

State of Michigan
Michigan State Board of Education

**Policy on Offering Healthy Food and Beverages
In Venues Outside of the Federally Regulated
Child Nutrition Programs**

The Michigan State Board of Education recognizes and acknowledges, through its policy on coordinated school health programs,¹ that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” Establishing healthy eating behaviors during the school-age years can make an important contribution to short and long-term disease prevention and health promotion.²

The Board believes that schools should provide a campus-wide environment supporting student adoption of healthy eating behaviors. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices.

The Board’s 1973 Food and Nutrition Policy Statement provided guidelines for elementary school students only. Given the current health issues faced by school age children in this state, the 2003 policy encourages all Michigan school buildings to adopt the recommendations listed below, regardless of age/grade level.

This policy focuses on one component of a healthy school environment: to ensure that healthful food choices are offered in venues that are within the school/district’s control but outside federally regulated child nutrition programs. These venues include, but are not limited to, vending machines, a-la-carte sales, food rewards, fundraisers, school stores, concessions, school parties, activities, and meetings. In addition, this policy is consistent with recommended actions outlined in *The Role of Michigan Schools in Promoting Healthy Weight*³ and goals of the Michigan Action for Healthy Kids coalition.⁴

The purpose of this policy is to ensure that students have access to food that meets their nutrient requirements to promote health and foster learning. Food and beverages that compete with this policy’s purpose should be discouraged. Healthy food and beverages that comply with this policy’s purpose should predominate in all school venues.

The Board recommends that each school building offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs. Appendix A provides background research supporting each recommendation.

¹ Coordinated School Health Programs to Support Academic Achievement and Healthy Schools, September 2003.

² Healthy People 2010: Understanding and Improving Health, Stock Number: 017-001-00550-9.

³ *The Role of Michigan Schools in Promoting Healthy Weight, A Consensus Paper*. Michigan Department of Education, Michigan Department of Community Health, and the Governor’s Council on Physical Fitness, Health and Sports, September 2001.

⁴ Action for Healthy Kids Coalition. www.actionforhealthykids.org

1. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current United States Department of Agriculture standards.
2. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques. Offer 100 percent fruit juice in 12-ounce servings or less.
3. Offer nonfat, low-fat, plain and/or flavored milk and yogurt. Offer nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
4. Offer nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less. Offer portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
5. If offered, serve accompaniments (sauces, dressings, and dips) in one-ounce servings or less.

Adopted December 18, 2003

Research and Rationale For Recommendations

Because excess calories are stored as body fat, children who eat more calories than their bodies require are at increased risk for becoming overweight in childhood and obese as adults. Limiting the portion sizes of foods served can decrease calorie intake. Excess dietary fat may provide excess calories and may also increase the risk for chronic diseases. Added sugars add excess calories and contribute to weight gain or lower consumption of more nutritious foods.

1. Grain Food Research and Rationale: Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current United States Department of Agriculture standards.

- Grains provide essential vitamins and minerals, and provide fiber if they are a whole grain. Whole grains contain the entire grain kernel. Examples include whole-wheat flour, bulgur, oatmeal, rye bread, whole cornmeal, and brown rice. Whole grains, when eaten with other healthful foods, may help decrease the risk of many chronic diseases. Moreover, whole grain foods containing fiber promote proper bowel function and have been shown to trigger the feeling of fullness with fewer calories.
- Nutrients are lost when grains are milled, including B vitamins, iron, and dietary fiber. "Enriched" grains are grains to which iron, folic acid and other B vitamins, including niacin, thiamine and riboflavin are added back to the grain mixture after milling. Over the years, enrichment has helped eliminate many nutrition-related diseases.⁵

2. Fruits and Vegetables Research and Rationale: Offer fresh, frozen, canned, or dried fruits and vegetables using healthy food preparation techniques. Offer 100 percent fruit juice in 12-ounce servings or less.

- The benefits of eating a minimum of five servings of fruits and vegetables each day cannot be overstated. Not only is fruit and vegetable intake associated with decreased risk for cardiovascular system diseases⁶ and cancers,⁷ but stronger bones as well.⁸ Unfortunately, children and adolescents do not eat enough fruits and vegetables and, as a result, may be at higher risk for developing chronic diseases later in life.⁹ Fruit juice offers no nutritional advantage over whole fruit. Excessive juice consumption may result in an increase in calorie intake and may contribute to the development of obesity.

