

Pleasant View School District's Guide to Food on Campus

In an effort to have a healthy start to our **2024-2025** school year, the following handout includes information on food that is allowed at school. This guide was created using laws and regulations passed by federal, state, and local agencies. These regulations apply from midnight to ½ hour after school ends. The percentage of overweight and obese children has more than doubled in the last 30 years. Children who are overweight and obese are more likely to be overweight and obese as adults and are at a higher risk for chronic diseases such as heart disease, type II diabetes, stroke, and several cancers. It is essential that we all work together to teach our kids healthy habits now by encouraging healthy food at school, so they have a healthier future.

Snacks:

*Snacks must be store bought

- 175 calories or less (elementary) or 250 calories or less (middle)
- Contain no trans fat
- May not be deep fried
- May not contain more than 35% total calories from fat
- May not contain more than 10% total calories from saturated fat
- May not contain more than 35 % of its total weight from sugar

Parties:

- Only 3 parties are permitted throughout the year.
 - All food items must be store bought.
- Only one “non-nutritious” food, such as cakes, cupcakes, cookies, ice cream, etc., is allowed per party, so please coordinate with other parents.
 - Juice should be greater than 50% fruit juice and have no added sweeteners (No Soda)
- Healthy snack ideas might include: fruit or vegetable trays with dip, granola bars, sugar free gelatin, baked snacks, etc.

Foods of minimal nutritional value such as chewing gum, candy, candy coated popcorn, etc. are not permitted to be served or sold at school. These regulations apply from midnight to ½ hour after school ends.