



Boulder Valley School District
File: EFA-R
Adopted: June 8, 2004
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HEALTHY FOOD GUIDELINES

BVSD Healthy Food Guidelines will cover vendors outside of Food 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

The following beverages may be sold or offered at schools:

- Water and seltzers.
- Low-fat or fat-free milk, including, but not limited to, chocolate milk, soy milk, rice milk, and other similar dairy or nondairy calcium-fortified milks.
- 100% fruit juice or fruit-based drinks composed of no less than 50% juice, without additional sweeteners.
- Electrolyte-replacement beverages that contain 42 grams (g) per 20-ounce (oz) serving or less of added sweetener (maximum 2.1 g/oz).
- *Maximum beverage size is limited to 20 ounces, excluding water.*

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

- Beverages containing more than 2.1 grams per oz of added sweetener.
- Beverages containing more than a trace* amount of any of the following: nonnutritive sweeteners (sucralose, saccharin, aspartame, etc); hydrogenated or trans fats; caffeine, excluding low-fat or fat-free chocolate milk.

* *Trace is defined as barely detectable. Trace ingredients will be located near or at the end of an ingredient list on a food label and have a negligible impact on the nutritional value of the product.*

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 snacks, sweets or side dishes 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.

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

- One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels.
- Two ounces for cookies or cereal bars.
- Four ounces for bakery items
- Three fluid ounces for frozen desserts, ice cream, pudding, jello.
- Eight ounces for non-frozen yogurt.

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