

HEALTHY BEVERAGES AND FOOD GUIDELINES

M-DCPS is committed to providing an environment in which all students can make healthful food choices for lifelong health. As such, the following Healthy Food and Beverages Guidelines will be implemented effective August 11, 2008 for all food sales before, during and 1 hour after school.

Beverage Guidelines

Elementary Schools

- Bottled Water
- Up to 8 ounce servings of milk and 100% juice
 - Fat-free or low-fat regular and flavored milk and nutritionally equivalent milk alternatives with up to 150 calories/8 ounces
 - 100% juice with no added sweeteners, up to 120 calories/8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

(As a practical matter, if elementary and middle school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the middle school standard)

Middle School

- Same as Elementary School, except juice and milk may be sold in 10 ounce servings

High School

- Bottled Water
- All beverages must be non-carbonated and caffeine free
- No- or low-calorie beverages with up to 10 calories/8 ounces
- Up to 12 ounce servings of milk, 100% juice and certain other drink
 - Fat-free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/8 ounces
 - 100% juice with no added sweeteners, up to 120 calories/8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals
 - Other drinks with no more than 66 calories/8 ounces
- At least 25% of non-milk beverages must be water and no more than 25% of beverages may be no- or low-calories options

Food Guidelines

- No more than 35% of total calories from fat
- No more 10% of total calories from saturated fat
- No more than 35% added sugar by weight
- No added trans fat

These guidelines do not apply to school-related events were parents and other adults are part of an audience or are selling beverages as boosters during intermission, as well as immediately before or after an event. Examples of these events include school plays and band concerts.

Revised 8/4/08