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## FOOD AND BEVERAGE OFFERINGS

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Recognizing the obligation to provide a desirable educational environment, the Bangor School Committee believes that any food or beverage item sold or offered in schools during the normal school day should be limited to those items which contribute to the nutritional needs of children, provide for the development of desirable food habits, and enhance the School Department's health curriculum.

The Committee requests that all school personnel encourage, promote, and model good food practices which, in turn, will help students develop eating habits that aid in their physical and mental development and ultimately help to prevent those illnesses which are diet-related.

### **Food Services Program:**

Foods sold or offered under the National School Lunch and Child Nutrition Act Programs (including Breakfast and Summer Feeding Programs) shall be governed by Federal and State regulations.

### **Sale of Foods or Beverages During the School Day:**

The sale of any food or beverage items on school property during the normal school day, other than as a part of the National School Lunch and Child Nutrition Act Programs, shall be subject to written approval in advance by the Superintendent of Schools. Foods and beverages shall be limited to items which should make a significant contribution to the nutritional needs of children and shall not include the sale of items with "minimal nutritional value" as described in Federal and State regulations.

Such food and beverage items should be limited to such items as:

- Fruit juices, 100%
- Vegetable juices
- Milk (1% Lowfat or Skim)
- Ice Cream (Lowfat or Skim)
- Yogurt (Lowfat or Skim)
- Canned Soup (Low Sodium)
- Fresh or Dried Fruits and Vegetables
- Peanut Butter Crackers
- Cheese Crackers
- Sandwiches (made with whole grain or enriched bread)
- Dry Cereal (less than 15% sugar content) and whole grain
- Popcorn (unsalted)
- Nuts (unsalted)
- Sunflower Seeds (unsalted)
- Salad made with or containing vegetables and/or fruits
- Breakfast Bar (wholegrain)
- Granola Bars (low sugar)

Except for occasional "bake sales" or similar activities, funds from all food and beverage sales during the normal school day on school property shall accrue to the benefit of the Food Services Program.

### **Sale of Foods or Beverages Before or After School:**

Foods sold before or after school to students shall be subject to written approval in advance by the Superintendent of Schools and should include foods from the above list. The Superintendent may authorize the sale of a limited selection of foods providing minimal nutritional value if they are



accompanied with a comparable type of food or beverage from the above list (i.e., soda/fruit juice; potato chips/nuts).

**Vending Machines:**

The Principal of any school in which it is desired to install vending machines in order to meet the food needs of students shall submit a written request to the Superintendent of Schools together with a list of food or beverage items so vending of such items can be arranged through a competitive bidding process. The written request shall identify the program, organization, or group to which the funds would accrue. This provision shall not apply to vending machines in faculty lounges as long as such machines are limited to employee use exclusively.

**Food as Rewards:**

Food or beverage items generally should not be offered as rewards. However, subject to the approval of each Principal, nutritious foods may be offered occasionally as group rewards or to reinforce positive behavior of individual students. Food shall not be offered to any student upon the request of that student's parent/guardian or upon the recommendation of the School Nurse.

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