

## **The Cincinnati Public Schools Nutrition Standards: August 5, 2005**

Meal served through the National School Breakfast, Lunch, Snack and Summer Food Service Programs will:

- Meet, at a minimum, nutrition requirements established by local, state and federal regulations
- Daily offer a choice of fresh fruits and/or vegetables
- Serve only low-fat and fat free milk
- Incorporate whole grains into the menu

The following standards must be met for all sales of food to students in all Cincinnati Public Schools during the normal school day setting. This includes foods sold through the Food Services Department as well as any other organization or person. Sales of food in competition with the meal service of the Food Services Department are prohibited by board policy in conjunction with federal law.

### **Beverages:**

- Water: Plain or carbonated; No added caloric sweeteners. No added caffeine, or herbal supplements. May be any size
- Juice: At least 50% fruit juice with no added caloric sweeteners ; no caffeine or herbal supplements: Maximum size : 12 oz
- Milk: Unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages

### **Snacks:**

- No more than 35% of total calories from fat (excluding nuts, seeds and peanut butter) and 10% of calories from saturated fat.
- No more than 35% of product weight from sugar (except fresh, dried or canned fruits or vegetables)
- Be limited to the following maximum portion sizes:
  - a. Snacks such as crackers, chips, popcorn, cereal- 1.25 oz
  - b. Cookies or cereal bars: 2 oz
  - c. Trail mix, nuts, dried fruit: 2.5 oz
  - d. Frozen desserts, Ice cream: 3 fluid oz
  - e. Yogurt: 8 oz
  - f. Beverages except water: 12 oz

District nutrition standards apply only to food sold. Food provided free as refreshment for parties, potlucks, teacher appreciation luncheons or breakfasts, etc, is not subject to district nutrition standards. Offering foods that meet these standards is highly recommended.

Sales of candy and other foods and drinks outside of the school day are at the discretion of the school's wellness committee. However, healthy food choices for fundraising or non-food based fundraising are highly recommended.

