided under the National School Lunch Program (NSLP), National School Breakfast Program (NSBP), Seamless Summer Option (SSO) and the Child and Adult Care Food Program (CACFP). This policy seeks to create a school environment that supports student nutrition and healthy food choices by providing nutrition standards for food and beverages sold as competitive foods in vending machines, school stores, food vendors on school grounds, a la carte items, or as part of a school fundraiser, celebration or reward. The nutrition standards set forth in this policy are consistent with the USDA's gold standard for competitive foods.

POLICY TEXT:**A. Definitions:**

Food of Minimal Nutritional Value: Food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving (iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin).

A La Carte: Individually priced food items available for sale in the school dining center that are not part of the NSLP, NSBP, SSO or CACFP.

Competitive Foods: Foods and/or beverages sold to students on school grounds that compete with the school's operation of the NSLP, NSBP, SSO, or CACFP. Competitive foods include, but are not limited to, items sold in vending machines, school stores, food vendors on school grounds, in school dining centers as a la carte items.

Rewards: Incentives offered to students in recognition of good behavior or performance whether offered before, during or after school.

Fundraiser: Any activity, event or sale to raise funds by or for a school occurring on school grounds whether before, during or after school hours including any direct sales activity by students on school grounds.

Celebrations: Special events or activities occurring at school, convened in a classroom or elsewhere at school as part of a festivity or ceremony or as part of a before, during or after school activity.

B. Food Nutritional Criteria: All competitive foods 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 or contain grains that are at least 51% whole grains;
7. Cheese must be low, reduced-fat and low sodium;
8. Serving size does not exceed the food served in the National School Lunch/School Breakfast Program; for other sales, item package or container is not to exceed 150 calories for elementary and 200 calories for high school students;
9. Fruits packaged in their own juice, light syrup or dried will not exceed 150 calories for elementary schools, 180 calories for middle schools, and 200 calories for high schools; and
10. 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, and
 - c. The combination of the product is exempt from the less than 35% of total calories from fat requirement but must meet requirements for saturated fat, trans fat, sodium, sugar and positive nutrients.

C. 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, provide 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 below for flavored milk or flavored milk substitute,
 - ii. Do not contain artificial sweeteners, and
 - 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.
2. *Milk Requirements:*
 - a. All milk, flavored milk and milk substitute products shall:
 - i. Be low fat (1%) or skim (fat free) milk,
 - ii. Contain Vitamins A and D, and
 - iii. Are in containers not to exceed 8 ounces.
 - b. Flavored milk shall be non-fat and contain no more than 22 grams total sugars per 8 ounces.
 - c. Soy and rice milk substitute drinks shall be calcium and vitamin fortified and shall be low-fat and contain no more than 22 grams total sugars per 8 ounces.
3. *Water Requirements:* Drinking water, whether provided in bottles, dispensers or water fountains, must:
 - a. Be unflavored,
 - b. Have 0 mg of sodium,
 - c. Have no nutritive or non-nutritive sweeteners,
 - d. Be noncarbonated,
 - e. Be caffeine free, and
 - f. Have no additives except those minerals normally added to tap water.
4. *Juice Requirements:* Schools may sell, provide or serve only fruit and/or vegetable based juice drinks that:
 - a. Are composed of no less than 100% fruit/vegetable juices,
 - b. Contain no added sweeteners,
 - c. Are in containers not to exceed 6 ounces, for elementary and middle schools,
 - d. Are in containers not to exceed 8 ounces in high school, and
 - e. Contain no more than 120 calories/8oz and no more than 100 calories/6oz.

D. State or Federal Requirements: Foods and/or beverages sold, provided or served to students on school grounds that compete with the school's operation of the NSLP, NSBP, SSO, or CACFP must comply with all applicable federal regulations. In the event the state or the USDA issue modified, more stringent, or additional nutritional standards for food or beverages sold, served or provided in schools, the Chief Health Officer is authorized to update the nutritional criteria and related requirements specified in this policy for conformance with new state and federal standards without further Board action. Any such modifications will be issued by the Chief Health Officer to schools for their compliance with the new applicable standards.

E. Vending Machines: Vending machines are permitted to operate on CPS property for the sale of food and beverage items to students subject to the nutrition criteria outlined in this policy and the following additional requirements.

1. *Beverage Vending Requirements:* Elementary, Middle and High Schools are permitted to operate beverage vending in compliance with the nutrition and other regulations outlined in this policy. Beverage vending machines may, at the Unit/Building head's discretion, be placed in any appropriate location within the building.

