

Board File: EFEA

NUTRITIOUS FOOD CHOICES

At every possible eating occasion, students will have opportunities to practice what they are taught in nutrition education and choose nutritious snacks that are low in fat, sodium and added sugars.

Schools are encouraged to take steps to ensure:

- nutritious foods are always available as an affordable option whenever food is served or sold;
- students have limited opportunities to eat snacks high in fat, sodium or added sugars; and
- competition during the school day with nutritious meals served by the school nutrition service program is prohibited per state regulations and federal policies.

The emphasis on healthy choices applies to:

- a la carte items (separate food choices) offered by the school nutrition service program;
- “competitive foods” which are snacks and beverages sold from vending machines, school stores and fund-raising activities that compete with the school nutrition service program; and
- refreshments that are available at school parties, celebrations and meetings.

Each beverage offered for sale to students from any source, including the school cafeteria, vending machines, school stores and fund-raising activities conducted on school grounds, shall satisfy the minimum nutritional standards for beverages adopted by the State Board of Education.

These standards shall apply to beverages sold on campus during the regular school day and extended school day, including but not limited to extracurricular activities such as clubs, yearbook, band, student government and drama as well as childcare programs.

Exemptions to the extended school day requirement under the Healthy Beverage Rules can be applied to events outside of the regular school day where parents or other adults are present. Such activities include, but are not limited to, selling food and beverages at school sporting events, plays, and band concerts.

Adopted by the Board: September 3, 2019

LEGAL REFS.:

C.R.S. 22-32-134.5 (*healthy beverage requirement*)

C.R.S. 22-32-136.3 (*trans fat ban*)

1 CCR 301-79 (*State Board of Education – healthy beverages rules*)