

BVSD Healthy Food Guidelines

BVSD Healthy Food Guidelines will cover vendors outside of Nutrition Services, snack and beverage vending machines, student stores, fundraisers, and any *regularly offered* food during a child's school day (½ hour before to ½ hour after school).

Two categories have been identified in these guidelines: *Beverages* and *Food Items*.

BEVERAGES

Per CDE Healthy Beverages Policy SB08-129, the following beverages may be sold or offered at schools:

- Water.
- Low-fat or fat-free milk. Milk includes nutritionally equivalent milk alternatives (per USDA).
- 100% juice with no added sweeteners and up to 120 calories/8 ounces.
- High schools: Other drinks, up to 12 ounce servings with no more than 66 calories/8 ounces.
- *Maximum beverage size is limited to 8 ounces in elementary schools, 10 ounces in middle schools, and 12 ounces in high schools.*

The following other beverages may *not* be sold or offered during a child's school day:

- Beverages containing nonnutritive sweeteners (sucralose, saccharin, aspartame, etc), hydrogenated or trans fats, or caffeine.
- Beverages containing artificial dyes, additives, or preservatives.

FOOD ITEMS

The following food items may be sold or offered at schools:

- All nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice.
- All other food items sold or offered outside of the federal school meal programs that meet the following nutrition standards:
 - ✓ 35% or less of total calories from fat.
 - ✓ 10% or less of total calories from saturated fat plus trans fat.
 - ✓ 35% or less of total weight in sugar.

The following food items may *not* be sold or offered at schools:

- Food items containing nonnutritive sweeteners (sucralose, saccharin, aspartame, etc), hydrogenated or trans fats, or caffeine.
- Food items containing artificial dyes, additives, or preservatives.

All food items may *not* exceed the following maximum portion sizes:

- Two ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels.
- Two ounces for granola or cereal bars.
- Four ounces for bread/grain items such as bagels or muffins.
- Three fluid ounces for frozen desserts such as frozen yogurt. Eight ounces for non-frozen yogurt.