

Columbia School District School Food Guidelines



February 2010

Columbia School District



Brooklyn, Michigan

The following are the result of a collaborative effort of the Coordinated School Health Team and District representatives for Columbia School District.

School Food Guidelines Mission Statement

To enable schools to provide healthy and nutritious food and beverage choices to students and staff. The venues include but are not limited to vending machines, a la carte sales, food rewards, fundraisers, school stores, school parties, and after school activities.

By promoting healthy behaviors we can all help:

- Increase students' level of alertness and ability to learn
- Reduce absences
- Improve behavior
- Teach lifelong healthy eating habits
- Prevent premature onset of chronic diseases
- Improve self image/self esteem
- Address the issue of childhood obesity

MENU

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Beverage Standards

All beverages sold or provided in the school environment will follow recommendations based on the School Nutrition Standards.

Beverages for all students are:

- Fruit or vegetable based drinks that:
 - a. Contain at least 100% real fruit juice; and
 - b. Are obtained in portions from 4 - 8 oz. for Elementary students and 8-12 oz. for Middle and High School students.
- Water without flavoring, additives, or carbonation.
- Low fat* and non fat milk (in 8 oz. portions).
- Lactose –free and soy beverages are included.
- Flavored milk with no more than 28 g of total sugars per 8-12 oz portion, discouraging the use of high fructose syrup as sweetener.

High School Only:

- Non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without nonnutritive sweeteners, carbonation, or flavoring). (*Hot Teas are acceptable.*)

**1% milk fat*

***At this time, this beverage policy does not apply to after school events where parents/and other adults constitute a significant portion of the audience or are selling beverages as boosters.*

Any beverage items that are available for sale or provided at school may not exceed 20-ounces.



Nutrition Standards

All food sold or provided in the school environment are based on the School Nutrition Standards and are used to make healthy recommendations.

All foods offered by the school district must meet 4 out of 6 requirements listed below. The foods who only meet 4 to 5 requirements must fall within a reasonable range of the limits below.

- Limited to 200 calories or less **per portion** as packaged. (May not exceed 2.5 servings sold in one package.)
- No more than 35% of total calories from fat.
- Less than 10% of total calories from saturated fat.
- Zero trans fat (less than or equal to 0.5 gram per serving.)
- 15 grams of total sugars, except for yogurt with no more than 30 grams of total sugars, per 8-oz. portion as packaged.
- Sodium content of 230 mg or less **per portion** as packaged.

A la carte entrée items meet fat and sugar limits as listed above:**

- Are National School Lunch Program menu items.
- Have a sodium content of 480 mg or less.

** Combination products must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion and may exceed standards listed above.*

****200-calorie limit does not apply when used as a meal replacement; items cannot exceed calorie content of comparable NSLP entrée items.**



School Stores / A La Carte /Snack Carts

All food and beverages sold in the school environment are based on the standards outlined on pages 4 and 5. Vending machine access for students is restricted. Vending machines will be accessible to students before instructional time begins, pre designated snack times, and after the end of the instructional day.

Examples of foods that meet the nutrition standards may include but are not limited to:

Trail Mix*	Pre-packages Salads
Baked chips, pretzels	Cottage Cheese w / fruit
Low-fat crackers, animal crackers	Bagel with light cream cheese
Air-popped popcorn	Baby carrots and low-fat dip
Low-fat granola bars*	Soft Pretzels with mustard
Soy nuts	Single serve low-fat milk
Fresh Fruit	Single Serve 100% fruit juice
Fruit cups	Low-fat string cheese
Low fat yogurt	Chili
½ Turkey Sandwich	Bottled water
Chicken wraps	Low-fat and low-sodium soups
Humus	100 Calorie Smart Pop popcorn
Pita Chips	Low fat yogurt
Yogurt covered raisins	Kellogg's Fruit Snacks
Mini Fruit Roll-ups	Rice cakes
Baked Chips	Low fat mini muffins
Graham crackers	Dried fruit/raisins
Nuts & seeds*	

Examples of beverages that meet the beverage standards:

V8 Vegetable and Fruit Juice
100% Fruit Juice
Water
1 % and non fat milk
1% Flavored Milk
Low sugar hot chocolate

To determine if a snack meets these criteria, check the Nutrition Facts Label on the package. (See page 12 for Food Label example.)

*Check with classroom teacher for allergens and/or a choking risk for some students.



Classroom Snacks and Parties

Snacks

All classroom snacks are based on the standards outlined on pages 4 and 5. Due to safety and other concerns, it is recommended all shared classroom snacks must be pre-packaged. Single serve food items that meet four of the six standards are approved. See list on the previous page for food and beverage suggestions.

Parties

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. When celebrating a birthday or holiday treat, please consider our guidelines on page 10. Think about combining student's birthday parties into one monthly event that incorporates physical activity. Here are a few ideas for school parties:

- Create a healthy party idea book. Ask school staff members and parents to send in healthy recipes and ideas for activities, games, and crafts. Compile these ideas into a book that staff members and parents can use.
- Plan a special craft that children can create. Ask parents to provide craft supplies instead of food.
- Give children extra recess time instead of a class party. For birthdays let the birthday child choose and lead an active game for everyone.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visit's the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.).
- The birthday child is the teacher's assistant for the day and gets to do special tasks like make deliveries to the office, lead the line, start an activity and choose a game or story.

