

DISTRICT NUTRITION STANDARDS

The Elkhorn Area School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods, as part of a healthy diet, provide those foods that provide students with calories rich in essential nutrients and energy to prevent nutritional deficiencies and excesses, and calories that contain the right balance of carbohydrate, fat, and protein to reduce the risks for chronic disease. In an effort to support, the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverages, and candy on school grounds. School sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Food:

- The nutritional guidelines for food items for sale prior to the start of the school day and throughout the instructional day will be based on the average Recommended Dietary Allowances (RDA) of key nutrients established for different groups of school age children.
- Food items for sale prior to the start of the school day, and throughout the instructional day, will have set target goals of providing the following nutrients: Calories, Protein, Calcium, Iron, and Vitamins A and C.
- Food items for sale prior to the start of the school day, and throughout the instructional day, will have set target goals for average daily calories that will provide 30% or less calories from fat, and 10% or less calories from saturated fat. (The percent of calories of saturated fat is part of the daily percentage of calories of total fat.)
- Nuts and seeds are exempt from these standards, because they are nutrient dense and contain high levels of monounsaturated fat.
- The District recognizes that there may be rare special occasions when the school principal may allow a group to deviate from these guidelines.
- The District will encourage the consumption of nutrient dense and healthy foods, i.e., whole grains, fresh fruits and vegetables.

Beverages:

- Sales of soda or artificially sweetened drinks will not be permitted during the times when school lunch or breakfast programs are operating.
- Restriction on their sale will be governed by the National School Breakfast/Lunch Guidelines.
- The vending sale of beverage with less than 10% fruit juice may begin at the conclusion of the instructional day.
- Milk, water and fruit juices may be sold on school grounds both prior to and throughout the instructional day.

LEGAL REFERENCE:

CROSS REFERENCE: Policy 458 Healthy Lifestyles
Policy 458.1 School Nutrition