

Chicago Public Schools Policy Manual

Title: HEALTHY SNACK AND BEVERAGE

Section: 407.3

Board Report: 17-0628-PO6

Date Adopted: June 28, 2017

Policy:

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Board amend Board Report 12-1114-PO1 Healthy Snack and Beverage Policy.

PURPOSE: The purpose of this policy is to establish nutrition standards, requirements and recommendations for foods and beverages sold, provided or served to students at school that compete with food provided under the National School Lunch Program (NSLP), National School Breakfast Program (NSBP), Seamless Summer Option (SSO) and the Child and Adult Care Food Program (CACFP). This policy seeks to create a school environment that supports student nutrition and healthy food choices by providing nutrition standards for food and beverages sold 1) as competitive foods in vending machines or in school stores, 2) by food vendors on school grounds, 3) as a la carte items sold in the school dining centers, 4) as part of school fundraisers, celebrations or rewards. The nutrition standards set forth in this policy are consistent with the USDA's Smart Snacks Guidelines and the gold standard for competitive foods.

BACKGROUND: The Healthy Snack and Beverage Policy was adopted in November 2012. The USDA required all districts to adopt a comprehensive wellness policy addressing all foods served and sold to students during the academic day. The USDA also requires the policy to be reviewed and updated every three years.

POLICY TEXT:

A. Definitions:

School Day: The school day is defined as midnight to 30 minutes after dismissal.

Food of Minimal Nutritional Value: Food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving (iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin).

A La Carte: Individually priced food items available for sale in the school dining center that are not part of the NSLP, NSBP, SSO or CACFP.

Competitive Foods: Foods and/or beverages sold to students on school grounds that compete with the school's operation of the NSLP, NSBP, SSO, or CACFP. Competitive foods include, but are not limited to, items sold in vending machines or school stores, by food vendors on school grounds, or in school dining centers as a la carte items.

Rewards: Incentives offered to students in recognition of good behavior or performance whether offered before, during or after school.

Fundraiser: Any activity, event or sale to raise funds by or for a school or school club or program occurring on school grounds whether before, during or after school hours.

Celebrations: Special events or activities occurring in a classroom or elsewhere at school whether before, during or after the instructional day.

B. Food Nutritional Criteria: All competitive foods available for purchase by students must meet all of the following nutritional criteria:

1. Food shall contain no more than 35% of total calories from fat per serving, (with the exception of nuts, seeds, nut butters, fruits or vegetables);
2. Food shall contain zero trans fat (< 0.5 g per serving);
3. Food shall have 10% or less of its total calories from saturated fat;
4. Food shall have 35% or less of its weight from total sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients;
5. Food shall have less than 230 mg of sodium for a snack or side dish and less than 480 mg for a main dish;
6. Bread, baked goods, and other whole-grain based products shall have a whole grain (such as whole wheat) listed as the first ingredient or contain grains that are at least 51% whole grains;
7. Cheese must be low, reduced-fat and low sodium;
8. Serving size shall not exceed 150 calories for elementary and 200 calories for high school students;
9. A la carte serving sizes may not exceed those of the National School Lunch/School Breakfast Program;
10. Dried fruits or fruits packaged in their own juice or light syrup will not exceed 150 calories for elementary schools, 180 calories for middle schools, and 200 calories for high schools; and
11. Dried fruit and nut combination products can be included within these guidelines under the following circumstances:
 - a. The product shall include only unsweetened dried fruit, nuts and or seeds,
 - b. The product shall not contain added sweeteners, and
 - c. The product may contain more than 35% of total calories from fat if it meets requirements for saturated fat, trans fat, sodium, sugar and positive nutrients.

