

# TEXAS PUBLIC SCHOOL NUTRITION POLICY AT A GLANCE

(A PROGRAM OF THE TEXAS DEPARTMENT OF AGRICULTURE)  
EFFECTIVE FOR THE 2004-05 SCHOOL YEAR

---

## ***Foods of Minimal Nutritional Value (FMNV) Defined***

**Soda Water**—Any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

**Water Ices**—Any frozen, sweetened water such as popsicles and other “sicles” and flavored ice with the exception of products that contain fruit or fruit juice.

**Chewing Gum**—Any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

**Certain Candies**—Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

## ***“Competitive” Foods Defined***

Includes all food and beverages that are not provided by school food service. This includes items sold in vending machines, in school stores or through school fundraisers conducted by parents or other groups and organizations. Outside food and beverages provided for events such as pizza parties, etc., are also considered competitive.

## ***Exemptions***

Certain exemptions are allowed for school nurses, students with special needs and up to **three pre-approved school wide events**. Those dates in RRISD are: Dec. 16, March 11 and May 25.

**Field Trips**—Campus-approved field trips are exempt.

**Athletic, UIL, Band and Other Competitions**—Policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc., that occur after the normal school day are not covered by the policy.

## **Elementary Schools**

**FMNVs**—Not allowed at any time during the school day

**Candy**—Not allowed at any time during the school day.

**Competitive foods**--Not allowed at any time during the school day.

**French fries & fried potato products (except chips)**—May not exceed 3 oz. servings, may only be served once a week, and may only be purchased one serving at a time. However, the elementary schools have never fried foods.

**Carbonated beverages**—Not allowed at any time during the school day.

## **Middle Schools**

**FMNVs**—Not allowed until after the last lunch period.

**Candy**—Not allowed until after the last lunch period.

**Competitive foods**—Not allowed during meal periods.

**French fries & fried potato products (except chips)**—May not exceed 3 oz. servings, may not be served more than three times per week, and may only be purchased one serving at a time.

**Carbonated beverages**—Not allowed until after the last lunch period.

## **High Schools**

**FMNVs**—Not allowed during meal periods in areas where reimbursable meals are served and consumed.

**Candy**—Allowed.

**Competitive foods**—Not allowed during meal periods in areas where reimbursable meals are served and consumed.

**French fries & fried potato products (except chips)**—May not exceed 3 oz. servings and may only be purchased one serving at a time.

**Carbonated beverages**—Sugared, carbonated beverages cannot be sold in containers larger than 12 oz. and are not allowed during meal periods in areas where reimbursable meals are served and consumed.

## **Other Frequently Asked Questions**

**Do these nutrition standards apply to fundraising?** For middle schools and high schools, the nutrition standards will apply to food fundraising during the school day. In middle schools, food fundraising is not allowed anywhere on campus during meal periods. In high schools, food fundraising is not allowed during meal periods in areas where reimbursable meals are served or consumed. No food fundraising will be allowed on an elementary school campus during the school day.

**Does the policy prohibit teachers from using competitive foods as an instructional tool in the classroom?** Teachers may occasionally use food for instructional purposes as long as the food items are not considered FMNVs or candy.

Additional information is available at <http://www.squaremeals.org>