

# **Bacich School Nutrition Policy**

## **Guidelines for the Classroom**

### **Nutrition Guidelines:**

All foods and beverages offered on campus during the school day must meet the following nutritional requirements:

#### **Food:**

- Not more than 35% of calories from fat (grams of fat x 9/total calories)
- Not more than 10% of calories from saturated fat
- Not more than 35% of the total weight is composed of sugar (excluding fruits or vegetables) (grams of sugar/total weight in grams)

#### **Beverages:**

- Beverages may include water, milk (low-fat or non-fat), and 100% fruit juices.

\*Exceptions to these guidelines may include a limited number of classroom parties at the discretion of the classroom teacher (e.g. Holiday parties), a limited number of school sponsored events at the discretion of the principal (e.g. Heritage Day), and food used as an instructional aid (e.g. gingerbread man).

### **Additional Items:**

-When using food as an instructional aid, teachers are encouraged to select foods that meet our nutrition guidelines. Candy may not be used as an instructional aid.

-Food may not be given to students at school as a reward, incentive, or prize.

-While on campus in the presence of students, teachers and parents are encouraged to model healthy eating habits.