

## District Nutrition Standards

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

### Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 35% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will generally have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.

### Candy:

- Candy is defined as any processed food item that has:
  - a. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients  
AND
  - b. Sugar is more than 35% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day

**No home baked goods allowed.**

\* Single serving foods/beverages sold during school hours must follow the district nutrition standards. See attached.

# SEDALIA SCHOOL DISTRICT #200

## Request for Fundraising Activity

*\*\*\*(Need at least 1 week advanced notice)\*\*\**

PLEASE PRINT

Today's Date		Contact Telephone	
Organization Making Request			
Individual Responsible			
Purpose of Event			
Date(s) for Fundraiser			
Building/Grade Level			
Describe product/type of sale  *Single serving foods/beverages sold during school hours must follow the district nutrition standards. See back.			
Who will be sellers?			

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Approved by:

Yes No \_\_\_\_\_ Date: \_\_\_\_\_  
Principal

Yes No \_\_\_\_\_ Date: \_\_\_\_\_  
Superintendent

(If no, notify building immediately.)

Comments: \_\_\_\_\_

\_\_\_\_\_  
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