



## **Foods Sold and/or Made Available to ALL Students in ALL Washington State Public Schools**

The Washington School Nutrition Association takes the following positions with regard to the sale of foods in Washington State's public schools. We believe that all foods offered to all students should make only a positive contribution to health. We believe this is exceedingly important for the reasons listed below.

- a. Childhood obesity has reached epidemic levels. Nearly 15% of youth are overweight;
- b. Overweight and obese children are at higher risk for developing severe long-term health problems, including but not limited to, Type 2 diabetes, cardiovascular disease, high blood pressure, asthma, and certain cancers. Seventy percent of overweight adolescents become overweight adults;
- c. Overweight youth also are often affected by discrimination, psychological stress, low self-esteem, and depression;
- d. Poor diet negatively affects the ability to learn and decreases motivation and attentiveness;
- e. Obesity-related illness costs our U.S. health care system close to \$75 billion a year;
- f. There are many factors that contribute to childhood obesity, including increased access to high-calorie, high-fat foods and sugar-sweetened beverages, decreased opportunities for physical activity and aggressive marketing by the food industry;
- g. Schools should play an influential role in the formation of children's eating and physical activity habits;
- h. Schools providing non-nutritious food and beverages in vending machines, school stores, a la carte lines and as fundraisers during the school day may be contributing to the problem of childhood obesity and definitely are sending a message that good nutrition is not important to their health or education.

## **Standards for Foods Sold or Otherwise Made Available to All Students during the School Day**

In all Washington schools any food sold or otherwise made available to students during the school day other than those that are served as part of the National School Breakfast and Lunch program should meet the following standards:

- Not more than thirty-five percent of its total calories are from fat. This does not apply to the sale of nuts or seeds or real cheese snacks.
- Not more than ten percent of its total calories are from saturated fat.
- Not more than thirty-five percent of its total weight is composed of sugar. This does not apply to the sale of fruits, vegetables and 100% milk and juice.
- During regular school hours, water, non-fat or low-fat 100% milk or flavored milk, non-fat or low-fat plain or flavored fortified soy beverage or rice beverage, and one hundred percent fruit juices that have no added sweeteners are the only beverages that may be sold to pupils in all schools as defined in New Section 2 of the legislation. Carbonated beverages may not be offered during the school day.

- Food should not be used as a reward or incentive for student behavior or academic performance. Food is not used for fund raising until 30 minutes after the lunch period.
- Individual food items (a la carte, vending, student stores) shall not exceed 250 calories; or portion size can be no larger than
 

1.5 oz or less	Snacks & Sweets
2 oz	Cookies & Cereal Bars
3 oz	Bakery items
3 oz	Frozen Desserts
8 oz	Yogurt
1 oz	Nuts and seeds
12 oz	Beverages (no limit on water).
	Milk must not exceed 360 calories per serving.
- Pricing of products to give healthful items a competitive edge is encouraged.
- Nutrition Education in the classroom must be an essential part of the students' K-12 curriculum to ensure that students develop skills to make good decisions regarding food choices.

**Quality School Meals Means:**

- Lunch and Breakfast are available in all schools.
- Meals are scheduled at appropriate times, with adequate time to eat meals, and socialize in a pleasant environment that has attractive serving and eating areas. Lunch periods are scheduled as near the middle of the school day as possible.
- Healthy appealing choices are available, and healthier options are marketed.
- Food Safety is a priority with all employees attending at least one (2 hour) continuing education class each year.
- USDA program meals shall meet the dietary guidelines for Americans.