

## **Nutritious Food Choices**

At every possible eating occasion, students will have opportunities to practice what they are taught in nutrition education and choose nutritious snacks that are low in fat, sodium, and added sugars.

Schools are encouraged to take steps to ensure:

1. Nutritious foods are always available as an affordable option whenever food is served or sold;
2. Students have limited opportunities to eat snacks high in fat, sodium, or added sugars; and
3. Competition with nutritious meals served by the school food service program is minimized.

The emphasis on healthy choices applies to

1. A la carte items (separate food choices) offered by the food service program;
2. "Competitive foods" which are snacks and beverages sold from vending machines, school stores, and fund-raising activities that compete with the food service program; and
3. Refreshments that are available at school parties, celebrations, and meetings.

Each beverage offered for sale to students from any source, including the school cafeteria, vending machines, school stores, and fund-raising activities conducted on school grounds, shall satisfy the minimum nutritional standards for beverages adopted by the State Board of Education.

These standards shall apply to beverages sold on campus during the regular school day and extended school day, including but not limited to extracurricular activities such as clubs, yearbook, band, student government, and drama, as well as and childcare programs.

These standards shall not apply to the sale of beverages at school-related events where parents and other adults are invited attendees. Such activities include but are not limited to interscholastic sporting events, school plays, and band concerts.

*Adopted January 22, 2013, by the Board of Education for Mapleton Public Schools.  
Revised June 27, 2017.*

LEGAL REFERENCES:



## **EFEA**

1 CCR 301-79 (*State Board of Education – healthy beverages rules*)

C.R.S. § 22-32-134.5 (*healthy beverage requirement*)

C.R.S. § 22-32-136.3 (*trans fat ban*)

### CROSS REFERENCES:

ADF: School Wellness