

Article VIII.A.21. Nutrition and Vending

A. Statement of Policy

The Board of Education believes that the promotion of student health supports student achievement by improving attendance and behavior and also leads to positive life-long habits. Acknowledging that the health curriculum promotes healthy nutrition, the Board of Education encourages schools and school communities to consider the following guidelines and act consistently with the curriculum by supporting healthy nutrition through vending offerings.

Because of the connection between student nutrition and achievement, recommendations regarding vending machines and their offerings are within the purview of school community councils.

B. Drink Vending

On September 1, 1998, Granite School District entered into a 10 year Agreement with the Pepsi-Cola Company regarding the vending of soft drink, juice, isotonic, water and fountain products. Only Pepsi-Cola distributed products and fountain beverage products may be sold, served, or offered in Granite School District buildings, facilities, and grounds.

1. Drink Vending in Elementary Schools

There shall be no drink vending machines in elementary schools.

2. Drink Vending in Secondary Schools

- a. Vending machines and fountain units are placed at locations agreed upon by the school and Pepsi-Cola.
- b. Secondary schools are encouraged to increase the percentage of water, sports drinks, and fruit drink offerings to at least 50% of offerings as compared to carbonated and caffeinated drinks.
- c. Schools are encouraged to limit fruit drink offerings to drinks with 100% juice and sports drinks with low sugar content.
- d. Schools are encouraged to consider offering only:
 - i. unflavored or zero-calorie flavored water,
 - ii. non- or low-fat plain or flavored milk or yogurt beverage in servings no greater than 16 ounces,
 - iii. non-carbonated drinks with fewer than 250 calories per container, and

- iv. 100% fruit and vegetable juices or fruit drinks with no less than 50% juice without additional sweeteners.
- e. Schools are encouraged to consider setting the sales price for carbonated drinks higher than the sales price for water and fruit and vegetable juices.
- f. Schools are encouraged to have a non-carbonated beverage vending machine next to every carbonated beverage vending machine.

3. Exceptions

- a. Non-Pepsi-Cola products such as hot chocolate, water, and non-carbonated orange and fruit punch drinks may be distributed for free at classroom or school events. Schools are encouraged to distribute only drinks that meet the recommendations of this policy.
- b. Faculty rooms are exempt from these guidelines. Non-Pepsi-Cola products may be offered, served, or sold in faculty rooms.

C. Food Vending

- 1. Schools are encouraged to limit food vending, to include fund raisers, to foods which are low in fat and sugar.
- 2. Guidelines for foods sold outside of the reimbursable school meals program:
 - a. There shall be no food vending machines in elementary schools outside of the reimbursable school meals program.
 - b. For secondary schools, offerings shall emphasize nutrient density, whole fruits and vegetables, low fat and added sugar, and moderate portion sizes.
 - c. Schools are encouraged to consider limiting portion sizes as follows:
 - i. two ounces for chips, crackers, cookies, cereal bars, granola bars, popcorn, packaged snacks, trail mix, nuts, seeds, dried fruit, or jerky;
 - ii. small, single serving size for pastries, muffins, brownies, doughnuts, bagels and other bakery products;
 - iii. small, single serving size for ice cream novelties;
 - iv. four fluid ounces for frozen desserts;
 - v. eight ounces for non-frozen yogurt;

- vi. twelve ounces for shakes; and
 - vii. other offerings such that the portion sizes is not greater than 1.5 times the size of comparable portions offered as part of school reimbursable school meals.
- d. Fruits and non-fried vegetables are exempt from portion size restrictions.
- 3. In addition to the foregoing, schools are encouraged to consider limiting all food vending to offerings that meet the following criteria:
 - a. 250 calories or fewer,
 - b. fewer than 35% of total calories from fat, and
 - c. less than 35% of weight from sugar.
- 4. Classroom snacks shall feature healthy choices.
- 5. No activity or event shall interfere with student access to a balanced breakfast or lunch.
- 6. Schools are encouraged to request assistance from the School Foods Services Department for further information regarding food vending recommendations.
- 7. Exceptions

This section does not apply to concessions at Utah High School Activities Association activities.

D. General

Schools are encouraged to:

- 1. limit the use of candy rewards,
- 2. follow the nutrition recommendations of this policy in school or classroom parties and activities,
- 3. consider establishing nutritional selection ratios for vending offerings (e.g. 3:1 healthy to unhealthy choices),
- 4. consider a competitive pricing system to discourage the purchase of non-nutritional foods, and
- 5. request assistance from the School Food Services Department for further information regarding foods that will promote student health and reduce childhood obesity.