⁵ "Get on the Grain Train." United States Department of Agriculture Dietary Guidelines for Americans. May 2002. (<http://www.usda.gov/cnpp/Pubs/Brochures/GrainTrainPamphlet.pdf>)

⁶ JAMA, 1999; 282:1233-1239.; KJ Joshipura, FB Hu, et al. "The Effect of Fruit and Vegetable Intake on Risk for Coronary Heart Disease." *Annals of Internal Medicine*. 134:1106-1114. 2001.

⁷ J Natl Cancer Inst 2000;92(1):61-8.

⁸ Am J Clin Nutr 1999;69:727-36.

⁹ JA Pesa and LW Turner. "Fruit and vegetables intake and weight control behaviors among U.S. youth." *Am J Health Behavior*. 25(1):3-9. 2001.

3. Dairy Food Research and Rationale: Offer nonfat, low-fat plain, and/or flavored milk and yogurt. Offer nonfat and/or low-fat real cheese rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.

- Milk, cheese, and yogurt are excellent sources of many essential nutrients (such as calcium), including those that are often lacking in the diets of children and teens.^{10 11 12 13 14} Nutrients within dairy products may help reduce the risk of cavities and chronic diseases such as osteoporosis, hypertension and some cancers. Many reputable health professional organizations recommend that children and teens choose low-fat milk, cheese, and yogurt to get the calcium (and other nutrients) they need for strong bones and overall health.

4. Meat, Beans, and Nut Food Research and Rationale: Offer nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less. Offer portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.

- Nuts, seeds, beans, meats, eggs, poultry and fish offer protein and other valuable nutrients such as zinc, iron, and B vitamins. Protein supplies amino acids, which are building blocks that build, repair, and maintain body tissues.

5. Accompaniments Rationale: If offered, serve accompaniments (sauces, dressings, and dips) in one-ounce servings or less.

- Limiting the portion sizes of accompaniments served with food can decrease calorie intake. Excess dietary fat may provide excess calories and may also increase the risk for chronic diseases. Added sugars may add excess calories and contribute to weight gain or lower consumption of more nutritious foods.

¹⁰ Johnson, R.K., C. Panely, and M.Q. Wang. "The association between noon beverage consumption and the diet quality of school-age children." *J. Child. Nutr. Manage.* 22(2):95, 1998.

¹¹ Institute of Medicine. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. "Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride." Washington, D.C.: National Academy Press, 1997.

¹² U.S. Department of Agriculture, Agricultural Research Service. Data tables: Results from USDA's 1994-96 Continuing Survey of Food Intakes by Individuals and 1994-96 Diet and Knowledge Survey. Riverdale, MD: ARS, USDA. February 1999. (http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_b.pdf)

¹³ Ballew, C. et al. "Beverage Choices Affect Adequacy of Children's Nutrient Intakes." *Arch. Pediatr. Adolesc. Med.* 154:1148, 2000.

¹⁴ Bowman, S. "Beverage Choices of Young Females: Changes and Impact on Nutrient Intakes." *J. Am. Diet. Assoc.* 102:1234, 2002.

Jonesville Community Schools
District Wide Acceptable Snack Policy

1. Recommendations for Serving Healthy Snacks. See Appendix C for suggestions. Single-serving snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:
 - Contain 300 or fewer calories,
 - One or more grams of fiber, or
 - At least 10% of Calcium, Iron, Vitamin A or Vitamin C

2. Recommendations for Serving Healthy Beverages
 - Water
 - 100% juice in 12-ounce servings or less
 - Fat free, lowfat, plain and/or flavored milk in 16-ounce servings or less
 - Fruit/fruit juice smoothies in 16-ounce servings or less

3. The following beverages are not allowed for consumption at school and will be confiscated if possessed at school:
 - Soda pop
 - Energy drinks (Red Bull, Monster, Rockstar, etc.)

