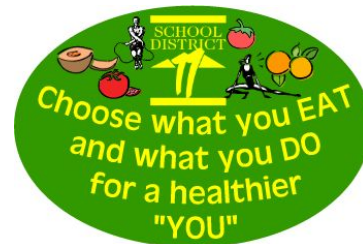




Colorado Springs School District #11

Food & Nutrition Services
A La Carte Snack Criteria
August 5, 2009



Our rationale:

At CSSD11, we strive to offer nutritious and delicious food items that will not only provide the essential nutrients to enable students to be successful in school, but also to provide meals that students enjoy in an environment that promotes healthy lifestyle choices.

With obesity among children and adolescents on the rise, the school environment plays an important role in modeling healthy behaviors in order for children to learn how to make better choices. The 2005 Dietary Guidelines for Americans states in general, Americans consume too many calories, too much saturated and trans-fats, too much added sugars and salt.

Why does this matter? Diet is a known risk factor for developing chronic diseases such as heart disease, diabetes, cancer and hypertension. Research has shown that heart disease is a process that starts in childhood and becomes evident in the adult years. **One of the most well known preventative measures for heart diseases is eating a low fat diet, rich in fruits, vegetables, and whole grains.**

Recent studies in America done to track the a la carte food items most frequently purchased revealed that American students generally ate less vegetables and fruit and chose items higher in fat and sugar than those who ate the standard school lunch. This emphasizes the need for healthier a la carte choices, using the nutrient standards attached.

Research also indicates that Americans are consuming foods that are higher in calories, fat and added sugars while leading sedentary life styles. Unfortunately eating foods high in calories and fat with limited physical activity is the perfect equation for weight gain. Eating only 100 more calories per day than the body needs can lead to 10 pound weight gain in one year. This can add up quickly when consuming foods that are high in calories, fat and sugar and void of the essential nutrients needed to carry out the vital functions in the body.

Unintended weight gain or weight gain that occurs too quickly can be detrimental to a person's overall health and lead to diseases like Type 2 diabetes. Obesity is a risk factor for Type 2 diabetes, and Type 2 diabetes increases the risks of developing other chronic diseases because of the widespread affects on the body. Preventing weight gain and promoting weight management through smarter food choices and physical activity is an important tool that we want all children to learn.

It is our responsibility as leaders to provide healthier food options, to teach students the components of a healthy diet and how to make "smarter" food choices, and the importance of being physically active in activities they enjoy in order to enjoy vibrant health and become healthy, successful adults that will lead our future.

~ The Management of CSSD11 Food & Nutrition Services



CSSD11 Elementary, Middle Schools, and High Schools that sell “a la carte” snacks in the cafeteria will comply exclusively with these guidelines.

	Elementary	Middle School	High School
BEVERAGES per serving			
“Nutrient Rich” Juice Content for all beverages (served with 10% DV for min. 3 vitamins and nutrients)	100% fruit juice ≤ 120 cal per 8 oz (≤ 8 oz serving) (120 cal for 8oz.)	100% fruit juice ≤ 120 cal per 8 oz (≤ 10 oz serving) (150 cal for 10oz.)	100% fruit juice ≤ 120 cal per 8 oz (≤ 12oz serving) (180 cal for 12oz.)
Light Juices and Sport Drinks	Not Available	Not Available	≤ 66 cal per 8 oz (≤ 12oz serving) (99 cal for 12oz.)
Container Size (not including bottled water)	≤ 8 oz.	≤ 10 oz.	≤ 12 oz.
Milk: 1% and non-fat (including flavored)	≤ 150 cal per 8 oz in ≤ 8 oz serving (150 cal for 8oz.)	≤ 150 cal per 8 oz in ≤ 10 oz serving (188 cal for 10oz.)	≤ 150 cal per 8 oz in ≤ 12 oz serving (180 cal for 12oz.)
Bottled Water	Offered daily	Offered daily	Offered daily
SNACK ITEMSⁱ per serving			
Total Calories	≤ 150	≤ 180	≤ 200
Fat Content (excluding nuts and seeds)	No more than 35% calories from total fat	No more than 35% calories from total fat	No more than 35% calories from total fat
Saturated Fat	No more than 10% calories from saturated fat	No more than 10% calories from saturated fat	No more than 10% calories from saturated fat
Zero Trans Fat	≤ .5g	≤ .5g	≤ .5g
Sodium Content	≤ 230mg	≤ 230mg	≤ 230mg
Sugar Content (excluding all fruits and vegetables)	≤ 35% calories from total sugar	≤ 35% calories from total sugar	≤ 35% calories from total sugar
Yogurt	≤ 6 oz and sugar not more than 22.5g per 6oz	≤ 8 oz and sugar not more than 30g per 8oz	≤ 8 oz and sugar not more than 30g per 8oz
Candy & Donuts	Not available		

These standards were developed with guidelines from the *Alliance for a Healthier Generation* and the *Institute of Medicine*.

Additionally, we are closely scrutinizing and eliminating most food and beverage items with ingredients containing “synthetic” dyes and added sweeteners.

ⁱ Snack Items are chips, crackers, popcorn, cereal, granola & cereal bars, trail mix, nuts, seeds, dried and fresh fruit, fresh vegetables, baked items, and jerky.