C. Beverage Nutritional Criteria: All competitive beverages available for purchase by students must meet the following nutritional criteria:

1. *General beverage requirements:*
 - a. Schools may sell, provide or serve water, 100% juice, and milk to students that meets the following requirements:
 - i. The beverages do not contain added sugars and non-nutritive sweeteners,
 - ii. The beverages do not contain artificial sweeteners, and
 - iii. Do not contain more than a trace amount of caffeine (4mg).
 - b. Schools are prohibited from serving beverages with minimal nutritional value such as soft drinks, fruit drinks, vitamin water drinks and energy drinks.
 - c. However, schools may provide sports drinks for student athletes participating in sport programs involving vigorous activity for at least one hour duration.
2. *Milk Requirements:*
 - a. All milk, flavored milk and milk substitute products shall:
 - i. Be low fat (1%) or skim (fat free),
 - ii. Contain Vitamins A and D, and
 - iii. Be 8 ounces or less.
 - b. Flavored milk shall be non-fat and contain no more than 22 grams total sugars per 8 ounces.

- c. Soy and rice milk substitute drinks shall be calcium and vitamin fortified, low-fat and total sugars shall not exceed 22 grams total per 8 ounces.
3. *Water Requirements:* Drinking water, whether provided in bottles, dispensers or water fountains, must:
- a. Only contain natural flavors,
 - b. Have 0 mg of sodium,
 - c. Have no nutritive or non-nutritive sweeteners, and
 - d. Be caffeine free.
4. *Juice Requirements:* Schools may sell, provide or serve only fruit and/or vegetable based juice drinks that:
- a. Are composed of no less than 100% fruit/vegetable juices,
 - b. Contain no added sweeteners,
 - c. Are in containers not to exceed 8 ounces, for elementary and middle schools,
 - d. Are in containers not to exceed 12 ounces in high school, and
 - e. Contain no more than 120 calories per 8oz. serving or 200 calories per 12 oz. serving.

D. State or Federal Requirements:

- 1. Foods and/or beverages sold, provided or served to students on school grounds that compete with the school's operation of the NSLP, NSBP, SSO, or CACFP must comply with all applicable federal and state regulations.
- 2. In the event the USDA or state of Illinois issue modified, more stringent, or additional nutritional standards for food or beverages sold, served or provided in schools, the Chief Health Officer/Executive Director of Nutrition Support Services or a designee is authorized to update/enforce the nutritional criteria and related requirements specified in this policy.
- 3. In the event less stringent standards are issued it shall be at the discretion of the Chief Health Officer and Executive Director to update guidelines.

E. Foods from Home:

- 1. To ensure food safety guidelines and student allergy management is maintained, no home-baked or home-cooked items may be served or sold to students as part of any school function.
- 2. All foods provided as a function of school activities shall be commercially purchased or provided through Nutrition Support Services.

F. Vending Machines: Vending machines are permitted to operate on CPS property for the sale of food and beverage items to students subject to the nutrition criteria outlined in this policy and the following additional requirements.

1. *Beverage Vending Requirements:* Elementary, middle and high schools are permitted to operate beverage vending in compliance with the nutrition and other regulations outlined in this policy. Beverage vending machines may, at the Principal's discretion, be placed in any appropriate location within the building.

2. *Snack Vending Machine Placement*

a. *Elementary or Middle Schools:* Snack vending machines may not be placed anywhere in the school building, including the lunchroom, where they would be accessible for student use during school hours. Such machines are, however, permitted in areas restricted to students such as the teachers' lounge. If a snack machine is located in a school's common area and cannot be re-located to a restricted area, the machine shall be rendered inoperable for the duration of the school day.

b. *High Schools:* Snack vending machines may, at the Principal's discretion, be placed in any appropriate location within the school that is accessible for student use, except not anywhere within the dining center. All items in vending machines accessible for student use must comply with CPS

nutrition guidelines. Non-compliant vending machines are permitted in areas restricted to students such as the teachers' lounge.

3. **Compliance:** Schools shall forfeit revenue from the sale of non-approved items in vending machines.

4. **Staff Restricted Vending.** Schools are encouraged to promote healthy snack and beverage options in vending machines that are accessible only to school staff/adults.

