

Chautauqua Lake Central School

Nutrition Standards

Excerpt from Student Nutrition & Physical Activity (Wellness) Policy #5661, 2009

To view the complete policy, visit www.clake.org. Select Non-Academic > Health & Safety

DISTRICT NUTRITION STANDARDS

Nutrition Standards Intent/Rationale:

The Chautauqua Lake Central School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy to be used as minimal guidelines.

Food:

- ✓ Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and LOW FAT DAIRY PRODUCTS.
- ✓ Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- ✓ Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- ✓ Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat
- ✓ It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards.

Beverages:

- ✓ ONLY Milk, Water, and beverages containing 50-100% fruit juices may be sold on school grounds both immediately prior to and throughout the instructional day except in an area where students are not permitted access such as the teachers' room.
- ✓ Students will be given ample opportunities throughout the school day to drink water.
- ✓ Beverages to be limited to 10 mg of caffeine or less per serving.

Candy:

- ✓ Candy is defined as any processed food item that has:
 1. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients
 - AND
 2. Sugar is more than 25% of the item by weight.
- ✓ Vending sales of candy will not be permitted on school grounds.