



# ***Nutrition Guidelines\****

## **Food in Our Schools 2009-10**

### **Why are Nutritional Guidelines important?**

- Children and teens spend many of their waking hours in school and eat a large portion of their daily calories while in school.
- As a result, schools should be healthy places for students in all respects, including providing meals and snacks that provide nutrition and not just empty calories.
- Schools strive to support the healthy lifestyles to which our families are committed.
- GFPS strives to provide a culture of wellness for students and staff.
- Students who receive good nutrition achieve better academically.
- Schools are joining the fight to reduce the increase in chronic disease among our children and teens such as: childhood obesity and Type 2 diabetes.

### **Which foods are addressed by the guidelines?**

The guidelines are designed to address “competitive foods” available to students during the regular and extended school day outside the school food service program, such as:

- School stores
- Vending machines
- Fundraising during the school and extended school day
- Rewards, incentives, and snacks provided by staff for hungry students
- Classroom celebrations, except birthdays in grades K-6

### **Which foods are not subject to the guidelines?**

Areas which are not subject to the guidelines include:

- Brown bag lunches
- Snacks from home for individual student consumption (Although parents are encouraged to provide nutritious snacks for their student.)
- Teacher workrooms
- Concessions and other fundraising outside the school day where student consumption can be monitored by parents

**Good Health — It's Academic!**



*\*The Healthy Food in Our Schools Committee of the Great Falls Public Schools has used Institute of Medicine Nutrition Standards as a guide for developing our district guidelines.*

## All Students through Extended School Day\*

### Fruits, vegetables, whole grains, combination products, snack foods, nonfat and low-fat dairy products, per portion as packaged:

- ≤ 200 calories
- ≤ 35% total calories from fat ( ≤ 3.5 grams per 100 calories)
- ≤ 10% of calories from saturated fat ( ≤ 1 gram per 100 calories)
- Trans-fat free
- ≤ 35% total calories from sugars (sugar grams divided by total weight in grams of serving)
- ≤ 480 mg sodium
- Nuts, seeds, trail mix: ≤ 1.75 oz serving with 7 grams (trail mix) or less of fat and 5 grams or less sugar.
- Yogurt: Low- or non-fat ≤ 30 gr sugar per 8 oz. Cheese: 100% real, part-skim, reduced fat ≤ 1.5 oz serving

## Beverage Guidelines\*\*

### Elementary Schools

- Bottled water
- Juice: Up to 8 oz. serving of 100% fruit juice with no sugar added up to 120 calories per 8 oz.
- Milk: Up to 8 oz serving of low-fat or non-fat regular or flavored milk up to 150 calories per 8 oz.

### Middle Schools

- Bottled water
- Juice: Up to 10 oz serving of 100% fruit juice with no sugar added up to 120 calories per 8 oz.
- Milk: Up to 10 oz serving of low-fat or non-fat regular or flavored milk up to 150 calories per 8 oz.

### High Schools

- Bottled water
- Juice: Up to 12 oz servings of 100% fruit juice with no sugar added up to 120 calories per 8 oz
- Milk: Up to 12 oz servings of low-fat or non-fat regular or flavored milk up to 150 calories per 8 oz.
- Flavored water/diet soda up to 10 calories per 8 oz with no serving size limit.
- Sports drinks and light juices: Limit 12 oz serving with no more than 66 calories per 8 oz.
- Coffee: Up to 12 oz servings caffeinated or de-caffeinated, single shot drinks made with non-fat milk, sugar-free flavoring

## Classroom Celebrations

- Parents in grades K-6 are welcome to bring snacks for their child's birthday.
- Classroom celebrations should be planned with good nutrition in mind. Empty calories should be avoided. Beverage guidelines should be followed.
- Classroom celebrations should be reserved for special occasions with approval from the building principal.
- Classroom activities designed to enhance the students' understanding of diverse cultures should be planned with good nutrition in mind and with the approval of the building principal.

## Approved Food List

Visit the GFPS Website at [www.gfps.k12.mt.us](http://www.gfps.k12.mt.us) for more specific list of foods that meet these Guideline requirements.

*\*Extended school day includes before and after school activities like clubs, yearbook, sports practices, band, drama, etc. These guidelines do not apply to school-related events where parents and other adults are part of an audience or are selling snacks and beverages as boosters.*

*\*\*The Healthy Food in Our Schools Committee of the Great Falls Public Schools has adopted the American Beverage Association Guidelines for acceptable beverages in our schools. The coffee guideline is not addressed by the ABA.*