

### **Nutrition and Physical Fitness**

The district will take a proactive effort to encourage students to make nutritious food choices. The superintendent will ensure that food and beverages provided or sold in Riverview schools will meet the following nutrition standards:

1. All food and beverages sold to students before and during the regular school day in district schools and facilities will meet the following nutrition standards unless otherwise regulated by the United States Department of Agriculture (USDA).
2. Teachers and parents are strongly encouraged to celebrate holidays, birthdays, and class incentives with healthy snacks or non-food items and activities, due to food safety issues, allergies, and the rise of childhood obesity. Each school, through their site-based council, will create guidelines to help facilitate the education of parents and staff on non-food rewards and healthy snack/party choices.
3. All forms of advertising will be removed from the outside of vending machines prior to the start of the 2006-2007 school year.
4. Food sold or provided at after-school functions or at sporting events is exempt from this policy.

#### **Elementary Nutrition Standards**

Snacks, Sweets and Other A La Carte Items: Maximum portion sizes will meet at least three (3) of the following:

- Contain 150 or fewer calories; no more than 10% of combined calories will be derived from saturated fat, and eliminate trans fat.
- 35% of calories from fat or 6 grams or less of fat with the exception of nuts, seeds and cheese.
- Two or more grams of fiber.
- 35% or less sugar by weight with the exception of fresh, dried or canned fruits and vegetables.
- At least 3 grams of protein.

Beverages: Type and size allowed:

- 100% fruit juice with no added sweeteners, 12 oz. maximum
- Water, no portion size limit

### **Middle School Nutrition Standards**

Snacks, Sweets and Other A La Carte Items: Maximum portion sizes will meet at least three (3) of the following:

- Contain 200 or fewer calories; no more than 10% of combined calories will be derived from saturated fat, and eliminate trans fat.
- 35% of calories from fat or 8 grams or less of fat with the exception of nuts, seeds and cheese.
- Two or more grams of fiber.
- 35% or less sugar by weight with the exception of fresh, dried or canned fruits and vegetables.
- At least 3 grams of protein.

Beverages to be sold at specific sites:

- Sports drinks containing no more than 15-18 grams of carbohydrate per 8 fluid ounces, 20 oz. maximum portion.
- Carbonated beverages may not be sold, except those that contain 100% fruit juice or water.

### **High School Nutrition Standards**

Snacks, Sweets and Other A La Carte Items: Maximum portion sizes will meet at least three (3) of the following:

- Contain 275 or fewer calories; no more than 10% of combined calories will be derived from saturated fat, and eliminate trans fat.
- 40% of calories from fat, with the exception of nuts, seeds and cheese.
- Two or more grams of fiber.
- 40% sugar by weight with the exception of fresh, dried or canned fruits and vegetables.
- At least 3 grams of protein.

Beverages to be sold at specific sites:

- Coffee drinks that meet the milk standard and do not contain more than 40% added sugar by weight, 16 oz. maximum.
- Sports drinks containing no more than 15-18 grams of carbohydrate per 8 fluid ounces, 20 oz. maximum portion.
- Beginning of school year 2006-2007, all carbonated soda beverages will cost 50% more than other drinks, including those sold in the student store or elsewhere.
- Only diet carbonated soda beverages, beverages that contain 100% fruit juice, or water will be sold. This is consistent with ABA Beverage Guidelines.

### **Nutrition and Food Services Operation**

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent is responsible for:

- a. Encouraging all students to participate in the school's child nutrition meal program.
- b. Providing varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.

The following guidelines will be in effect:

- a. Foods served in the school food serving area during meal periods will meet the requirements established by the guidelines of the National School Lunch Program.

Foods classified as minimal nutritional value by the National School Lunch Program will not be served in areas where students consume reimbursable school meals during meal periods.

- b. Food sales conducted during meal periods may be allowed only if all income from the sale of such foods accrues to the benefit of the nonprofit school food service or the school or student organization approved by the school.
- c. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- d. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board.

#### Physical Fitness

In addition to physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district is encouraged to provide adequate co-curricular physical activity programs and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Adopted: July 12, 2005  
Revised: June 27, 2006  
Revised: August 11, 2009  
Reviewed: November 7, 2013