



IDAHO Recommendations For Promoting a Healthy School Nutrition Environment

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HEALTHY SCHOOLS SUMMIT

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For some time now, the attention of Idaho's educators has been focused on compliance with the federal *No Child Left Behind* act. But leaving no child behind means making sure that every child has the mental and physical health necessary to participate fully in the school experience. Good nutrition is linked to increased achievement, reduced absenteeism and tardiness, and lower suspension rates.

Schools are in a unique position to improve nutrition habits and physical activity for children. Student access to competitive foods and beverages has increased during the past decade, and youngsters may not know how to choose wisely. Schools can model and reinforce classroom lessons about nutrition and health by providing food options that are low in fat, calories, and added sugars, such as fruits, vegetables, whole grains, and low-fat dairy products.

These *Recommendations for Promoting a Healthy School Nutrition Environment* can help schools develop policies to ensure that food and beverage selections available on school campuses and at school events are consistent with the *Dietary Guidelines for Americans*. We hope you will find them useful.

A handwritten signature in cursive script that reads "Marilyn Howard".

Marilyn Howard, Ed.D.
State Superintendent of Public Instruction

Promoting A Healthy School Nutrition Environment

Action for Healthy Kids Idaho Mission Statement

To help children establish life-long healthy eating and exercise patterns that will help each child reach his or her full academic potential.

Goal

Adopt policies ensuring that all food and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.

Recommendations

I. School Environment

- a. When ever possible, fresh foods such as fruits and vegetables, whole grains and low-fat dairy products (including flavored milk) should be promoted as best practice in foods offered or sold to children.
- b. School breakfast and lunch should be easily accessible to every child.
- c. School meals should be offered in a pleasant social eating environment that encourages student interaction and socializing.
- d. Schools should support an adequate amount of time for students to eat lunch after they have received their meal. A minimum of thirty minutes is recommended.
- e. Schools should encourage teachers and administrators to model good nutrition behavior.
- f. Schools should encourage teachers and administrators to eat periodically with students during meal times.
- g. School food service should form working relationships with other school groups (student stores, classroom pizza parties, fundraisers, etc.)

II. Nutrition Education

1. A minimum of ten hours of teacher training on food and nutrition education.
2. A minimum of fifty hours of interdisciplinary health and nutrition education for students.

Good Nutrition Improves Student Academic Achievement

III. Vending Machines

If items other than those on the AFHK-I recommended list are to be sold, they must first be approved by *(identified school personnel/committee assigned to this task)* and meet the definition of a healthy food.

Allowable vending machine items include:

Beverages

Fruit juice and vegetable juice (100%)
Low-fat (one percent) or fat free milk/flavored milk
Water

Fresh Foods

Fresh foods such as fruits, vegetables, low-fat dairy products (including flavored milk) and whole grains already meet the “item” criteria. When ever possible these products should be promoted as best practice in foods offered or sold to children.

Snacks

The “snack” option could be utilized in any environment where pre-packaged food is likely to be purchased. “Snacks” are single serving foods that might be found in convenience stores, vending machines, school lunch lines, cafeterias, or any other quick serve environment. They are likely to be in sealed packaging, boxes, or cans, but could also include fresh products.

Pre-packaged Foods

Use the following criteria for pre-packaged snack items.

***Maximum of 3g fat per 100 calories**

Maximum of 600 mg sodium

AND

Must have at least 12 g of complex carbohydrates per serving

How do you know how many fat grams there are in 100 calories of a snack item? Use the formula below for one serving:

$$100 \text{ Calories} \div \text{___} \text{ Calories per serving} \times \text{___} \text{ g Fat per serving} = \text{___} \text{ g Fat per 100 calories}$$

How do you know if the snack has at least 12 g of complex carbohydrates per serving? Look on the label. You'll need total carbohydrate and sugars. Use the following formula:

$$\text{___} \text{ g Total Carbohydrate} - \text{___} \text{ g Sugars} = \text{___} \text{ g Complex Carbohydrate}$$

Here are some examples:

