

Perryton ISD School Nutrition Policy

Schools are in a powerful position to influence children's lifelong eating habits. To support this role and help combat the childhood obesity crisis, the Texas Department of Agriculture created new nutrition guidelines for public schools participating in the federally funded Child Nutrition Programs. This quick reference guide outlines the policies for Texas schools effective August 1, 2004.

Any questions or concerns regarding the Texas Public School Nutrition Policy may be directed to:

Texas Department of Agriculture
Food and Nutrition Division
PO Box 12847, Austin, TX 78711
1-888-TEX KIDS
Or
Squaremeals@agr.state.tx.us

Definitions:

*Foods of Minimal Nutritional Value (FMNVs) include:

Soda water (any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein)

Water ices (any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice)

Chewing gum (any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing)

Certain candies (processed foods made predominantly from sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn)

Competitive foods (any food or beverage sold or made available to students that is not provided by the school cafeteria. This includes items sold in **vending machines, in school stores or through school fundraisers conducted by parents, administrators or other groups and organizations. Outside food and beverages provided for events such as pizza parties, etc., are also considered competitive.

Policy for Elementary Schools

For the purpose of this policy, elementary schools are defined as any campus containing a combination of grades early elementary to sixth.

This policy does not restrict the types of food that parents provide for their own child's consumption at school. However, schools may adopt more restrictive rules as a local policy.

The school may not provide FMNVs* to students at any time during the school day. Certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by school officials.

The school may not provide candy (including candy bars and packaged candies not included as FMNVs) to students at any time during the school day.

The school may not allow competitive foods** any time anywhere on school premises until after the end of the last scheduled class with the exception of the approved nutritious snack that can be provided at a teacher's option in the morning or afternoon. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.

The school may not provide access to carbonated beverages during the school day.

Deep fat frying has been eliminated as a method of on-site preparation.

Food items containing trans fats have been reduced.

Fruits and vegetables are offered daily.

Flavored milks must not contain more than 30 grams of sugar per 8 fluid ounces.

Beverages other than milk must not contain more than 30 grams of sugar per 8 fluid ounces. Juices should be 100 percent fruit and/or vegetable juice. No limit on non-carbonated, unflavored water. Electrolyte replacement beverages (sports drinks) are not allowed.

Policy for Junior High Schools

For the purpose of this policy, junior high schools are defined as any campus containing a combination of grades 6, 7 and 8.

This policy does not restrict the types of food that parents provide for their own child's consumption at school. However, schools may adopt more restrictive rules as a local policy.

The school may not provide access (**including vending machines**) to FMNVs* and all forms of candy until after the end of the last scheduled class.

Competitive foods** are not allowed anywhere on school premises from 30 minutes before to 30 minutes after meal periods. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.

Individual food items must not contain more than 23 grams of fat with an exception of one individual food item per week. No food items can exceed 28 grams of fat at any time.

Deep fat frying has been eliminated as a method of on-site preparation.

Food items containing trans fats have been reduced.

Fruits and vegetables are offered daily.

All items sold in snack bar are subject to regulations regarding fat content, sugar content and portion size as noted in the Texas Public School Nutrition Policy.

Policy for High Schools

For the purpose of this policy, high schools are defined as any campus containing a combination of grades 9,10, 11 and 12.

This policy does not restrict the types of food that parents provide for their own child's consumption at school. However, schools may adopt more restrictive rules as a local policy.

FMNVs* are not allowed to be provided to students during meal periods in areas where reimbursable meals are served and/or consumed. Candy bars and other packaged candy cannot exceed 1.5 ounces. No more than 30 percent of beverages in **vending machines** can be sugared, carbonated soft drinks. All sugared, carbonated soft drinks must be limited to no more than 12 fluid ounces.

Competitive foods** are not allowed during meal periods in areas where reimbursable meals are served and consumed.

Individual food items must not contain more than 23 grams of fat with an exception of one individual food item per week. No food items can exceed 28 grams of fat at any time.

Deep fat frying has been eliminated as a method of on-site preparation.

Food items containing trans fats have been reduced.

Fruits and vegetables are offered daily.

All items sold in snack bar and **vending machines** are subject to regulations regarding fat content, sugar content and portion size as noted in the Texas Public School Nutrition Policy.