

**STUDENT NUTRITION AND PHYSICAL ACTIVITY**

**NUTRITION**

Schools will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards established by this administrative regulation.

Schools will not use foods or beverages as rewards for academic performance or good behavior.

Schools will not withhold food or beverages as a punishment.

Traditional cultural foods may be exempted from the food standards described below for educational and/or special school events.

Food and beverages (including but not limited to vending, concessions, a la carte, student stores, parties and fundraising), served from one-half hour before the start of the school day until one-half hour after the end of the school day, must meet the following food and beverage nutrition standards:

**Beverage Standards:**

Water approved for sale is:

1. Plain or carbonated water that does not contain added sweeteners (natural or artificial, including sucralose and aspartame); vitamins; caffeine; or herbal supplements. Water may be sold in any size.

Juice or juice/water blends approved for sale are:

1. 100% fruit or vegetable juice, or juice/water blends, plain or carbonated that do not add sweeteners (natural or artificial); caffeine; or herbal supplements. Maximum size allowed for sale is 12 oz.

Milk approved for sale are:

1. 2%, 1% or fat free (skim) milk. Maximum size allowed for sale is 16 oz.
2. Enriched rice, nut or soy milk (may be “lowfat”). Maximum size allowed for sale is 16 oz.

**STUDENT NUTRITION AND PHYSICAL ACTIVITY** (continued)

- (a) Rice, soy or nut milks must be enriched with calcium, per 8 oz. serving, to at least 30% of the Daily Value set by the U.S. Food and Drug Administration.
3. Flavored milk may contain no more than 55 grams of sugar total per 16 oz. (27 grams of sugar per 8 oz.) including both naturally-occurring and added sweetener. Maximum size allowed for sale is 16 oz.

Sports Drinks approved for sale are:

1. Beverages that contain less than 30 grams of sugar per 16 oz. serving.  
Maximum size allowed for sale is 16 oz.

Milkshakes and smoothies will follow the Food Standards listed below.

Other Beverages are not approved for sale.

**Food Standards:**

1. Have 30% or less of total calories from fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);
2. Have 10% or less of total calories from saturated plus *trans* fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);
3. Have no more than 35% total sugar by weight including naturally occurring and added sugars (except for sugars that occur naturally in a dairy product, fruit or vegetables);
4. Be limited to the following maximum portion sizes:
  - a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky;
  - b. Two and one-half ounces for trail mix, nuts, seeds or dried fruit;
  - c. Two ounces for cookies or cereal bars;
  - d. Three ounces for bakery items;
  - e. Three fluid ounces for frozen desserts, including, but not limited to, ice cream;
  - f. Eight ounces for non-frozen yogurt.

Exceptions to these administrative regulations for food and beverage may be made for individual products which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with samples of the product in question (when possible) shall be provided to the superintendent's designee in charge of nutrition services for approval before products are placed in schools.

**STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued)**

**Physical Activity Opportunities**

Schools shall strive to allow students the opportunity for moderate physical activity each day to include time before, during, and after school.

Schools will encourage students to walk or bike to school where feasible as a way to promote physical activity.

Schools will discourage extended periods of inactivity.

**Physical Education**

The district will aim to provide all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, with quality daily physical education or its equivalent of 90 minutes/week (Elementary) and 250 minutes/week (Secondary) for the entire school year.

**Recess**

All elementary students shall have at least 40 minutes a day of supervised recess, preferably outdoors as weather permits, during which students are encouraged to participate in moderate to vigorous physical activity with space and equipment to support that.

**Other**

Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) as punishment during the school day.

*(cf. 5144 – Discipline)*

Schools should provide, at a minimum, one indoor and one outdoor physical activity facility for community, student and school staff use.

Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations.

*(cf. 1330 – Community use of school facilities)*

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