<p>Chex Mix Fruit & Nut Serving Size - 32 g</p> <p>Total Fat – 3.5 g Calories - 130 Sodium - 190 mg Calories from Fat – 30 Calcium - 10 % Total Carbohydrates - 24 g Fiber - 1 g Simple Sugars - 8 g</p> <p>Total Carbohydrate (24 g) – Sugars (8g) = 16 g Complex Carbohydrate</p> <p>100 Calories ÷ 130 Calories per serving X 3.5 g Fat per serving = 2.7 g Fat per 100 Calories</p> <p><i>This snack qualifies for complex carbohydrates, fat and sodium.</i></p>	<p>Yogurt Honey Balance Serving Size - 50 g</p> <p>Total Fat - 6 g Calories - 200 Sodium - 220 mg Calories from Fat - 50 Calcium - 10 % Total Carbohydrates - 22 g Fiber - 1 g Simple Sugars - 19 g</p> <p>Total Carbohydrate (22 g) – Sugars (19 g) = 3 g Complex Carbohydrate</p> <p>100 Calories ÷ 200 Calories per serving X 6 g Fat per serving = 3 g Fat per 100 calories</p> <p><i>This snack <u>does not</u> qualify for complex carbohydrates.</i></p>
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***Not applicable to nuts and seeds**

IV. School Stores

Fresh fruits/vegetables/low fat dairy products (including flavored milk)/100% fruit and vegetable juices/water/whole grains and prepackaged items in the attached Appendix A.

V. A la carte Selections

Fresh fruits/vegetables/low fat dairy products (including flavored milk)/100% fruit and vegetable juices/water/grains/bread and prepackaged items in the attached Appendix A.

VI. Classroom Snacks

Promote Fruits and Vegetables

- Fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears and apples
- Fruit salad or fruit added to gelatin
- New fruits – pomegranates, kumquats, mangos or tangelos
- Dried fruit – raisins, cranberries, apples, apricots, banana chips
- Juice cans (100%vegetable or fruit juice) or applesauce singles
- Fruit smoothies
- Berry parfaits with vanilla yogurt
- Celery & peanut butter, celery & squeeze cheese
- Carrots, celery, broccoli, cauliflower, cucumbers with dip
- Salsa & low fat chips

Grain Mixes:

- Make your own trail mix
- Granola bars, graham crackers or pretzels
- Banana, carrot or zucchini bread
- Bagels & cream cheese
- Pasta salad
- Bread sticks with marinara

Dairy:

- String cheese or small packets of cheese
- Yogurts, Go-gurts, pudding pacs or cottage cheese singles
- Flavored milk
- Cheese quesadillas

Easy ideas for protein:

- Low fat beef jerky
- Deviled eggs
- Nut assortments/trail mix
- Wraps – turkey, roast beef, ham, tuna, tofu or chicken salad
- Cube meats and cheeses or meatballs
- Peanut butter w/ apples or celery
- Salami, cheese and whole grain crackers

**NOTE: Remember food safety - -
KEEP COLD FOODS COLD AND HOT FOODS HOT.**

V. Classroom Rewards

Students learn what they live. Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Have lunch or breakfast in the classroom
- Get a “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (i.e. sing)
- Have a teacher read a special book to the class
- Take a trip to the treasure box (filled with; stickers, tattoos, pencils, erasers, bookmarks, desktop tents, etc.,)

VI. Food Sold During Fundraising Activities

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are sold. These venues include fundraising events, concession stands at sporting and other events, school stores, and a la carte meal items. The following recommendations are made to promote healthy choices for children related to fundraising activities supported by the school.

For fund raising, celebrations, sport events and field trips offer non-food items such as books, coupon books, gift-wrap, candles, plants, flowers, school promotional items, etc. Whenever food and beverages are sold that raise funds for the school or clubs, include food and beverage choices from Appendix A. Whenever food and beverages are offered in celebration or support of school fundraising activities, include food and beverage choices from Appendix A.

VII. Pricing Strategies for Health

If the above recommendations are not feasible for your school, consider pricing strategies for healthy food choices, such as: pricing a candy bar @ \$1.00 and pricing an apple @ 35 cents.

