

STUDENTS 5143

HEALTHY BEVERAGES IN SCHOOLS

The Board of Education recognizes the importance of healthy foods and beverages sold to students at school. The Board will only allow the sale of milk (flavored and unflavored), nondairy milk (e.g., soy or rice milk), 100% fruit or vegetable juice or combination, water and juice beverages (with no added sugars, sweeteners or artificial sweeteners) and water (plain or flavored) to students during the school day.

The Board of Education will permit the sale of other beverages, such as sports drinks and soda, during allowable events if the following three conditions are met: (1) if the sale is in connection with an event occurring after the end of the regular school day or on the weekend; (2) the sale is at the location of the event, (3) the beverages are not sold from a vending machine or school store. Examples of allowable events are school dances, family nights, PTA events, school concerts, theatrical productions, sports events and games, and school fairs.

Legal Reference: C.G.S. Section 10-221p. Public Act 06-63

Adopted: November 27, 2006

Administrative Guidelines

Students will be allowed to purchase the following beverages during the school day.

- Milk, flavored and unflavored
 - Portion size limit of 12 ounces
 - No sweeteners
 - Less than or equal to 4 grams of sugar per ounce
- Nondairy milk, e.g., soy or rice
 - Portion size limit of 12 ounces
 - May be flavored but no artificial sweeteners
 - Less than or equal to 4 grams of sugar per ounce
 - Less than or equal to 35 percent of calories from fat per portion
 - Less than or equal to 10 percent of calories from saturated fat per portion
- 100% fruit or vegetable juice or combination
 - Portion size limit of 12 ounces
 - No added sugars, sweeteners or artificial sweeteners
- Water and juice beverages
 - No added sugars, sweeteners or artificial sweeteners
- Water (Plain or Flavored)
 - No added sugars, sweeteners or artificial sweeteners
 - No caffeine

The sale of beverages such as sports drinks and soda will be permitted ONLY during allowable events AND if all three of the following conditions are met:

1. The sale is in connection with an event occurring after the end of the regular school day or on the weekend.
2. The sale is at the location of the event.
3. The beverages are not sold from a vending machine or school store.

An allowable event is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. Soccer practices, play rehearsals and debate team meetings are not considered allowable events. Examples of allowable events are:

- School dance
- Family night
- PTA/PTO event
- School concert
- Theatrical productions
- Sports events and games, e.g., basketball, football, soccer
- School fairs

Adopted: November 27, 2006