Classroom parties can include foods that are delicious, nutritious, and special. There are many varieties of fresh or pre-packaged foods available. Please refer to the list of healthy options on page 6.

Extended Day Program

Many schools participate in before-school programs and after-school programs. Whether operated by the school district or by any other entity, these programs need to follow the same healthy school procedures, practices, and directions provided throughout this document.



Fundraisers for Healthy Schools

Food and beverage items sold on the school campus for the purpose of fundraising activities should be based on the Standards outlined on page 4 & 5.

For fundraisers held outside of the school campus, the sale of healthier food and beverage items or non-food items will be encouraged, but are not required.

Food Fundraisers (recommendations):

Bottled water with school name/logo
Gift baskets with fruit/cheese
Pretzels
Specialty shaped pastas
Boxes of citrus fruits
Popcorn
Cheese
Apples
Nuts

Fun and Entertainment Fundraisers:

Dances
Talent Shows
Magic Shows
School art displays
Balloons
Singing telegrams

Suggested Items to Sell for Fundraisers: Holiday flowers

Candles
Jewelry
First aid kits
Bath accessories
House decorations
Holiday ornaments
Plants, flowers, bulbs
Greeting cards/stationary
Stone/brick memorials
Books, calendars, magazines
Pens and pencils
Cookbooks

Community-Related Fundraisers:

Customized signs
Family portraits
Holiday gift wrapping
Recycling
Emergency kits for cars
Car washes

Activity-Related Fundraisers:

Skate night
Walk-a thons
Jump-a-thons
Bowling night
Fun fairs
Dodge ball tournaments (MS and HS)

Show your School Spirit Fundraisers:

School name/logo for:

Mugs/Water bottles
Scarves
Megaphones
Stadium cushions
T-shirts/Sweatshirts/hats
Spirit/seasonal flags
Frisbees
License plate frames/bumper stickers
Buttons/pins/magnets

Alternatives to Using Food as a Reward

Finding alternatives to food rewards is an important part of providing a healthy school environment.

The ideas below can be modified for different ages. Be creative and don't forget the simple motivation of recognizing students for good work or behavior.

Elementary School Students

Make deliveries to office
Sit by friends
Eat lunch with teacher or principal
Have lunch or breakfast in the classroom
Stickers, pencils, bookmarks
Extra recess
Fun physical activity break
Show-and-tell
Bank system-earn play money for privileges

Middle School Students

Eat lunch outside or have class outside
Extra reading time
Extra credit
Computer time
Reduced homework or homework pass
Sit with friends
Five minutes chat break at end of class
Field trips

High School Students

Extra credit
Free passes to school events or games
Reduced homework or homework pass
Free choice time at the end of class
Donated coupons to video stores, music stores, movies
Sit with friends



Food Label Example

Calories: 200 or less per serving portion

- Total Fats:**
- No more than 35% calories from fat
 - 10% or less from saturated fat
 - 0% trans fat

Serving Size: do not exceed 2.5 servings per package

Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings per Container 8	
Amount per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 300mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 6g	
Vitamin A 10%	•
Calcium 30%	•
Vitamin D 30%	•
Vitamin B ₁₂ 50%	•
Zinc 4%	•
Vitamin C 0%	•
Iron 6%	•
Riboflavin 30%	•
Folate 6%	•

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

Sodium: less than 230 mg per serving portion

Sugars: 15 grams or less per serving portion (30 grams or less per 8 oz yogurt)

Note to School Staff

Please remember you are the role model for our students.

The examples that you model for the students send a very powerful message. The Coordinated School Health Team asks all school staff to personally respect the guidelines outlined in this booklet when in the school environment.

There are many ways that staff can model healthy behaviors for students:

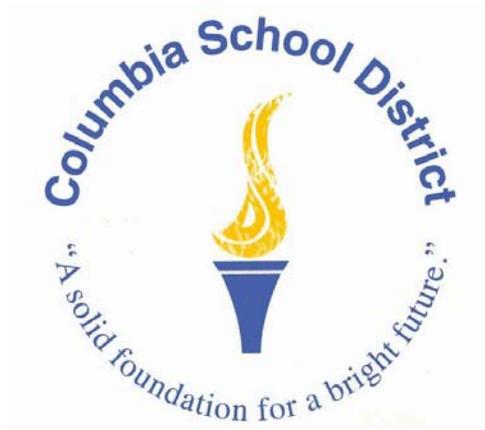
- Bring healthy food and drink choices with you for meals and snacks.
- Do not consume food or drinks of limited nutritional value (pop, candy, chips, etc.) in front of the students, especially if they are not allowed to.
- Wash your hands frequently and encourage students to do the same.
- Talk with students about the importance of healthy eating and physical activity.
- Share your experiences and involvement with students. When they know that their teacher plays on a community softball team or participates in 5K runs, it will encourage them to get active and involved as well.
- Serve healthy food and drink choices at staff meetings, PTA meetings and other social related events. Refer to suggestions within this booklet for ideas.

For more district information on healthy eating and physical activity, please refer to the Columbia School District Wellness Policy.

If you would like additional resources on healthy lifestyle choices, please refer to www.mypyramid.gov.



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