APPENDIX A
Sample Snacks that Meet Recommended Criteria

***Snack List**

To meet the criteria snack items can not exceed a:

Maximum of 3 g fat per 100 calories

Maximum of 600 mg sodium

AND must have

At least 12 g of complex carbohydrates per serving

Item	Serving Size (weight)	Kcal	Fat (g)	Sodium (mg)	Sugars (g)	Calcium (mg)
Advantage Edge Bar	57 g	220	4.5 (18%)	210	18 (32%)	0
Austin Zoo Animal Crackers	30 g	130	2 (15%)	95	7 (23%)	0
Baked Lays KC Masterpiece	1 oz	120	3 (22%)	210	2 (7%)	0
Barbeque Potato Crisps						
Baked Lays Original Potato Chips	28 g	110	1.5 (12%)	150	2 (7%)	0
Baked Lays Sour Cream & Onion Potato Chips	28 g	120	3 (23%)	210	3 (11%)	0
Baked Nacho Cheese Doritos	28 g	120	3 (23%)	220	1 (4%)	0
Barnum's Animal Crackers	30 g	130	4 (28%)	150	8 (27%)	0
Big Top Animal Crackers	1 oz	110	3 (25%)	80	6 (21%)	0
Bottled Water	8 fl oz	0	0 (0%)	0	0 (0%)	0
Chex Mix (ALL FLAVORS)	30 g	130	4 (28%)	410	2 (7%)	0
Chex Morning Mix	32 g	130	3.5 (24%)	190	8-9 (25-28%)	0
Cliff Bar	68 g	230	4.5 (17%)	140	20 (29%)	0
Columbo Yogurt Cherry Vanilla Light Fat Free	8 oz	120	0 (0%)	110	15 (7%)	350
Cookie Monster Cookies	30 g	140	4.5 (29%)	150	8 (27%)	0
Dannon Yogurt (ALL FLAVORS)	6 oz	90-170	0-2.5 (0-17%)	95-120	13 (8%)	150 mg
DelMonte Canned Fruit	124 g	60	0 (0%)	10	14 (11%)	0
DelMonte Lite Diced Peaches in Extra Light Syrup	4 oz	50	0 (0%)	10	12 (10%)	0
DelMonte Lite Mixed Fruit	4 oz	50	0 (0%)	10	12 (10%)	0
Dole Fruit Bowl, Pineapple	113 g	60	0 (0%)	10	14 (21%)	0
Famous Amos Gingersnaps	24 g	100	1	95	8 (33%)	0
Fig Newtons	57 g	200	4 (18%)	200	12 (21%)	0
General Mills Cheerios Cereal	1 oz	110	2 (16%)	280	1 (4%)	0
Guiltless Gourmet Corn Chips	28 g	110	2 (14%)	160	0 (0%)	0
Kashi TLC Crackers	30 g	130	3 (30%)	200	5 (17%)	0
Keebler Animal Cookies	56 g	260	8 (27%)	290	15 (27%)	0
Keebler Chocolate Graham Crackers	31 g	140	4 (25%)	105	9 (29%)	0
Keebler Cinnamon Graham Crackers	30 g	130	3 (19%)	140	9 (30%)	0
Keebler Fat Free Zesta	16 g	60	0 (0%)	250	0 (0%)	0
Keebler Honey Graham Crackers	31 g	140	4 (29%)	140	7 (23%)	0
Keebler Iced Animal Cookies	32 g	130	3 (23%)	110	9 (28%)	0
Keebler Original Graham Crackers	29 g	130	3.5 (23%)	150	7 (24%)	0

