

Colquitt County Board of Education

710 28th Ave. SE

Moultrie, Ga. 31768

Restricted Food Policy

The Colquitt County Board of Education (CCBOE) will be taking the lead in limiting student access to unhealthy snacks and beverages as part of our CCBOE Initiative for Healthy Children. The Beverage Companies will begin stocking all beverage machines on all campuses with healthier drinks, including water, sports drinks, etc. Currently, no beverage machines are accessible to elementary students.

This CCBOE initiative meets the requirements of the new state regulations for food made available to children in our schools. The school system shares in the community's concern about nutrition, unhealthy eating habits, and childhood obesity. While the schools are not totally responsible for what children eat, it is the intent of the school system to do its part in directing students toward healthier practices that will benefit them throughout their lives.

As a part of this effort, all campuses will work together toward limiting availability of unhealthy foods designated by the United States Department of Agriculture as "foods of minimal nutritional value (FMNV)."

Even though our elementary school students do not have access to these foods through vending machines, every reasonable effort will be made to ensure that staff members are mindful not to distribute these FMNV to students as rewards and that cafeteria's do not sell them as extra snacks. It is important to encourage PTO's and other school organizations to offer/provide healthier snack alternatives during the school day or on field trips.

Colquitt County Schools will work toward eliminating carbonated drinks, sugary candies, high-fat candy bars, chewing gum, and other non-nutritional food items while promoting the consumption of healthier choices during the regular school day.

The intent is for all students to benefit through important changes in their lifestyles while improved food choices promote a calmer, more productive classroom environment.

If you have any questions, contact the Colquitt County Board of Education.

This institution is an equal opportunity provider.

Restricted Food Policy (Federal Regulation/No Exemptions)

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.

Restricted Foods:

- Soda Water -any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- Water Ices -any frozen, sweetened water such as "...popsicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum -any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies -any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - o Hard Candy-A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
 - o Jellies and Gums-A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - o Marshmallow Candies-An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.
 - o Fondant-A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 - o Licorice-A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
 - o Spun Candy-A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
 - o Candy Coated Popcorn-Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

Department of Agriculture Food and Nutrition Division - **Suggestions for Nutritious Snacks**

Beverages –6 oz. serving size

- Fruit juices
- Fruit smoothies
- Milk, non-fat or low-fat, plain or flavored
- Approved sparkling or plain water

Low-fat Grain Foods—1/4c.—1/2c. serving size

- Mini-bagel bread sticks
- Animal crackers
- Graham crackers
- Soft pretzel, plain or flavored
- English muffin
- Hard Pretzels
- Mini rice cakes, flavored
- Low-fat sports bars
- Fig Newton's or Vanilla wafers
- Baked tortilla chips with salsa
- Low-fat fruit or grain muffin (3 oz)
- Mini Cupcakes
- Dry cereal, individual servings

Fresh Fruits and Vegetables 1/4c.—1/2c. serving size

- In-season, fresh fruit
- Carrots, broccoli, cauliflower with low-fat dip or salad dressing

Additional Treats

- 100% fruit snacks
- Fruit bars
- Frozen low-fat yogurt
- Frozen fruit bars
- Low-fat pudding, plain
- Fat free popcorn
- Beef jerky - 95% fat free
- Yogurt splits (yogurt, banana, peanut butter, and crackers with toppings) or parfaits
- Low-fat string cheese
- Low-fat sandwich cookies
- Fruit, nut and/or grain trail mixes

Entrée Suggestions for School Parties

- Salads made with pasta, meat, / or Meat/Veg./Fruit Kabobs
- Bean burrito and/or vegetables
- Grilled or baked vegetable or cheese quesadilla
- Pasta with marinara sauce
- Sub sandwiches
- Pizza bagels (or English muffins) or Gold Fish
- Tortilla wraps filled with meat and/or vegetables
- Baked potato with vegetable or chili topping

Non-Food Reward Ideas

- Pencils, Erasers, Stars
- Stickers, Certificates
- Coupons for extra computer time, Rulers
- Free time, reading time, etc.
- Movie coupons

Additional Suggestions:

- *Eliminate all candy/food items from treat bags associated with class parties/events. Include only items such as those listed as Non-Food Rewards.*
- *Promote Nutrition Nuggets Newsletter provided by the Colquitt Co. School Nutrition Office on a monthly basis using information provided as healthy “suggestions” during daily announcements.*
- *Continue to incorporate the daily “Healthy Tidbits” reminders into announcements. (Flip Chart)*
- *Suggest that all teachers/staff keep carbonated beverages out of direct contact with students during class time.*
- *Suggest that all teachers/staff focus on personal health and presentation on a daily basis.*
- *Support efforts to promote student health initiative at all school sites and on a regular basis.*

*School sites are exempt from limitations listed above during school related events/fundraisers such as Fall Festival, Field Day, etc..with prior approval for exemption by school Principal.

(Revised)August 11, 2011

Superintendent: Leonard McCoy

Committee Chair: Monika W. Griner, School Nutrition Director

Committee Members: Bob Jones, Lynn Clark, Marc Bell, Chuck Jones, Brenda Demott, Suzanne Sumner, Holly Lewis, Keena Milligan