



Nutrition Standards

The Cincinnati Public Schools Nutritional Standards must be met for all sales of food to students in all Cincinnati Public Schools during the regular and extended 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.

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

Cincinnati Public Schools Nutrition Standards are in alignment with the Alliance for a Healthier Generation's School Beverage and Competitive Food Guidelines:

SCHOOL BEVERAGE GUIDELINES

Beverages	Elementary	Secondary
Water	Any size No added sugars, artificial sweeteners or sodium	Any size
Plain Fat Free or Low Fat Milk Up to 150 calories per 8 oz	8 oz (150 calories)	12 oz (225 calories)
Flavored Fat Free or Low Fat Milk Up to 150 calories per 8 oz	8 oz (150 calories)	12 oz (225 calories)
100% Juice Up to 120 calories per 8 oz	8 oz (120 calories)	12 oz (180 calories)
No or Low Calorie Beverages Up to 20 calories per 8 oz No added caffeine	No	Any size

At least 50% of beverages must be water and or no or low calorie beverages.

SCHOOL SNACK FOOD GUIDELINES

Snacks	Calories		Total Fat	Saturated Fat	Trans Fat	Sugar by Weight	Sodium
	Elem.	High					
Dried Fruit with No Added Sugar	150	200	0 g	0 g	0 g	exempt	230 mg
Nuts, Nut Butters & Seeds	150	200	exempt	exempt	0 g	35%	230 mg
Low Fat and Fat Free Dairy*	150	200	35%	10%	0 g	35%	480 mg
Soup and Vegetables with Sauce	150	150	35%	10%	0 g	35%	480 mg
Snacks	150	200	35%	10%	0 g	35%	230 mg
Fruit with Nuts (Trail Mix)	150	200	exempt	10%	0 g	35%	230 mg
<p>* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.</p>							

Sales of candy and other foods and drinks outside of the regular or extended 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.

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 and will conform to standards outlined in the Healthier US School Challenge.