

# Littleton Public Schools Regulation

<b>Policy Code</b>	<b>EFI-R</b>
<b>Policy Name</b>	<b>Wellness Policy</b>
<b>Adoption</b>	<b>May 2, 2006</b>
<b>Revised</b>	<b>June 18, 2009</b>

Foods and beverages sold to students on school grounds, from any source, including à la carte items from school cafeterias, vending machines, school stores, and fundraising activities, during the regular and extended school day, shall meet the following nutritional standards:

## Elementary Schools

All foods and beverages available as snacks, mechanically vended to students, or sold à la carte items will adhere to the food and beverage standards listed below.

## Middle Schools

Fifty percent of the foods available for à la carte purchase during mealtime, sold by school stores, and as fundraising activities during school hours will adhere to the food standards listed below. All beverages shall adhere to the standards listed below.

## High Schools

Due to high school open campuses in which students have access to all types of foods off-site, no food standards will be imposed at this level. However, it is encouraged that foods available on campus will meet the food standards listed below. All beverages shall adhere to the standards listed below.

## Food Standards

Maximum 35 percent total calories from fat. Combined calories from saturated and trans fats must be under 10 percent of total fat calories.

No more than 35 percent sugar by weight.

Exceptions are:

- Seeds and nuts
- Low-fat dairy products
- Fresh or dried fruits
- Fruits packaged in their own juices
- Fruit drinks containing 50 percent fruit juice

Minimum 1 gram of fiber

Maximum 500 calories per serving for entrée items served à la carte.

Maximum 300 calories per serving for all other items.

Maximum 800 mg of sodium for entrée items served à la carte.

Maximum 600 mg of sodium for all other snack items.

At the middle and high school levels, mechanically vended foods will comply with C.R.S. 22-32-134. This statute states that 50 percent of foods offered in each vending machine or adjoining set of vending machines located in each school shall meet the following criteria:

Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and fruits packed in their own juices.

Any other food item containing:

Not more than 35 percent total calories from fat. Combined calories from saturated and trans fats must be under 10 percent of total fat calories.

No more than 35 percent sugar by weight. Sugars that occur naturally in fruit juices that are components of a food are not counted in the 35 percent.

### Beverage Standards

#### Elementary Schools

Bottled water

Up to 8 ounce servings of fat-free or low-fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)

Up to 8 ounce servings of fat-free or low-fat nutritionally equivalent flavored milk up to 150 calories per 8 ounces

Up to 8 ounce servings of 100 percent juice, with no added sweeteners and up to 120 calories per 8 ounces

#### Middle Schools

Bottled water

Up to 10 ounce servings of fat-free or low-fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)

Up to 10 ounce servings of fat-free or low-fat nutritionally equivalent flavored milk up to 150 calories per 8 ounces

Up to 10 ounce servings of 100 percent juice with no added sweeteners and up to 120 calories per 8 ounces.

#### High Schools

Bottled water

No- or low-calorie beverages with up to 10 calories per 8 ounces, (e.g., unsweetened or diet teas, low-calorie sport drinks, fitness waters, flavored waters, seltzers) except diet soda may not be sold in high school

Up to 12 ounce servings of fat-free or low-fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)

Up to 12 ounce servings of fat-free or low-fat nutritionally equivalent flavored milk up to 150 calories per 8 ounces

Up to 12 ounce servings of 100 percent juice, with no added sweeteners and up to 120 calories per 8 ounces

Other drinks, up to 12 ounce servings with no more than 66 calories per 8 ounces

At least 50 percent of non-milk beverages must be water and no- or low-calorie options

School-related events where parents and other adults are a significant part of an audience are exempt from these rules. Such activities include, but are not limited to, selling beverages as boosters at events such as interscholastic sporting events, school plays, and band concerts.