

## FOODS & BEVERAGES PROVIDED

- Campuses may not serve or provide access to foods of minimal nutritional value (FMNV) and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class.
- FMNV's: soda water, water ices, chewing gum, certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn).
- All food and beverages provided to students will meet USDA Smart Snack standards. Healthy options, fruits, vegetables, and water for example, are preferred and should be offered.
- Fruits, vegetables and Smart Snacks are available for purchase through Café Managers.

### ELEMENTARY SCHOOLS

Campuses may not allow food or beverages to be provided to students at any time during the school day, with the exception of a healthy snack and water.

### MIDDLE SCHOOLS

Campuses may not allow food or beverages to be provided to students anywhere on campus 30 minutes before to 30 minutes after meal serving times.

### HIGH SCHOOLS

Campuses may not allow food or beverages to be provided to students during meal times where meals are served or consumed.

## BIRTHDAY CELEBRATIONS

- Parents may bring items to celebrate their child's birthday; however, they cannot be provided to students in the cafeteria during meal service times. Birthday food items may only be shared after the last scheduled class of the day.
- A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain time to celebrate, so as not to interfere with instructional time.

## HEALTHY SNACK IDEAS<sup>1</sup>



### BEVERAGES

- Water
- Spa Water (plain water infused with fruit or herbs)
- 100% fruit juice (with no added sugar)
- Fat free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat free or low fat yogurt)
- 100% fruit juice slushes (with no added sugar)



### FRUITS & VEGETABLES

- Fresh fruit (trays, salads or kabobs)
- Fresh vegetables (trays, salads or kabobs)
- Canned fruit or fruit cups (in water or 100% fruit juice)
- Frozen fruit or fruit cups (in water or 100% fruit juice)
- Freeze your own fruit (ex. frozen grapes, melon balls)
- Dried fruit (with no added sugar)



### WHOLE GRAINS

- Whole grain crackers, pretzels or cereal bars
- Small whole grain bagels (topped with SunButter)
- Low fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Baked whole grain tortilla chips (with salsa or bean dip)



### PROTEINS

- Fat free or low fat yogurt (serve alone or as a dip for fruits and vegetables)
- Low fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Trail mix (with seeds, reduced sugar cereal and dried fruit)

<sup>1</sup>[www.healthiergeneration.org](http://www.healthiergeneration.org) (healthy fundraising, celebration, and non-food reward ideas, plus Smart Snack information, calculator, and access the "The Healthier Generation Store with Amazon Business")

**Campuses will comply with the Wellness Policy every day. There are no exceptions or exempt days.**

## FOOD FOR INSTRUCTIONAL PURPOSES

- Food should not be used for instructional purposes unless the food is required for teaching students about nutrition or foods of different cultures. If foods are used for instructional purposes, the foods may not be FMNV's or candy at any time (including chocolate).
- The food given during a classroom lesson is to be for a taste only and not be in place of a meal provided during the student's breakfast or lunch period.

## REWARDING WITH FOOD

- Campuses may not use food as a reward, unless documented in a students' IEP.

## NON-FOOD REWARD IDEAS<sup>1,2</sup>



### PRIZES

Pencils  
Erasers  
Stickers  
Other School Supplies  
Books  
Bookmarks  
Trip to treasure box filled with non-food items



### PHYSICAL ACTIVITY

Lead a special physical activity break  
Host a special event such as a dance or kite-flying party  
Turn on music and let students dance for a few minutes  
Have a themed parade around your school  
Go on a scavenger hunt  
Nature hike outside  
Walk with principal or teacher



### SPECIAL ACTIVITIES

Let students choose a special activity or be a teacher's helper  
Allow students to select a special book or invite a guest to read aloud  
Host a special dress day where students can wear hats or pajamas  
Play a classroom game  
Have class outside  
Talk time, chat with classmates for 5 minutes  
Listen to music  
Late assignment pass



### RECOGNITION

Give a certificate or ribbon  
Post a sign in the classroom or on a prominent bulletin board  
Give a shout-out in the morning announcements  
For birthdays, allow children to wear a crown or special sash  
Contact parent about student's success  
Student of the day, week, month

<sup>1</sup>[www.healthiergeneration.org](http://www.healthiergeneration.org)

<sup>2</sup>[www.actionforhealthykids.com](http://www.actionforhealthykids.com)

## VENDING MACHINES

Healthy foods are provided in all vending machines District-wide for student and staff access.

### ELEMENTARY SCHOOLS

There are no student accessible vending machines in elementary schools; however, campuses may request a vending machine for the staff lounge by contacting the vendor.

### MIDDLE SCHOOLS

In middle school, vending machines must be turned off during meal times.

### HIGH SCHOOLS

In high school, vending machines located in areas where reimbursable meals are served and/or consumed, must be turned off during meal periods.

## FUNDRAISING

- All campuses may not sell food or beverages for any fundraising activity during the school day.
- Fundraising activities that involve the sale of food and/or beverages will take place outside of the school day, which is defined as 30 minutes before the first bell and after the last bell.

## HEALTHY FUNDRAISING IDEAS<sup>2</sup>

### Fundraisers that Promote Healthy Eating:

- Fruit and vegetables boxes, baskets or bundles
- Healthy spices and seasonings
- Cookbook of families' healthy recipes
- Cookware and kitchen utensils
- Herb starter kits
- School seed stores
- Farmers markets
- Family nights at healthy restaurants

### Fundraisers that Promote Physical Activity:

- Fun walks or runs
  - Jingle Bell Run - \$1/bell - Attach to shoes/body during the run
  - Color Run
- Walk-a-thons, bike-a-thons, jump-rope-athons, bowl-a-thons, skate-a-thons, hula hoop-a-thons
- School dances
- Family obstacle courses
- Golf or tennis tournaments
- School-based intramural tournaments
- Garden assistance (weeding, raking)
- Sale or delivery of garden mulch, water softener salt or other home maintenance items for set price
- 30-day fitness and fundraising challenges
- Y-ties

### Non-Food Fundraising Ideas:

- Car washes
- Game night, bingo night
- Auctions (live, silent or online)
- Magazine subscriptions
- Parking Spot Sales
- Discount cards/coupon books
- Gift wrapping services
- Penny war - see which class brings the most change
- Parents' day/night out — provide childcare with open gym and activities for kids so parents can holiday shop or have an evening out
- Community garage sales
- Dunk tank
- Product Sales:
  - PE Equipment - jump ropes
  - Candles, lotions, soaps, greeting cards, stationary
  - Plants, flowers, bulbs, seeds
  - School spirit apparel and merchandise
  - Water bottles
  - Reusable straws
  - Reusable grocery bags
  - Holiday-themed decorations, wrapping paper
  - Track and field spirit shop

<sup>2</sup>[www.actionforhealthykids.com](http://www.actionforhealthykids.com)

## FOOD ALLERGIES/ANAPHYLAXIS

- All campuses are "Peanut and Tree Nut Allergy Aware".
- Review "Campus Health Forms" section for the district's Food Allergy/Anaphylaxis protocol and plan. (<https://www.austinisd.org/student-health>)
- School menu accommodations can be made for students with food allergies or other food issues by submitting a "Request for Dietary Accommodation" available on the Austin ISD website or from the school nurse.