

Cambridge Public Schools
School Nutrition Guidelines
March 2006

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Overview

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. The Cambridge Public Schools Department (CPSD) has created these guidelines to help ensure the health and welfare of each student attending the Cambridge Public Schools and to provide guidance to school personnel and parents/guardians in the areas of nutrition, health, and food service. The CPSD will ensure that teachers, principals, and Food Service employees recognize that the breakfast and lunch period are an integral part of the educational program of CPSD and work to implement the goals of this policy.

I. School Nutrition

Access

- The CPSD will ensure that no student in the Cambridge Public Schools need go hungry while in school.
- The CPSD will ensure that an economically sustainable meal program that provides a nutritious breakfast and lunch is available to every student at every school so that students are prepared to learn to their fullest potential.
- The CPSD will adhere to USDA Guidelines for reimbursable school meals, see Appendix I.
- School leadership will work with the Food Service Director to increase the number of students using the breakfast and lunch program by increasing the appeal of food and the atmosphere in which it is served.
- The Food Service Department will provide nutritious snacks to eligible school based after school programs and will also encourage other agencies that offer after school programs in the Cambridge schools to provide a nutritious snack that meets the CPS Healthy Food and Beverage guidelines, see Appendix II.

Quality of Food

The CPS meal program will provide high quality, appealing and nutritious foods. The nutritional value of the food served by Cambridge Public Schools and after school programs will meet or significantly improve upon USDA and State Dietary Guidelines for school meal programs, see Appendix I. Fresh, tasty, nutrient dense food will be served at the proper temperature, in an appealing way and reflect Cambridge's cultural diversity. Based upon economic feasibility and availability, the Food Service Department will utilize produce from school gardens, local farms, organic food and also minimize the use of artificial colorings and flavorings. The CPS Food Service will strive to do the following:

- Maximize the amount of fresh fruits and vegetables provided
- Provide school meals that are low in fat, increasing the proportion of polyunsaturated and monounsaturated fats
- Provide food items that minimize added sugar
- Provide meals that are high in fiber and whole grains, with a goal of no less than 50% whole grains
- Provide age appropriate portion sizes and offer additional servings only of fruits and vegetables.
- Ensure that all a-la-carte items meet the CPS Healthy Food and Beverage guidelines, see Appendix II.

Community Input

The CPS Food Service Department will continue to expand and explore menu offerings to increase appeal to students and families. The Cambridge Public School community, including parents, staff and students will be given the opportunity to provide input on menus and choices, including local, cultural, and ethnic preferences. The Food Services Department will maintain a Food Service Advisory Committee.

Economic Sustainability

The Food Service Director, working with the school department leadership, will develop a plan to maximize revenue. The leadership of each school will work with the director of Food Services to:

- Implement the plan to maximize revenue through efficient collection of payment for school lunches and breakfasts.
- Increase enrollment of students eligible for meal reimbursement in the Free & Reduced Meals Program.

Healthy Eating Environment

Meals served to students shall be attractively presented in a pleasant environment with sufficient time for eating. The leadership of each school will develop and implement a plan to foster a culture of respect in the dining rooms, including expectations for how staff will model behavior and how students will treat staff and each other. School leadership will encourage school personnel to assist all students in developing the healthy practice of washing hands before eating. To minimize hunger and inappropriate snacking, school leadership will organize the daily schedule to maximize lunch and recess time. The administration of each school will make water available to students at meal periods and at other times of the school day.

Nutrition Education

Cambridge Public School District will include nutrition education in its health education curriculum in alignment with the state Curriculum Frameworks, and expects that the curriculum will be followed. The CPSD shall also strive to integrate eating experiences, gardens, and nutrition education into the core academic curriculum as appropriate.

Parent/Guardian Education

The school district will provide nutrition information to parents/guardians that will encourage families to eat well. School Administrators shall inform parents/guardians that the school prefers that healthy foods be brought to school for lunches and snacks and that soda and candy not be sent to school.

Food Service Staff

The Food Service Director will ensure that school food service staff is properly qualified according to current professional standards and regularly participate in professional development activities regarding food preparation, nutrition, safety and medical emergencies. The CPS Food Service Director will make sure that food safety will be a key part of the school food service operation.