4. School Parties – foods offered at school parties should add to the fun, but try to avoid making them the main focus. Schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. Examples:
 - Combine student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks
 - Have a Game Day – students get to select their favorite games
 - Create a healthy party idea book in your building so that all classrooms can benefit
 - Have a Craft party. Ask parents to provide craft supplies instead of food
 - Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
 - Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child

5. School staff should not offer food and/or candy as a reward to students. Kids learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. There are many disadvantages to using food as a reward:
 - It undermines nutrition education being taught in the school environment.

- It encourages over-consumption of foods high in added sugar and fat.
- It teaches kids to eat when they're not hungry as a reward to themselves.

6. Finding alternatives to food rewards is an important part of providing a healthy school environment. Kids naturally enjoy eating healthy and being physically active. Schools need to provide them with an environment that supports healthy behaviors. Be creative, and don't forget the simple motivation of recognizing students for good work or behavior! Alternatives to using food as a reward:

Elementary

- Sit by friends
- Make deliveries to office
- Eat lunch with teacher or principal
- Have lunch in classroom or outside
- Extra recess
- Fun physical activity break
- Show-and-tell
- Bank system-earn play money for privileges
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Earn free time – time can be earned or taken away depending on behavior

Middle School

- Teach the class
- Extra reading time
- Have lunch outside or have class outside
- Get a reduced homework or no homework pass
- Receive a video store or movie theater coupon
- Earn free time – time can be earned or taken away depending on behavior
- Sit with friends
- Fun physical activity break
- Computer time
- Five minute chat break at end of class

High School

- Extra credit
- Free passes to school events or games
- Get a reduced homework or no homework pass
- Free choice time at the end of class
- Receive a video store or movie theater coupon
- Sit with friends

7. Staff – The examples that you model for the students send home a very powerful message. All school staff should follow the above guidelines when in the school environment.

- Bring healthy food and drink choices with you for meals and snacks
- Do not consume foods of limited nutritional value (pop, candy, chips, etc.) in front of the students, especially when they are not allowed to
- Wash your hands frequently and encourage students to do the same
- Encourage students to be physically active during breaks and recess. Give them ideas of how they can be more active. Better yet, get involved and play with them!
- Talk with students about the importance of healthy eating and physical activity

- Share your experiences and involvement with students. When they know that their teacher plays on a community softball team or participates in 5 mile runs, it will encourage them to get active and involved as well
- Serve healthy food and drink choices at staff meetings, PTA meetings and other school related events

Approvals

Function	Printed Name	Signature	Date
SHC Coordinator	_____	_____	_____
Superintendent	_____	_____	_____
Board President	_____	_____	_____

Adopted:

Reviewed:

Suggestions for Healthy Snacks

Fresh fruit and vegetables
Yogurt
Bagels with lowfat cream cheese
Baby carrots and other vegetables with lowfat dip
Trail mix*
Nuts and seeds*
Fig cookies
Animal crackers
Baked chips
Lowfat popcorn
Granola bars*
Soft pretzels and mustard
Pizza (no extra cheese and no more than one meat)
Pudding
String cheese
Cereal bar
Single-serve lowfat or fat free milk (regular or flavored)
100% fruit juice (small single-serving)
Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people.

Acceptable pre-packaged snacks that meet above criteria

Dole Fruit Bowls
Dole Fruit Parfaits
Frito Lay Baked Chips
General Mills Chex Mix Traditional
Kellogg's Nutri-Grain Muffin Bars – Banana
Kellogg's Special K Snack Bites – Strawberry
Kellogg's Raisin Bran Crunch Bar
Motts Applesauce
Nabisco 100 Calorie Pack Wheat Thins
Nabisco Teddy Grahams
Nature Valley Crunchy Granola Bars – Cinnamon/Honey & Oat
Quaker Breakfast Bites – Strawberry/Apple Crisp

Quaker Chewy Granola Bars
Quaker Trail Mix Bars – Cranberry, Raisins & Almonds
Snyder's Pretzels
Sunshine Right Bites CHEEZ-IT
Sun-Maid Raisins

Note: Some candies and sugary snacks may meet the criteria listed above. Michigan Action for Healthy Kids encourages school to offer snacks that contain fruit, vegetables or whole grains over chips and sweets such as candies, cupcakes and cookies.