

**Colorado Springs School District 11  
District Wellness & Nutrition Standards for Foods Provided, Not Sold to Students  
during the School Day**

Colorado Springs School District 11 recognizes the importance of healthy food choices and offerings throughout the school day, including classroom and school based activities outside of meal programs. The District encourages, but does not require, the following:

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District will have a list of healthful snack ideas available on the Food & Nutrition Services webpage as a resource for encouraging nutritionally sound snack choices.

**Rewards.** Schools should not use foods or beverages as rewards for academic performance or good behavior, and should not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Schools should encourage healthy classroom & school celebrations, which may or may not involve food. Celebrations that involve food and/or beverages during the school day should provide, when possible, items that promote health, including, but not limited to fruits, vegetables, whole grains, nuts & seeds, dairy foods and lean proteins. These celebrations should aim to limit sweetened beverages and foods high in sugar, calories, sodium and saturated fats.