

**FOOD AND NUTRITION
PROCEDURES**
Miami-Dade County Public Schools



Subject: **DISTRICT WELLNESS POLICY RULE ON FOOD AND BEVERAGES SOLD ON CAMPUS AND IN VENDING MACHINES DISTRICT-WIDE**

PURPOSE

The purpose of this procedure is to provide information to school administrators, teachers and the community on the District's rule on Food and Beverages Sold on Campus and in Vending Machines District-wide per [Board Policy, 8510 Wellness Policy](#).

The District is committed to providing a healthy environment for students and staff within the school environment recognizing that individuals must be physically and socially healthy in order to promote wellness and academic performance.

Rule on Food and Beverages Sold on Campus and in Vending Machines District-Wide

The District is committed to providing an environment in which all students and staff can make healthy food choices for lifelong health. As such, the following Rule on Food and Beverages Sold on Campus and in Vending Machines District-Wide will be implemented for all sites, for **all** food sales beginning one (1) hour before the start of the school day and up until one (1) hour after dismissal of the final class of the day. This rule shall be applicable to all food and beverages sold in vending machines twenty-four (24) hours a day.

A. Beverages

All beverages must be non-carbonated and have no added caffeine.

1. Elementary School

- a. Plain water.
- b. Up to eight (8) ounce servings of milk and 100% juice.
 - i. Fat-free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/eight (8) ounces.

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- ii. 100% juice with no added sweeteners, up to 120 calories/eight (8) ounces, and with at least ten percent (10%) of the recommended daily value of three (3) or more vitamins and minerals.

2. Middle School

Same as elementary school, except juice and milk may be sold in twelve (12) ounce servings.

3. High School

- a. Plain water.
- b. No- or low-calorie beverages with up to ten (10) calories/eight (8) ounces.
- c. Up to twelve (12) ounce servings of milk, 100% juice and certain other drinks.
 - i. Fat-free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/eight (8) ounces.
 - ii. 100% juice with no added sweeteners, up to 120 calories/eight (8) ounces, and with at least ten percent (10%) of the recommended daily value of three (3) or more vitamins and minerals.
 - iii. Other drinks with no more than forty (40) calories/eight (8) ounces.
- d. At least twenty-five percent (25%) of non-milk beverages must be water and no more than twenty-five percent (25%) of beverages may be no- or low-calories options.

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B. Food and Snacks

All food and snacks sold in school must meet the following:

1. No more than thirty-five percent (35%) of total calories from fat.
2. No more than ten percent (10%) of total calories from saturated fat.
3. No more than thirty-five percent (35%) added sugar by weight.
4. No added trans-fat.
5. Be a “whole grain-rich” product.
6. Be a fruit, vegetable, dairy, protein food; or
7. Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable.

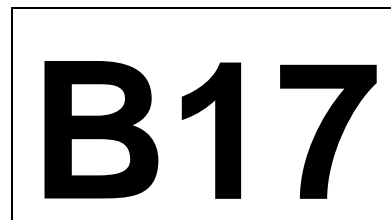
Snacks sold separately from mealtimes and as approved fundraisers on campus one (1) hour before the start of the school day and up until one (1) hour after dismissal of the final class of the day, must:

1. have no more than 200 calories.
2. have no more than 230 mg. of sodium.

The District encourages healthy food and beverages at school-related events. Ideas and suggestions can be found at <http://nutrition.dadeschools.net>. However, when school-related events occur at least one (1) hour after dismissal of the final class of the day and where parents and other adults are part of an audience or are selling food and beverages as boosters during intermission, as well as immediately before or after an event, these rules do not apply. Examples of these events include school plays and band concerts.

Foods used in Culinary Arts and Training Programs for instructional purposes are also exempt from these rules.

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School administrators will be responsible for the implementation of the District Wellness Policy at their school site. Non-compliance with this policy will be addressed at the administrative level by School Operations.

For Action By: Principals, Department of Food and Nutrition

Refer Questions to: Department of Food and Nutrition

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Revised:

Reviewed: July 2023