



SCHOOL FOOD GUIDELINES

Grass Lake Community Schools

Revised August 2011

School Food Guidelines

The following guidelines are the result of a collaborative effort of the Grass Lake Community Schools Wellness Committee, the Coordinated School Health Team and the Grass Lake Board Of Education.

Mission Statement:

To enable schools to provide healthy and nutritious food and beverage choices to students and staff in venues within the school's control/environment but outside federally regulated child nutrition programs. These venues include but are not limited to vending machines, ala carte sales, food rewards, fundraisers, school parties, after school activities and meetings.

It is up to all of us as adults, including parents, teachers, coaches and mentors to be role models for not only eating, but offering healthy food and beverage choices in moderate quantities. By promoting healthy behaviors we can all help:

- Increase student's level of alertness and ability to learn
- Reduce absences
- Improve behavior
- Teach lifelong healthy eating habits
- Prevent premature onset of chronic diseases such as diabetes, high blood pressure, heart disease, respiratory complications and orthopedic problems.
- Improve self image

Menu

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Beverages Standards

All beverages sold or provided in the school environment will meet standards implemented by the Michigan Nutrition Standards Recommendation for Foods and Beverages Served outside the USDA Child Nutrition Programs at Schools, as approved by the State Board of Education October 12, 2010. The following choices are approved.

1. Fruit or vegetable based drinks that:
 - a. Contain at least one hundred percent (100%) real fruit or vegetable juice in 12-ounces servings or less.
2. Water.
3. Low Fat (1% milk fat) and fat free milk (flavored or unflavored).
4. Isotonic Beverages(ex. Gatorade, PowerAde)
5. Non-sweetened, non-carbonated beverages with less than 5 calories per portion serving as packaged.

Any beverage items that are available for sale at school may not exceed a 20 ounce serving size except plain water products.

Nutrition Standards

All snack foods sold or provided in the school environment will meet standards implemented by the Michigan Nutrition Standards Recommendation for Foods and Beverages Served outside the USDA Child Nutrition Programs at Schools, as approved by the State Board of Education October 12, 2010. Snack Foods should include fruits, vegetables, whole grains and nonfat and low-fat dairy products. The Nutritional requirements are as follows:

1. Single-serving-size snacks (except for nuts, seeds, and reduced-fat cheese) must meet the following criteria:
 - a. Contain 200 or fewer calories,
 - b. Total Fat : < 35% total calories
 - c. Saturated Fat : < 10% total calories
 - d. Trans Fat : Trans Fat free
 - e. Total Sugar : < 35% total weight per serving
 - f. Sodium : 230 mg per serving

2. Nuts, seeds, trail mix and reduced fat cheese to be offered in 1-ounce portions are exempt from the fat standards.

Refer to Page 10 of this Guideline for examples of classroom approved snacks.

Vending and Ala Carte Foods

All snack foods and beverages sold in school vending machine and the Ala Carte line in each school cafeteria are required to meet the Beverage Standards and Nutrition Standards, outlined on pages 3 & 4.

Examples of foods and beverages that meet the standards:

- Water – (8 oz., 16.9 oz., 1 liter)
- Gatorade – any variety (One 20 oz.)
- Frito Lay Baked Chips- specific variety (One 32 gram package)
- General Mills cereal Bars – specific variety (One 36 – 40 gram package)
- Kellogge’s Nutri-grain Bars – specific variety (One 37 gram serving)

To determine if a snack meets these criteria, check the Nutrition Facts Label on the package. (See page 13 for Food Label example)

(Numbers that are in () denote the serving size of the product.)

** Grass Lake Community Schools does not endorse any of the above products. These are simply examples of snacks that meet the guidelines.

Entrée Items and side dish items sold Ala Carte during Lunch times may not exceed the portion of the same entrée item or side dish item that is served as part of the school lunch or breakfast program.

Fundraisers for Healthy Schools

It is recommended that Fundraising should not involve selling food items of limited nutritional value, such as candy. When healthy food choices, such as fresh fruit, are used as fundraising items, the healthy eating message presented in schools is reinforced with students, parents, and community patrons.