Lunch/Recess Aides

The CPSD will ensure that lunch aides receive yearly training to update skills and knowledge, including dining room management and how to foster a culture of respect at lunch and recess.

Other Foods in School

All foods made available in the Cambridge Public Schools shall meet nutrition guidelines to support a healthy environment for learning and reflect the principles taught in nutrition lessons. Consistent with this goal, the foods and beverages used in fundraising, parties, snack times and in vending machines accessible to students, shall provide students with healthy choices. Although a healthy diet has room for occasional high fat, high

caloric, low nutrient foods; foods in the school setting shall be consistent with healthy guidelines and model good choices for young people. The CPSD recognizes that class parties are a tradition and encourages parents and staff to provide foods that are consistent with the goals of the policy and recommends they be held after the lunch hour whenever possible. Bake sales and the sale of other foods in schools may be held with the permission of the school principal, see Section II below.

II. Other Food Choices at School

Guidelines for Fundraisers/Bake Sales

- When possible use non-food fundraisers - see list of fundraising suggestions in Appendix IV or use food that meets CPS Healthy Food and Beverage guidelines, see Appendix II.
- The principal will limit the number of bake sales per school year to not more than 6.
- Additional fundraisers that involve food should meet the CPS Healthy Food and Beverage Guidelines, see Appendix II.
- Candy should not be sold during the school day. It is recommended not to sell candy in schools.
- Parents/guardians will be encouraged to provide items without peanuts and tree nuts because of food allergies.
- All fundraisers/bake sales shall be registered with the principal's office.
- Food items should not be sold right before or during breakfast or lunch. It is recommended that bake sales be held after lunch or after school.
- When food is sold, portion sizes should be kept small, see CPS Healthy Food and Beverage Guidelines, see Appendix II.

Snacks in Classrooms

- When classroom snacks are provided to students by staff or parents/guardians, they should meet the CPS Healthy Food and Beverage Guidelines, see Appendix II.
- Schools and teachers are supported and encouraged to ban candy and soda from the classroom .
- Teachers will communicate to parents the importance of sending healthy snacks. A sample snack letter and healthy snack list, available in 5 languages, is available through the health education department.

Candy

- Candy should not be used as a reward for good behavior, grades or effort. It is suggested to use non-food rewards. A list of suggestions can be found in Appendix IV.
- Candy sales as fundraisers are discouraged. The principal will decide whether to allow candy sales at all, and if so set and monitor a maximum frequency.

School Stores

- If food or beverages are sold, they must meet the CPS Healthy Food and Beverage Guidelines, see Appendix II.
- Food items should not be sold right before or during breakfast or lunch. It is recommended that food sales be held after lunch or after school.
- No candy or sugar sweetened beverages may be sold during the school day.

III. Vending Machine Policy

Student Accessible Vending Machines: Rules and Regulations

- Access - Contingent on timers
 - Elementary students: Beverage machines only; no access until after school.
 - Secondary students: Before school, during lunch and after school only.

- Nutrition Quality

Consistent with USDA regulations for school meal programs, the following foods and beverages of minimal nutritional value shall not be sold in school-based vending machines:

 - Sugar sweetened beverages
 - Water ices
 - Chewing gum
 - Other candies, including hard candy, jellies, marshmallow candy, licorice, candy-coated popcorn

In addition to the above USDA school lunch regulations, vending machines in the Cambridge Public Schools will follow the CPS Healthy Food and Beverage Guidelines (Appendix I)

CPS Healthy Food and Beverage Guidelines

Snack foods and beverages must contain:

- No more than 35% sugar or other sweeteners (by weight); except fresh, dried or canned fruits and vegetables
- No more than 35% of total calories from fat, except nuts or seeds
- No more than 10% of calories from saturated fat, except 1% milk
- No caffeine (except chocolate milk)
- Juice or juice drinks allowed must contain 50% or more real fruit or vegetable juice
- Sports drinks must have no more than 42 grams of added sweetener per 20 ounce serving

Recommended portion limits:

- Snacks and sweets (chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky): 1.25 oz
- Cookies and cereal bars: 2 oz
- Bakery items (pastries, muffins): 3 oz
- Frozen desserts, (ice cream, frozen yogurt): 3 oz
- Yogurt: 8 oz
- Beverages (no limit on water): 12 oz

Examples of acceptable foods for vending machines are found in Appendix III.

