

The Gloucester City School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating.

Component #3: Nutrition Standards:

We will accept the following standards on our school campuses for our Wellness Policy implementation as of September 1, 2006

Food:

A food item sold individually as an ala carte item, or on the snack line:

- will have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter and/or other nut butters) and 10% of its calories from saturated fat;
- All food and beverages will not have the first ingredient listed as sugar.
- No food item will be served that is a FMNV (Food of minimal value) as defined by USDA as: **(a) in the case of artificially sweetened foods, a food which provides less than 5% of the US Recommended Dietary Allowances (RDA) for each of the eight specified nutrients per serving; and (b) in the case of all other foods, a food which provides less than 5% of the RDA for each of the eight specified nutrients per 100 calories and less than 5% of the RDA for each of the eight nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron, as per Child Nutrition guidelines.**
- No form of candy will be served
- A choice of at least two fruits and/or non-fried vegetables will be offered daily. Such items may include, but are not limited to, fresh fruits and vegetables, 100% fruit or vegetable juice, fruit-based beverages that are at least 50% fruit juice and that do not contain additional caloric sweeteners, cooked, dried, or canned fruits (canned in fruit juice or light syrup), and cooked, dried, or canned vegetables (that meet the above stated fat guidelines).
- **Portion Control:** No individual a la carte item will be more than one serving per portion. This Includes French Fries.

Beverages:

Elementary Schools: 100% of all beverages offered shall be milk, water, or 100% fruit or vegetable juices.

Middle and High Schools:

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and do not contain additional caloric sweeteners, sports drinks, iced teas, unflavored or flavored low-fat or non-fat fluid milk and nutritionally-equivalent nondairy beverages (to be defined by the USDA)

At least 60% of all beverages offered, other than milk and water shall be 100% fruit or vegetable juices.

Not Allowed: soft drinks, carbonated beverages*, fruit-based drinks that contain less than 50% real fruit juice or contain additional caloric sweeteners, beverages containing caffeine, excluding low-fat or non-fat chocolate milk.

***Vending machines that are in use during lunch or the school day should only contain products that are allowable according to Child Nutrition guidelines. Any vending machine that is not open until after school hours is EXEMPT from these guidelines.**

EXCEPTIONS TO FOOD AND BEVERAGE STANDARDS:

- Exempt are: Food and beverages served during special school celebrations, at concession stands or during curriculum related activities, except for FMNV as defined by USDA.
Suggestions for refreshments to be served at parties and celebrations should include: Fresh Fruits and Vegetables, Bagels, Juices, Water, Soft Pretzels, Baked Chips, Cheese and Crackers, Pizza.
Parties should be limited.
- Foods and Beverages sold as part of any school sponsored fundraising activity shall continue to be allowable AFTER school hours and shall be exempt from these guidelines