For fundraising activities on the school campus, it is recommended that food and beverage items sold meet the Beverage and Nutrition Standards, outlined on pages 3 & 4.

For fundraisers, held outside of the school campus, the sale of healthier food and beverage items or of non-food items will be encouraged, but not required, as alternatives to fundraising that involved selling food or beverages with limited nutritional value.

Recommended Food Fundraisers

- Bottled water with school name/logo
- Gift baskets with fruit/cheese
- Pretzels
- Specialty shaped pastas
- Boxes of citrus fruits
- Popcorn
- Cheese
- Apples
- Nuts

Items to Sell For Fundraisers

- Candles
- Jewelry
- First aid kits
- Bath accessories
- House decorations

- Bottled water with school name/logo
- Holiday ornaments
- Plants, flowers, bulbs
- Greeting cards, stationary
- Stone/brick memorials
- Books, calendars, magazines
- Pens and pencils
- Cookbooks (featuring healthy foods!)

Show – Your – School Spirit Fundraisers

School name/logo for:

- Mugs
- Scarves
- Megaphones
- Stadium cushions
- T-shirts/sweatshirts/hats
- Spirit/seasonal flags
- Frisbees
- License plate frames/bumper stickers
- Buttons/pins/magnets

Fun and Entertainment Fundraisers

- Dances
- Talent shows
- Magic shows
- School art displays
- Balloons
- Singing telegrams
- Holiday flowers

Community – Related Fundraisers

- Customized signs
- Family portraits
- Holiday gift wrapping

- Recycling
- Emergency kits for cars
- Car washes

Activity – Related Fundraisers

- Skate night
- Walk – a – thons
- Jump – a – thons
- Bowling night
- Fun fairs

Alternatives To Using Food As A Reward

Finding alternatives to food rewards is an important part of providing a healthy school environment.

School Staff should not offer food as a reward to students.

The ideas below can be modified for different ages. Be creative, and don't forget the simple motivation of recognizing students for good work or behavior!

Elementary School Students

- Make deliveries to the office
- Sit by friends
- Eat lunch with the teacher or principal
- Have lunch or breakfast in the classroom

- Stickers, pencils, bookmarks
- Extra recess
- Fun physical activity break
- Show – and – tell
- Bank system – earn play money for privileges

Middle School Students

- Eat lunch outside or have class outside
- Extra reading time
- Computer time
- Reduced homework or homework pass
- Sit with friends
- Five minute chat break at end of class
- Fun video
- Field trips

High School Students

- Free Passes to school events or games
- Reduced homework or homework pass
- Free choice time at the end of class
- Donated coupons to video stores, music stores, movies
- Prizes for students that meet a certain grade standard
- Sit with friends

Classroom Snacks

All classroom snacks and beverages are required to follow the Beverage and Nutrition Standards, outlines on pages 3 & 4. Due to food safety and other concerns, it is recommended that all shared classroom snacks be pre-packaged and delivered as single servings. Single serve food items that meet all of the standards are approved.

Healthy snack choices for classroom events include:

- Pre-packaged fresh fruit and vegetables
- Low-fat yogurt
- Trail mix without nuts
- Animal crackers
- Baked chips
- Low-fat popcorn
- Low-fat string cheese
- Graham crackers
- Raisins/dried fruit

To determine if a snack meets these criteria, check the Nutrition Facts Label on the package. (See page 12 for Food Label Example)

Classroom Parties/Student Birthdays

Schools can help Promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. Classroom parties will include foods that are delicious, nutritious, and special. There are many varieties of fresh or pre-packaged foods available. Please refer to the list of healthy classroom snack options for possible food choices.

Before- and After-School Programs

Many schools sponsor or host before-school programs and after-school programs. Whether operated by the school district or by another entity, the district recommends that these programs follow the same healthy school procedures, practices, and directions provided throughout this document.



Sample label for
Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

It is recommended to choose food items that are 5% or lower in daily values of sugars and fat. It is also recommended to choose food items that provide more than 5% - 10% of your daily fiber.

Go to <http://www.nutrientfacts.com/label.htm> for a complete explanation of food nutrition labels.