Item	Serving Size (weight)	Kcal	Fat (g)	Sodium (mg)	Sugars (g)	Calcium (mg)
Keebler Reduced Fat Wheatables	31 g	140	4 (25%)	220	4 (13%)	0
Kellogg's All-Bran Cereal Original	1.1 oz	80	1 (11%)	80	6 (19%)	150
Kellogg's Corn Flakes	21 g	80	0 (0%)	150	3 (14%)	0
Kellogg's Low Fat Granola Cereal	49 g	190	3 (14%)	120	14 (29%)	20
Kellogg's Mini Shredded Wheat Cereal Frosted	51 g	180	1 (5%)	5	10 (20%)	0
Kellogg's Puffed Wheat Cereal	11 g	40	0 (0%)	0	0 (0%)	0
Kellogg's Raisin Bran Cereal	2.1 oz	190	1.5 (7%)	350	19 (32%)	20
Kellogg's Rice Krispy Cereal	33 g	120	0 (0%)	320	3 (9%)	0
Kellogg's Special K	21 g	70	0 (0%)	150	3 (14%)	0
Lance Saltine Crackers	11 g	50	1.5 (27%)	105	0 (0%)	0
Luna Bars (ALL FLAVORS EXCEPT ORANGE BLISS AND KEY LIME PIE)	48 g	180	2.5-4.5 (13-22%)	50-190	13-15 (23-31%)	0
Nabisco Original Premium Saltine Crackers	18 g	84	2.4 (26%)	264	0 (0%)	0
Nabisco Teddy Graham Cookie Cinnamon	30 g	130	4 (28%)	150	8 (27%)	100
Nature Valley Granola Bars	42 g	180	6 (30%)	160	11 (26%)	0
Nature Valley Trail Mix Bars – Fruit & Nut	35 g	140	4 (28%)	95	12 (34%)	0
Newman's Own Pretzel Sticks	30 g	110	1 (9%)	350	1 (3%)	0
Nutri-Grain Bars (ALL FLAVORS)	37 g	140	3 (19%)	110	13 (35%)	0
Orville Redenbacher Smart Pop	38 g	110	2 (18%)	360	0 (0%)	0
Pepperidge Farm Pretzel Goldfish	30 g	120	2.5 (21%)	430	0 (0%)	0
Pop Secret 94% Fat Free Popcorn	39 g	110	2 (16%)	380	0 (0%)	0
Pop Tarts – Chocolate Chip & Cinnamon	52 g	210	6 (29%)	190	14-18 (27-35%)	0
Pop Tarts – Fruit	52 g	200	4.5 (20%)	170	16 (14%)	0
Power Bar – Chocolate	65 g	230	2 (9%)	75	16 (25%)	0
Power Bar – Harvest	65 g	240	4 (15%)	80	18 (27%)	0
Power Bar – Peanut Butter	65 g	240	3.5 (13%)	120	16 (25%)	0
Pretzels (GENERIC)	30 g	120	0.5 (4%)	400	0 (0%)	0
Pretzel Sticks (GENERIC)	30 g	120	1 (8%)	400	0 (0%)	0
Pringles – Fat Free	28 g	70	0 (0%)	160	0 (0%)	0
Protein Plus	85 g	320	9 (25%)	75	0 (0%)	0
Quaker Chewy Bars (ALL FLAVORS)	56 g	120	4 (30%)	70	19-20 (34-35%)	0
Quaker Crispums	33 g	150	5 (30%)	125	7 (21%)	0
Quaker Oatmeal Express	54 g	200	2.5 (25%)	320	19 (35%)	0
Raisins	43 g	140	0 (0%)	10	0 (0%)	0

Item	Serving Size (weight)	Kcal	Fat (g)	Sodium (mg)	Sugars (g)	Calcium (mg)
Rice Krispies Treats	37 g	160	3.5 (20%)	170	13 (35%)	0
Rold Gold Classic Tiny Twists Pretzels	1 oz	110	1 (8%)	420	0 (0%)	0
Ruffles Wow! Potato Chips (ALL FLAVORS)	28 g	70	0 (0%)	200-230	0-1 (0-4%)	0
Snackin' Grahams	42 g	170	4 (21%)	250	13 (31%)	0
Snyder's Mini Pretzels	30 g	110	0 (0%)	250	0 (0%)	0
Stonyfield Farms Lowfat Yogurt	6 oz	90-190	1.5 (8-17%)	95-140	22 (13%)	300
Sunsweet Prunes	40 g	90	0 (0%)	5	12 (30%)	0
Teddy Graham Cinnamon Crackers	30 g	130	4 (28%)	150	8 (27%)	0
Texas Cinnamon Sweet Roll, Freshley	113 g	370	7 (17%)	410	34 (30%)	0
Thomas English Muffin Original	57 g	120	1 (8%)	200	1 (2%)	80
Tickles Snack Mix	26 g	100	2.5 (25%)	250	3 (12%)	0
Tostito's Baked Tortilla Chips	28 g	110	1 (8%)	200	0 (0%)	0
Utz Pretzels	28 g	100	0 (0%)	480	1 (4%)	0
Welch's Grape Juice	10 oz	170	0 (0%)	25	43 (15%)	0
Welch's Grapefruit Juice 100%	10 oz	130	0 (0%)	25	30 (11%)	20
Yoplait Yogurt (ALL FLAVORS)	6 oz	100-190	0-3 (0-13%)	85-95	27 (16%)	200
Real Fruit Bars!	.7 oz	68	.3	15.4	11.5	5.8