

DISTRICT NUTRITION STANDARDS

Nutrition Standards Intent/Rationale:

The District Nutrition Standards demonstrate the district's policy of promoting wellness by supporting good nutrition practices as part of the total learning environment. The Tucson Unified School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy and not excessive in calories. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the availability and sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop a school procedure using the following District Nutrition Standards as minimal guidelines. School procedures that are more restrictive than the District Nutrition Standards must receive approval of the District Wellness Committee.

General:

The District Nutrition Standards include the nutritional standards and requirements of the National School Lunch Program and School Breakfast Program and the Arizona Nutrition Standards except if amended as stated here. The District Nutrition Standards apply to all grade levels. The District Nutrition Standards apply to foods and beverages available to students on school grounds prior to the start of the instructional day, throughout the instructional day, and after the instructional day excluding public events. Areas where students are not permitted access are exempt from the District Nutrition Standards

Food:

- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, vegetables and low fat dairy products.
- It is recognized that there may be rare, special occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the District Wellness Committee Annual Report and must be allowable within federal and state laws regulating foods and beverages on school campuses.

Beverages:

- ONLY 2% milk fat or lower fat milk and dairy-based beverages, water, 100% fruit juices in sizes not to exceed 12 ounces unless restricted to less by state or federal law that are naturally good sources of Vitamin C, Vitamin A, potassium, or other target nutrients identified in national health initiatives or through recommendation of the District Wellness Committee.
- Milk and dairy-based beverages with natural sweeteners may be sold or distributed on school grounds prior to, during the instructional day and after the instructional day.
- Beverages with natural, non-calorie sweeteners may be available in high schools but should constitute less than 50% of the products available.

- Caffeine containing beverages are not permitted in elementary and middle schools for student consumption except in beverages where there is a naturally occurring minimal amount of caffeine.
- Caffeine containing beverages may be permitted in high schools if allowable by federal and state laws but in no greater amounts than a 12 oz serving in volume and caffeine content no higher than a common, regular strength coffee brand level.
- Isotonic, sports, or energy beverages are not permitted to be sold or available for general consumption prior to or during the school day. They can be available after the school day.

Candy and Snack Foods:

- Candy is defined as any processed food item that has:
 - sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose)), listed as one of the first two ingredients

AND

 - sugar is more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will not be permitted prior to, during and after the instructional day on school grounds for consumption during the school day. Public events are excluded from this provision.
- Snack Foods typically defined as chips, cookies, bars, and crackers if made available other than through the district food services programs must comply with the nutrient requirements established in the Arizona Nutrition Standards.