

## School District of Bayfield

### NUTRITION STANDARDS

The School District of Bayfield encourages the sale or distribution of nutrient dense foods for school functions and activities. Nutrient dense foods are those which provide vitamins, minerals, protein and essential fats which promote the growth of strong bodies and inquisitive minds. In an effort to support the consumption of nutrient dense foods, the District has adopted the following Nutrition Standards. Those standards govern the sale and distribution of food, beverages and candy on school grounds, in school owned or directed facilities and while using school vehicles. These standards apply to students and employees.

#### Food:

- Food items for sale or distribution prior to the start of the school day and during the instructional day will be nutrient dense.
- The District encourages the consumption of nutrient dense foods including whole grains, fresh fruits and vegetables, and raw nuts and seeds.
- The District discourages the use of hydrogenated fat.

#### Beverages:

- Vending sales of pop will not be permitted.
- The nonvending sales of pop or artificially sweetened drinks will not be permitted on school grounds prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.
- Milk, water and fruit juices may be sold on school grounds prior to and throughout the instructional day.

#### Candy:

- Candy is defined as an 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) and syrup listed as one of the first two ingredients.
- Vending sales of candy will not be permitted on school grounds.
- Nonvending sales of candy will be permitted after the instructional day. Healthy choices will also be available.
- Candy is prohibited from distribution during the instructional day. An exception will be treats provided by parents/guardians.

Food and beverage items that are housed, stored and consumed in the areas/rooms designated for employees only, may vary from these standards.