

AHISD Nutrition Guidelines

The Alamo Heights Independent School District recognizes the strong relationship between nutrition and learning. To support this relationship, the district has adopted the following guidelines for providing food to students other than at breakfast and/or lunch. The intent of the guidelines is to encourage the consumption of nutritious food by students and to limit access to high-fat, high sugar items during the school day.

A description of the U.S Department of Agriculture guidelines and how they impact Texas may be found on the Internet at www.squaremeals.org.

All Foods Sold to Students During the School Day, including fundraisers:

- Must meet U.S. Department of Agriculture Smart Snack regulations.
- Competitive food is not to be sold on campus during breakfast or lunch meal service times
- Soda water is prohibited from being sold (i.e., any carbonated beverage that is not water or 100% fruit juice.)
- Guidance: the Child Nutrition office may assist in determining whether or not a fundraiser meets the Smart Snack regulations
- Note: “school day” is defined as midnight the night before to 30 minutes after the final school bell

Snack lines: The AHISD School Health Advisory Council (SHAC) makes recommendations to district administrators about snacks sold in the elementary cafeterias. *Parents may limit or restrict the number and particular snacks that their children are able to purchase by contacting the Director of Child Nutrition at 832-5940.*

“Giveaways” (i.e., items given by school staff, not sold)

Nutritious Recommendations (including, but not limited to these):

- Water, fresh fruit, cheese sticks, vegetables (e.g., carrot sticks), whole grain snacks (e.g., crackers), trail mix

School staff shall not provide students with foods of minimal nutritional value (FMNV), like candy, sodas, etc., except during the exceptions days listed below.

School-wide Exemptions from Prohibition of FMNV:

Each elementary campus may have up to three school-wide party days, which are exempt from the prohibition against FMNV. These are designated as Halloween, Valentine’s Day, and Winter Holidays. Even on these days, a balanced approach to snacks should be considered which might include some snacks not allowed on other school days.

Classroom Birthday Recognitions:

Classroom birthday recognitions are an important, time-honored tradition. They also, however, result in treats with salt, sugar, and fat numerous times a year. During these recognitions, parents and teachers are encouraged to consider nutritious food and/or non-food recognitions (such as receiving a book, etc.). Regardless, snacks for birthday recognitions must occur after lunch.