

Beverage AMG

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. Smart Snacks in School lays out targeted, science-based nutrition standards for beverages that reflect current nutrition science and progress being made across the country, as well as through existing voluntary efforts. The new standards allow variation by age group for factors such as portion size and caffeine content. While water is available on an unlimited basis, USDA has established reasonable, age-appropriate portion size standards for all other beverages in order to reinforce the important concepts of moderation and balance in student diets. In an effort to maintain a consistent health message across the entire food and beverage environment at DVUSD has added additional beverage guidelines

Healthier beverage options available during the school day (midnight before school start to 30 minutes after the final bell signals the end of the school day).

- All schools are allowed to sell:
 - Plain water (carbonated or uncarbonated)
 - Unflavored low-fat milk
 - Flavored or unflavored non-fat milk (and milk alternatives)
 - 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.
- Portion sizes based on age.
 - Elementary schools may sell up to 8-ounce portions of allowable milk and juice beverages.
 - Middle and high schools may sell up to 12-ounce portions.
 - In high schools, the standards limit the maximum container size to 12-ounces for lower calories beverages and 20 ounces for calorie-free beverages.
- Additional options for older students:
 - The new standards provide additional beverage options to high school students, recognizing their increased independence, relative to younger students, and the wide range of beverages available to high school students in the broader marketplace.
 - Beyond water, milk and juice, Smart Snacks in School provides additional calorie-free and lower-calorie beverage options for high school students.
 - Calorie-free beverages, in up to 20-ounce portions
 - Lower-calorie beverages with up to 40 calories per 8 ounces or 60 calories per 12 ounces.
 - These may be sold in up to 12 ounce portions.
 - However, in an effort to maintain a consistent health message across the entire food and beverage environment at DVUSD:
 - Diet soda will not be allowed to be sold or served to students in any age group during the school day.
 - The only carbonated beverages that may be served or sold to grades 9-12 are carbonated fruit or vegetable juices with no added sweeteners and carbonated waters with no added sweeteners.
 - Caffeinated beverages with caffeine content above 100 mg (The Academy of Pediatrics daily caffeine limit) are not allowed to be sold during the school day (espresso drinks, coffee drinks, energy drinks, etc.).