

## NUTRITION GUIDELINES

The Texas Department of Agriculture Commissioner Susan Combs has become a champion for the health of the children of Texas. With her guidance, a new nutrition policy was created for all schools to use in our battle over obesity. Refugio I.S.D. advocates our children's health as well. To ensure that our children receive a wholesome diet, the following nutrition guidelines are in place at Refugio I.S.D.

### A. Foods of Minimal Nutritional Value (FMNV) Policy

School campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the last lunch period.

*Definition of FMNV: Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the USDA under the child nutrition programs.*

### B. Nutrition Standards

1. Fats and Fried Foods:
  - a) Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week. The goal is to reduce this to 23 grams of fat per serving size by the start of the 2006-07 school year.
  - b) French fries may not be offered more than three times per week. A student may not purchase more than one serving at a time. The serving size for French fries may not exceed 3 ounces.

### C. Competitive Foods

School campuses may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises until after that last lunch period.

*Definition of Competitive Foods: Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, National School Breakfast Program and/or After School Snack Program. This definition includes, but is not limited to, food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.*