File: E-18 (EFEA*)

## Nutritious Food Choices

At every possible eating occasion, students will have opportunities to practice what they are taught in nutrition education and choose nutritious snacks that are low in fat, sodium and added sugars.

Schools are encouraged to take steps to ensure:

- nutritious foods are always available as an affordable option whenever food is served or sold;
- students have limited opportunities to eat snacks high in fat, sodium or added sugars; and
- competition with nutritious meals served by the school food service program is minimized.

The emphasis on healthy choices applies to:

- a la carte items (separate food choices) offered by the food service program;
- "competitive foods" which are snacks and beverages sold from vending machines, school stores and fund-raising activities that compete with the food service program; and
- refreshments that are available at school parties, celebrations and meetings.

Each beverage offered for sale to students from any source, including the school cafeteria, vending machines, school stores and fund-raising activities conducted on school grounds, shall satisfy the minimum nutritional standards for beverages adopted by the State Board of Education. The Board imposes the following additional restrictions:

- The sale of diet soda on school campuses is prohibited.

These standards shall apply to beverages sold on campus during the regular school day and extended school day, including but not limited to extracurricular activities such as clubs, yearbook, band, student government and drama as well as childcare programs.

These standards shall not apply to the sale of beverages at school-related events where parents and other adults are invited attendees. Such activities include but are not limited to interscholastic sporting events, school plays and band concerts.

Adopted by the Board: June 21, 2017
Revised and recoded by the Board: July 17, 2019
LEGAL REFS.: C.R.S. 22-32-134.5 (healthy beverage requirement)
C.R.S. 22-32-136.3 (trans fat ban)

1 CCR 301-79 (State Board of Education - healthy beverages rules)

## CROSS REF.:

Board policy:
EL-9, Treatment of Students, Parents and Community

Weld County School District Re-3J, Hudson, Colorado

File: E-18-E (EFEA*-E)

## Healthy Beverages Standards for Schools

The healthy beverages standards for schools adopted by the State Board of Education are as follows:

## Beverages sold in elementary school

a. Plain water or plain carbonated water
b. Up to 8 ounce servings of fat free milk (flavored or unflavored) or low fat milk (unflavored). Milk includes nutritionally equivalent milk alternatives (per USDA)
c. Up to 8 ounce servings of $100 \%$ fruit or vegetable juice or $100 \%$ fruit or vegetable juice diluted with water and with no added sweeteners

## Beverages sold in middle school

a. Plain water or plain carbonated water
b. Up to 12 ounce servings of fat free milk (flavored or unflavored) or low fat milk (unflavored). Milk includes nutritionally equivalent milk alternatives (per USDA)
c. Up to 12 ounce servings of $100 \%$ fruit or vegetable juice or $100 \%$ fruit or vegetable juice diluted with water and with no added sweeteners

## Beverages sold in high school

a. Plain water or plain carbonated water
b. Up to 12 ounce servings of fat free milk (flavored or unflavored) or low fat milk (unflavored). Milk includes nutritionally equivalent milk alternatives (per USDA)
c. Up to 12 ounce servings of $100 \%$ fruit or vegetable juice or $100 \%$ fruit or vegetable juice diluted with water and with no added sweeteners
d. Up to 20 ounce servings of other flavored and/or carbonated beverages that are labeled to contain fewer than 5 calories per 8 ounces or 10 or fewer calories per 20 ounces
e. Up to 12 ounce servings of other flavored and/or carbonated beverages that are labeled to contain 40 or fewer calories per 8 ounces or 60 or fewer calories per 12 ounces

If the middle and high 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 high school standard.

Issued by the superintendent: June 21, 2017
Reviewed and recoded by the superintendent: July 17, 2019

