
Pittsford Schools

District Nutrition Guidelines For Parents

Beverages

- Bottled regular and flavored water with no added calorie sweetener
- 100% fruit or vegetable juice with no added calorie sweetener
- 1% and fat free milk and low-fat milk products
- Middle/High School only: Sport drinks with no more than 6% carbohydrates
- High School only: coffee, tea
- High School only: soft drinks/soda may be purchased only after the last lunch period. No more than 10 percent of the vending selection will be soft drinks

Nutrition Content

- No more than 35% of **weight** from added sugar
- No more than 10% **calories** from saturated fat. No trans fat
- No more than 35% of **calories** from fat (excluding nuts, seeds, peanut butter)
- Identify exemptions that will have a significant impact on the budget
- Make progress toward the percentage goals and use student recommendations
- Maintain regular student input

Portion Size

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
- One ounce for cookies
- Two ounces for cereal bars/granola bars, muffins and other bakery items
- 1 bagel, 3-5 ounces
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream; Eight ounces for non-frozen yogurt
- Eight ounces for beverages, excluding water, K-8
- Twenty fluid ounces for low-calorie beverages, 9-12
- Fruits and non-fried vegetables are exempt from portion-size limits

Food and beverages sold at school-sponsored events outside of the school day (including, but not limited to athletic events, dances, and performances)

- The district will provide a suggested list of healthy foods which may be sold at school-sponsored events.
- Nutrient and ingredient information for all products served will be available upon request.
- District Food Safety Guidelines will be followed for all foods brought into school.

Non-Curricular Celebrations

- There will be a limit of one food classroom/building celebration per month (other than holidays).
- Foods served will meet District guidelines for nutrition content and portion size.
- District Food Safety Guidelines will be followed for all foods brought into school.
- The District will provide a list of healthful foods and/or encourage the use of non-food items/ideas for classroom celebrations.

School Provided Classroom Snacks

- Snacks served during the school day, or in after-school enrichment programs will make a positive contribution to children's health, with an emphasis on serving fruit and vegetables as the primary snacks, and water as the primary beverage. They must meet District Guidelines for nutrition content and portion size.

Staff to Student Rewards/Incentives

- Non-food or healthy food rewards/incentives only, except if indicated on a student's Individualized Education Plan.

Fundraising (including but not limited to Clubs, Student Government Organizations, and Athletic Teams/Booster Clubs)

- The District will encourage non-food fundraising for activities which occur outside of school hours.

School Store

- All items for sale in the school store must meet the district guidelines.