Appendix I – USDA Nutrient Standards

for School Lunch and Breakfast Programs

Nutrient Standards

	Lunch				Breakfast		
	Pre-school	Grades K-6	Grades 7-12	Grades K-3 (Option)	Pre-school	Grades K-12	Option Grades 7-12
Energy Allowances	517 calories	654 calories	825 calories	633 calories	388 calories	554 calories	618 calories
Total fat ³	17 g ¹	22g ¹	28g ¹	21g ¹	13g ¹	18g ¹	21g ¹
Total saturated fat ²	6g ²	7g ²	9g ²	7g ²	4g ²	6g ²	7g ²
Protein	7g	10g	16g	9g	5g	10g	12g
Calcium	267mg	286mg	400mg	267mg	200mg	257mg	300mg
Iron	3.3mg	3.5mg	4.5mg	3.3mg	2.5mg	3.0mg	3.4mg
Vitamin A	150RE	224RE	300RE	200RE	113RE	197RE	225RE
Vitamin C	14mg	15mg	16mg	15mg	11mg	13mg	14mg

¹ Total fat not to exceed 30 percent over a school week
² Saturated fat to be less than 10 percent over a school week
³ The grams of fat will vary depending on actual level of calories because they are based on percentages.

Appendix II - CPS Healthy Food and Beverage Guidelines

Snack foods and beverages must contain:

- No more than 35% sugar or other sweeteners (by weight); except fresh, dried or canned fruits and vegetables
- No more than 35% of total calories from fat, except nuts or seeds
- No more than 10% of calories from saturated fat, except 1% milk
- No caffeine (except chocolate milk)
- Juice or juice drinks allowed must contain 50% or more real fruit or vegetable juice
- Sports drinks must have no more than 42 grams of added sweetener per 20 ounce serving

Recommended portion limits:

- Snacks and sweets (chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky): 1.25 oz
- Cookies and cereal bars: 2 oz
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Appendix III - Healthy and Appealing Snack Foods

A variety of appealing and healthy snack foods can be made available in the Cambridge Public Schools vending machines. The Centers for Disease Control and Prevention, the California Center for Public Health Advocacy, Alabama Department of Public Health and the Michigan Department of Education have created lists of foods appropriate for school vending machines.

Under the Cambridge Public Schools regulations, recommended vending machine offerings could include:

Beverages:

- Fruit and vegetable juice
- Chocolate or regular low-fat (1% percent or skim milk)
- Water and flavored waters
- Some sports drinks

Acceptable products include: Water, Fruit₂0 or other non-caloric flavored water, sports beverages including Gatorade and Powerade, 100% juice including orange, apple, white grapefruit, pineapple juice

Snacks:

- Fresh fruit*
- Fresh vegetables*
- Low fat crackers and cookies such as fig bars and gingersnaps
- Baked potato chips and other baked chips
- Pretzels
- Bread products, such as bread sticks, rolls, bagels and pita bread
- Ready to eat, low-sugar cereals
- Some granola bars
- Low-fat or nonfat yogurt*
- Snack mixes of cereal and dried fruit
- Raisins and other dried fruit
- Peanut butter and low-fat crackers
- Nuts and seeds
- Ice cream bars made with milk or yogurt or popsicles made with fruit

juice

Acceptable products include: General Mills Chex Morning Mix, Milk n' Cereal bars, yogurt covered Nature Valley Chewy granola bars; Kellogg's Nutra Grain cereal bars, Nutra Grain Twists(apple cobbler), Nutra Grain Yogurt bars; Quaker Oats Fruit and Oatmeal bars; Frito Lay Baked Doritos(cool ranch, nacho cheesier), Baked Ruffles potato chips, Baked Lays potato chips, Snyder sour dough pretzels, Dole or Delmonte fruit cups,

*Currently sold in the cafeterias.

