

Wellness Policy

Food Sales

Each school that sells foods that are not part of the reimbursable lunch, breakfast or after-school snack programs (i.e., food sold in a la carte lines, vending machines and school stores) may:

1. prohibit the sale of foods of minimal nutritional value (See Appendix A) or make inaccessible or inoperable vending machines that contain foods of minimal nutritional value during school hours or meal times; and/or
2. prohibit foods:
 - a. that are more than 35 percent total fat (not including nuts, seeds, non-fat and low-fat dairy);
 - b. in which more than 10 percent of the total calories come from saturated fat (not including nuts, seeds, non-fat and low-fat dairy);
 - c. that contain any trans fats;
 - d. that list caffeine as an ingredient;
 - e. in which more than 35 percent of the product is sugar by weight (not including 100 percent fruit or vegetable juice with no added sugars; fruits; vegetables; nonfat or low-fat milk or yogurt);
 - f. with a sodium content greater than 200 mg per portion (not including 100 percent fruit or vegetable juice; fruits; vegetables; nonfat or low-fat milk, yogurt or cheese); or
 - g. that are more than 300 calories per unit.
3. incorporate pricing that encourages the consumption of healthy foods in a la carte lines, vending machines and school stores.
4. include fruits, vegetables, salad bars, whole grain products and low-fat dairy and protein products while restricting the frequency of breaded and fried items as a la carte options.
5. limit available food and beverage portion sizes as follows:

- a. snacks and sweets (chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky): 1.25 oz.
- b. cookies/ cereal bars: 2 oz.
- c. bakery items (e.g., pastries, muffins, donuts): 3 oz
- d. frozen desserts, ice cream: 3 oz.
- e. yogurt: 4-8 oz.
- f. beverages (no limit on water): 12 oz.
- g. string cheese: 1 oz

Utah Admin Reg. R277-719-4 (2008)

The policy shall apply to all foods sold anywhere on school grounds during the school day when school is in session in all areas of the school accessible to students.

Each school should adopt policies to achieve or exceed the federal standards for the school breakfast and lunch programs.

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Food Sales: Appendix A

Foods of Minimal Nutritional Value as Defined by the USDA

- Soda Water- any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food, such as vitamins, minerals and protein.
- Water Ices- any frozen, sweetened water such as AYSicles® and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum- any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies- any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - a. Hard Candy- a product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
 - b. Jellies and Gums- a mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - c. Marshmallow Candies- an aerated confection composed of sugar, corn syrup, invert sugar, and 20% water and gelatin or egg white, to which flavors and colors may be added.
 - d. Fondant- a product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution, such as candy corn and soft mints.
 - e. Licorice- a product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.

- f. Spun Candy- a product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.