2. *Snack Vending Machine Placement*

a. *Elementary or Middle Schools:* Snack vending machines may not be placed anywhere in the school building, including the lunchroom, where they would be accessible for student use during school hours. Such machines are, however, permitted in areas restricted to students such as the teachers' lounge. If a snack machine is located in a school's common area and cannot be re-located to a restricted area, the machine shall be rendered inoperable for the duration of the school day.

b. *High Schools:* Snack vending machines may, at the Principal's discretion, be placed in any appropriate location within the school that is accessible for student use, except not within the dining center and not in areas outside of the dining center that are located within 100 feet from the dining center serving line. Vending machines must be turned off when meals are being served during the school day.

3. *Compliance:* The Principal or their designee will select the snack and beverage products to be offered for sale in the school's vending machines and will ensure that they meet the nutrition criteria specified in this policy. Schools that fail to comply by providing approved snacks shall be subject to:

- a. Vending machine removal;
- b. Forfeiting revenue from items being sold during meal periods.

4. *Staff Restricted Vending.* In vending machines that are restricted to students and are accessible to school staff/adults only, schools are encouraged to promote healthy snack and beverage options.

F. Fundraisers: Principals, school staff, parents/guardians should promote healthy fundraisers by minimizing the use of candy and snacks for fundraising purposes. Each local school wellness team shall be responsible for establishing a healthy fundraiser plan for their school outlining the measures the school will take to encourage healthy fundraiser food and beverage items. In the event no plan is established, any food or beverage used or sold for school fundraising purposes on school grounds, must meet the nutrition requirements set out in this policy. The local school healthy fundraiser plan shall be developed in collaboration with the Local School Council and must conform with applicable federal regulations and the guidelines to this Policy.

G. Rewards: Principals, school staff, parent/guardians and before and after school program partners must promote non-food rewards and must not withhold food or offer alternative lunch options (such as a brown bag lunch, serve lunch in the classroom) as punishment.

H. Celebrations: Principals, school staff, parents/guardians and before and after school program partners should promote healthy classroom and school celebrations/rewards by minimizing the use of candy and snacks as part of a celebration or reward. Each local school wellness team shall be

responsible for establishing a healthy celebrations and rewards plan for their school outlining the measures the school will take to encourage healthy celebration food and beverage items. In the event no plan is established, 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. The local school healthy celebrations and rewards plan shall be developed in collaboration with the Local School Council and must conform with: (i) applicable federal regulations, (ii) the Board's Food Allergy Management Policy; (iii) applicable restrictions on home-baked goods in schools; and (iv) the guidelines to this Policy.

I. 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.

Nothing in this policy prohibits a school from serving snack foods or beverages to a student with diabetes or other health condition where physician's orders specify the intake of certain snack foods or beverages at school to manage their medical condition.

J. School Staff and Administration: Principals, school staff, partners and program providers shall promote a healthy eating environment in the school. Adults are encouraged to model healthy eating and serve nutritious food and beverages which meet the requirements in this policy at school meetings and staff-oriented events. Staff are encouraged to refrain from consuming foods of minimal nutritional value in the presence of students as a way of healthy role-modeling.

K. 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 competitive 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.

L. Support and Oversight: The Office of Student Health and Wellness shall oversee school implementation and compliance with this policy and in doing so shall:

1. Provide technical assistance and support to assist schools with implementation of the policy and improve programming functions; and
2. Ensure schools are offered support services through various departments including the Office of Student Health and Wellness, Nutrition Support Services, and the Chief Instruction Office to allow for full implementation of this policy.
3. By January 2015, conduct a district-wide review and assessment of this policy in conjunction with the Local School Wellness Policy for Students on the policies' effectiveness and, based on this assessment, propose Policy revisions.

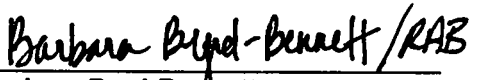
M. Guidelines: The Chief Health Officer or designee, in collaboration with Nutrition Support Services, shall develop and implement guidelines, procedures and toolkits to ensure the effective implementation of this policy.

LEGAL REFERENCES: Healthy Hunger Free Kids Act of 2010, 42 USC 1751; Child Nutrition Act of 1966, 42 USC 1773, 1779; 23 Illinois Administrative Code 305.15; 7 CFR 210.11, 220.12 and Appendix B to Parts 210 and 220;

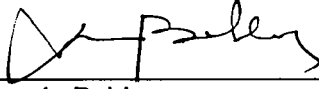
Approved for Consideration:


Jennifer Cheatham
Chief of Instruction

Respectfully submitted:


Barbara Byrd-Bennett
Chief Executive Officer

Approved as to legal form: 


James L. Bebley
General Counsel