Appendix IV - Recommendations for Healthy Alternatives

Bake Sales/Food Sales	Snacks Classroom/After School	Reward Ideas	Fundraising Ideas
<p>Bake Sale Items Home Made or Purchased Low fat baked goods such as:</p> <ul style="list-style-type: none"> • angel food cake • sponge cake • homemade pretzels • popovers. <p>Baked goods made with healthier ingredients such as: fresh fruits/vegetables or dried fruit, whole grains such as oatmeal and whole wheat, and canola oil.</p> <ul style="list-style-type: none"> • pumpkin bread • zucchini bread, • apple and banana bread <p>Because of food allergies, do not send items with nuts or peanuts</p> <p>Food Sales Healthier items such as:</p> <ul style="list-style-type: none"> • Sandwiches, bagels or wraps • Yogurt and fruit • Salads • Fruit Cups • Apple sauce cups • Low fat Granola bars • Pretzels • Fresh whole fruit <p>Provide Less Frequently: Less healthy items such as:</p> <ul style="list-style-type: none"> • Cakes and cup cakes • Brownies • Cookies • Rice crispy bars • Donuts 	<p>Fruits and Vegetables Fruit: apple, orange, clementine, banana, mango, pineapple, apple sauce Dried fruit: raisins, dried cranberries, dried mango, fruit leathers (juice sweetened) Vegetables: baby carrots, celery sticks, cucumber rounds, Juice: small juice box (make sure it is 100% juice) Dairy Products Cheese: slice or cube of cheese, string cheese Yogurt: Carton or tube Whole Grain Products Bread and crackers: rice cakes, low fat whole wheat crackers, bread sticks, bagel, tortilla, matzo cracker, graham crackers, mini-muffins Low-fat granola bar, breakfast bar Snack food: pretzels, air-popped pop corn, Cereal- whole wheat, low sugar (Cheerios, Wheaties) Other Foods and Proteins Leftovers: pizza, burrito, rice balls Nuts and seeds: pumpkin seeds, sesame, almonds, peanuts Nut butters: soy, almond, peanuts Beef jerky, hard-boiled eg Less Healthy/Provide Less Frequently: snack cakes, cookies, doughnuts, brownies juice drinks (Sunny Delight, HiC, Fruitopia, Capri-Sun) potato and corn chips</p> <p>* If parents provide snacks for the entire classroom and there are children with allergies, it may be necessary to avoid nuts and peanuts.</p>	<p>Small Items: Backpack tags, Stickers, Erasers, Key chains/zipper pulls, Pencils, Bookmarks, Puzzle cards, Trading cards, Magnets, Friendship bands, Small crayon packs Privileges: Sit at the teacher's desk, Have lunch with your favorite person, Have lunch with the principal, Join another class for indoor recess, Draw on the chalkboard, Be first in line, Choose the music for lunch, Bring in a tape, Take a tape recorder home for the night, Use colored chalk, Invite a visitor from outside the school, Take a class pet home overnight, Invite a friend from another class into the room for lunch, Use the teacher's chair, Choose a book for the teacher to read to the class, Move your desk to a chosen location, Take a class game home for the night, Lunch with the teacher, Go to another class for lunch, Use the tape recorder and tape a story, Have a special sharing time to teach something to the class, Be leader of a class game, Go to the center of your choice during play center time, Get first pick of recess equipment, Get a fun worksheet. Special chores: Take care of the class animals for the day, Choose any class job for the week, Do all the class jobs for the day, Be a helper in the room with younger children, Help the custodian, Help the secretary, Help the librarian, Work in the lunchroom, Operate the projector, Read to a younger child, Read to someone else.</p>	<p>To Sell: gift wrapping, plants, bulbs, crafts, friendship bracelets, small items, singing telegrams, healthy lunches to teachers</p> <p>Service Projects: walk-a-thon, bike-a-thon, jump-rope-a-thon, rent-a-teen helper, car wash, read-a-thon, bowl-a-thon, skate-a-thon, portrait taking</p> <p>Events and Shows: talent show, magic show, carnival, raffle, auction, used book sale,</p> <p>Competitions: fun runs, spelling bee, golf tournament, Tennis, horseshoe</p>

