

**THE DALEVILLE CITY BOARD OF EDUCATION – APPENDIX B  
WELLNESS 5.84**

<b>DIETARY GUIDELINES</b>
---------------------------

Students' lifelong eating habits are greatly influenced by the types of food and beverages made available in their daily environment. Daleville City has established the following guidelines for all foods and beverages sold or served to students during the school day (defined as the time a student arrives on a campus until the end of the last scheduled class).

I. Beverages in All Schools

- A. Elementary Schools - An elementary school is defined as a school where the majority of students are in grades Pre-K through 4. No carbonated soft drinks shall be available for sale to students at any time during the school day in elementary schools. No item considered to be in the category of carbonated soft drinks may be provided free of charge to students. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. No vending machine display front may display any product that is not water or 100% fruit juice. Items that may be sold include non-carbonated flavored and unflavored water, 100% fruit juices, milk, tea, and sports drinks. No sales of any items may occur during meal service times.
  
- B. Middle Schools - A middle school is defined as a school where the majority of the students are in grades 5 through 8. At a minimum, 70% of the selections available in vending machines or for sale in school stores are to be non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, or sports drinks. At a maximum, 30% of the selections can be carbonated soft drinks, but at least 50% of those selections must be no/low caloric selections. Only 15% of the selections may be regular soft drinks. This means that if you have a machine with ten (10) slots, only one (1) can be a regular soft drink. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be available for sale during the school day. No carbonated beverages of any kind or other competing food/beverage sales are to be available to students during the meal service time. No vending machine display front may display any product that is not water or fruit juice.

**THE DALEVILLE CITY BOARD OF EDUCATION – APPENDIX B  
WELLNESS 5.84**

- C. High Schools - A high school is defined as a school where the majority of the students are in grades 9 through 12. At a minimum, 50% of the selections available in vending machines or for sale in school stores are to be non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, or sports drinks. At a maximum, 50% of the selections can be carbonated soft drinks, but at least 50% of those selections must be no/low caloric selections. Only 25% of the selections may be regular soft drinks. This means that if you have a machine with ten (10) slots, only two (2) can be a regular soft drink. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be available for sale during the school day. No carbonated beverages of any kind or other competing food/beverage sales are to be available to students during the meal service time. All vending machine fronts in high schools other than those located in athletic spectator settings will display only water and juice products.

II. Foods of Minimal Nutritional Value in All Schools

- A. In addition to restrictions regarding the sales of carbonated beverages listed above, no one on the school campus may provide access to for sale or free foods and beverages of minimal nutritional value as identified under USDA regulations 7 CFR 210 Appendix B, Categories of Foods of Minimal Nutritional value until after the end of the last scheduled class. These classifications are as follows:
- B. Water ices, including frozen sickles, ices and slushes, except those ices containing fruit juices.
- C. Chewing gum, flavored or unflavored, from natural or synthetic sources.
- D. Certain candies, processed predominately from sugar or corn syrup sweeteners or artificial sweeteners, combined with a variety of ingredients including but not limited to:
- E. Hard candies, sour balls, fruit balls, candy sticks, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops
- F. Jellies and gums, such as gum drops, jelly beans, jellied and flavored fruit slices
- G. Marshmallow candies other aerated sugar, corn syrup, or invert sugar confections

**THE DALEVILLE CITY BOARD OF EDUCATION – APPENDIX B  
WELLNESS 5.84**

- H. Fondants, such as candy corn, and soft mints
  - I. Licorice
  - J. Spun candy, cotton candy
  - K. Candy coated popcorn
- III. Food Items and Beverages Sold through Vending Machines and School Stores in All Schools

Every school shall review its offerings of foods in vending machines and school stores and develop a plan for phasing out low nutritive foods. All schools shall develop a plan to replace those foods with high nutritive foods. Each school will develop a plan with the guidance of the Superintendent and his/her designee that allows for input by students, teachers, and parents. Foods and beverages approved by the local committee shall not be in conflict with the state board policies. The guidelines for vending machines and school stores are as follows:

- A. Snack items sold or provided are to follow the guidelines listed below (per each one-ounce serving).
  - 1. Less than 30 grams carbohydrate
  - 2. Less than 360 milligrams sodium
  - 3. Less than 10% daily value of fat
  - 4. Contain at least 5% (and preferably 10%) daily value of Vitamin A, C, iron or calcium
  - 5. Contain fiber (5% daily value)
- B. Additionally, the portion sizes shall follow these requirements.
  - 1. Chips, 1 oz maximum, baked or containing no more than 3 to 7.5 grams of fat per bag. This includes crackers, popcorn, trail mix, nuts, seeds, dried fruit, and pretzels.
  - 2. Cookies/cereal bars, 1.3 oz maximum
  - 3. Pastries and muffins, 2 oz maximum

**THE DALEVILLE CITY BOARD OF EDUCATION – APPENDIX B  
WELLNESS 5.84**

4. Frozen dairy desserts, low fat ice cream, puddings, jellied fruit bowls, 4 oz maximum
5. Yogurt (low fat), less than 30 grams total carbohydrate, 8 oz maximum
6. Milk, reduced fat, 1% or less, flavored and unflavored (flavored milk to contain no more than 30 grams sugar), 8 oz maximum
7. Beverages, other than water, to include sports drinks, 100% fruit juice, and low sugar smoothies, 12 oz maximum

IV. School Fundraisers in All Schools

All fundraising activities that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. Sales during school hours shall not include those foods listed above as Foods of Minimal Nutritional Value or exceed those portion sizes identified as allowable. This also means that all events outside the school day are not affected by this requirement and that booster clubs are free to select items for sale for specific fundraising and concession sales as long as the activity does not conflict with this position.