G. Fundraisers: Principals, school staff, parents/guardians and students should promote healthy fundraisers by minimizing the use of candy and snacks for fundraising purposes.

1. All CPS non-food fundraisers must be approved by the Network Chief; all food fundraisers must be approved by the Nutrition Support Services Executive Director or designee.

2. All food sold at school during the school day must meet the Healthy Snack and Beverage Policy nutrition requirements.

3. School fundraising activities that begin 30 minutes after the scheduled end of the school day are not bound by these policies (i.e. sporting events, family nights, student clubs, etc.).

4. Schools shall forfeit revenue from the sale of non-approved food or beverages.

H. Rewards and Discipline: Principals, school staff, parent/guardians and before and after school program partners shall not provide food as a reward to students in recognition of good behavior or performance. Food may not be withheld from any student for any reason. In the case of student detention, in-school suspension or other restrictive activities, students should be allowed to go through the dining center service line and select a meal.

I. Celebrations: Principals, school staff, parents/guardians, students and before and after school program partners should promote healthy classroom and school celebrations by minimizing the use of candy and snacks. A school may permit a maximum of two celebrations per school year where food or beverages of minimal nutritional value are served. Celebrations shall not replace the regularly scheduled school meals or prevent dining staff from preparing meals except in the case of student field trips. Schools must conform with: (i) applicable federal regulations, (ii) the Board's Food Allergy Management Policy; (iii) the guidelines to this Policy.

J. Exceptions: The nutrition criteria outlined in this policy are recommended, but not required for food or beverages sold, served or provided: (a) during a school-sponsored activity or trip off school grounds and longer than the school day, (b) at concession stands at a sports stadium, gym, field house or auditorium, whether on or off school grounds, (c) as part of a school sports game, performance or event where parents/guardians and other adults are a significant part of an audience, and (d) at school fundraising events held off of school grounds.

Students with Health Conditions: Nothing in this policy prohibits a student with a documented health condition from consuming foods or beverages provided from home. Accommodations will be made for students with diabetes or other health conditions where physician's orders specify the intake of certain snack foods or beverages at school to manage their medical condition.

K. School Staff and Administration: Principals, school staff, partners and program providers shall promote a healthy eating environment in the school. Adults are encouraged to model healthy eating and serve nutritious food and beverages which meet the requirements in this policy at school meetings and staff-oriented events. Staff are encouraged to refrain from consuming foods of minimal nutritional value in the presence of students as a way of healthy role-modeling.

L. School Coordination: The local school wellness team established at each school in accordance with the Board's Local School Wellness Policy for Students will coordinate compliance plans and efforts for ensuring that competitive foods sold or served at their school satisfy the nutritional and other requirements of this policy. The local school wellness team shall provide progress, compliance and other reporting to the Office of Student Health and Wellness as specified in the guidelines.

M. Support and Oversight: The Office of Student Health and Wellness shall:

1. Provide technical assistance and support to assist schools with implementation of the policy and improve programming functions; and
2. Ensure schools are offered support services through various departments including the Office of Student Health and Wellness, Nutrition Support Services, and the Teaching and Learning Office to allow for full implementation of this policy.
3. By December 2020, conduct a district-wide review and assessment of this policy in conjunction with the Local School Wellness Policy for Students and, based on this assessment, propose Policy revisions.

N. Guidelines: The Chief Health Officer or designee, in collaboration with Nutrition Support Services, shall develop and implement guidelines, procedures and toolkits to ensure the effective implementation of this policy.

Amends/Rescinds: Amends 12-1114-PO1
Cross References: Note: 12-1114-PO1 Rescinds 04-0623-PO1
Legal References: Healthy Hunger Free Kids Act of 2010, 42 USC 1751; Child Nutrition Act of 1966, 42 USC 1773, 1779; 23 Illinois Administrative Code 305.15; 7 CFR 210.11, 220.12 and Appendix B to Parts 210 and 220.