

SCHOOL WELLNESS POLICY UPDATE

FREQUENTLY ASKED QUESTIONS

What has changed through this policy?

DPS has developed new standards for food and beverages (outside of the school meal program) sold and marketed to students during the school day. These standards apply in all locations and through all services where food and beverages are provided and/or sold, which may include, but are not limited to vending machines, school stores, classroom snacks, parties and celebrations, and food provided as rewards or incentives. The policy change will begin in school year 2017-18.

What are the new rules for food and beverages?

Food and beverages provided and/or sold, to students on the school campus, during the school day must meet the following nutritional guidelines:

BEVERAGES: First ingredient may not be a form of sugar (sugar, honey, HFCS, sucrose, corn syrup, brown sugar, cane sugar, etc.). Examples of beverages that can be provided include:

- Water
- 100% juice, 4.23 oz portion (1 juice box)
- Lowfat white milk, 8 oz portion

FOODS: Single serving size only and must be less than 300 calories and less than 20 grams of sugar. Examples of foods that can be provided include:

- Fresh Fruits and Vegetables, unlimited
- Low-fat dips to accompany fruits and vegetables (1 T. per student)
- Fruit cups, no added sugar, ½ cup serving
- Low-fat pudding cups, ½ cup serving
- Pretzels, crackers, 1 oz portion
- Vanilla wafers, animal crackers, 1 oz portion
- String cheese, cheese sticks (1 oz portion)

How will this change benefit my students/child?

We know – and research shows – that the food and beverages students eat and drink affect the way they feel, how they behave and their overall health and wellness. By establishing nutrition guidelines for the food and beverages students receive in the classroom and through school stores, your student/child is more likely to consume nutritious food and beverages while at school which will support their success in school and in life.

My student has food allergies. How will this impact the types of foods they are exposed to?

If your child has a food allergy, please let your classroom teacher know about any food restrictions. Some schools send a letter home to classroom parents to inform them of the food restrictions for the classroom. Many DPS schools are encouraging a variety of strategies to reduce food allergies in the classrooms. Some effective strategies include using nonfood items for classroom projects, academic rewards and classroom celebrations; encouraging packaged food items (as opposed to homemade goods) with ingredient labels; and making sure that a copy of your child's food allergies are available for substitute teachers.

Will this impact my ability to send homemade goods to school?

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These new standards apply to any food products — packaged or homemade — provided to students during the school day. Each school has their own practice with regard to a preference or limitation for packaged or homemade food items. Please check the food procedures that your child's school has established.

Will the rules for food sold through breakfast and lunch programs, fundraisers and at school events change through this policy?

Rules for food sold through breakfast and lunch programs at school, vending machines, and school fundraising efforts will not change through this policy. Additionally, rules for food provided and sold at special events occurring outside the school day (e.g. family nights or sports events) and for food sold to students off of school property (e.g. food bought during open campus lunchtime) will not change through this policy.

Will the new rules apply to snacks I send with my student that is just for them?

No. These rules apply to food provided to students outside of the school meal program by school staff (e.g. classroom parties, classroom snacks, foods given as incentives). While nutritious snacks sent to school with an individual student are encouraged, DPS does not issue nutrition guidelines for these food items.

Why did DPS update the School Wellness Policy?

In July 2016, the USDA updated the framework and guidelines for school district wellness policies including new requirements for school districts. DPS used this opportunity to expand our existing wellness policy to foster an environment where students are healthy, engaged and safe. These changes will help us achieve our goal to build support for the Whole Child, a goal within the [Denver Plan 2020](#), and achieve our vision that *Every Child Succeeds*.

If parents choose to celebrate their child's birthday at school, what are some items that can be used as an alternative to food and beverages?

If parents choose to celebrate their child's birthday at school, we encourage them to consider alternative celebration items and save food treats for your celebration at home. Alternative items may include:

- Pencils, stickers or other small items for your child to give his or her classmates.
- Donate a book to school with your child's name in it. Our classrooms and libraries can always use new books!
- Request a show-and-tell time for the birthday student to share some of their favorite things (photo, toy, etc.)
- Reach out to your child's teacher for other suggestions.

Where can I go for additional information?

Please visit the DPS Food and Nutrition Services website for more information:
<http://foodservices.dpsk12.org/>