

## Foods of Minimal Nutritional Value

To promote a healthy school environment, federal and state regulations prohibit the sale and student access to foods and beverages of minimal nutritional value in schools that participate in the School Breakfast and National School Lunch Program. Food and beverages may not be sold in competition with the School Lunch Program. Foods of minimal nutritional value as identified by the Secretary of the United States Department of Agriculture (USDA) include:

- Carbonated soda water, including those made with artificial sweetener.
- Water ice.
- Chewing gum.
- Candy including hard candy, jellies and gums, marshmallow candy, fondant, candy corn, mints, licorice, spun candy.
- Candy-coated popcorn.

The sale of all items on the list of Foods of Minimal Nutritional Value is prohibited from 12:01 a.m. until the end of the standard school day. Vending machines are to be on timers in order to limit student access.

The Office of Food and Nutrition Services recommends that all items served meet the following guidelines per serving:

- No more than 9 grams of total fat.
- No more than 2 grams of saturated fat.
- No more than 15 grams of sugar excluding dried fruit with no added sugar and natural fruit sugar.

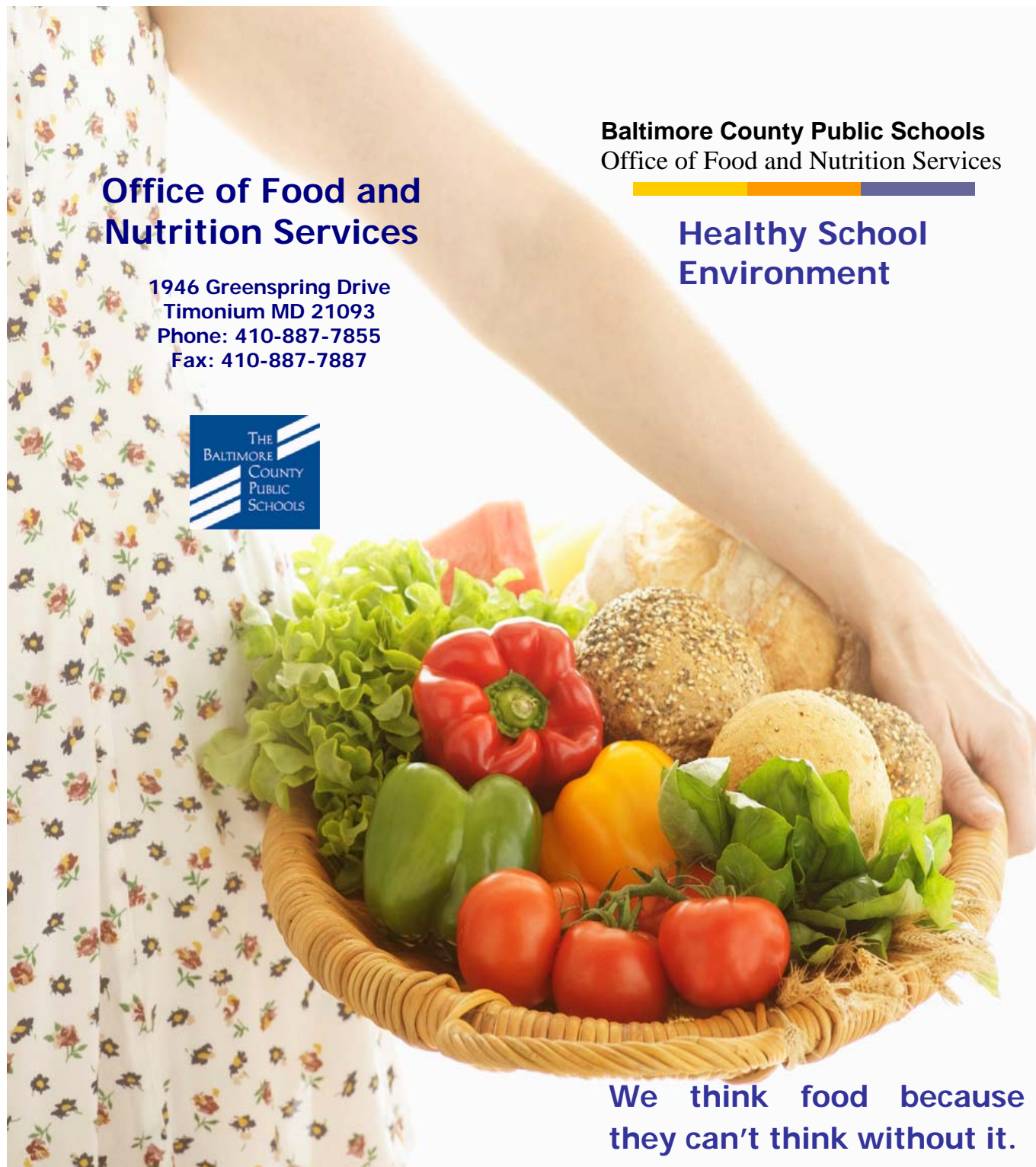
## Office of Food and Nutrition Services

1946 Greenspring Drive  
Timonium MD 21093  
Phone: 410-887-7855  
Fax: 410-887-7887



Baltimore County Public Schools  
Office of Food and Nutrition Services

## Healthy School Environment



**We think food because they can't think without it.**

## School Wellness Policy



### The Purpose

The objective of the Baltimore County food program shall include encouraging students to select and consume nutritionally balanced meals. The Office of Food and Nutrition Services supports the educational program by providing nutritious meals in an environment that meets proper sanitation and health standards and conforms to all applicable state and local laws and regulations.

BCPS Policy 3310

### Classroom Celebrations

To aid in selecting appropriate foods for classroom celebrations, the following list is provided. Classroom celebrations in schools should encourage healthy choices and portion control. It is recommended that all foods be commercially prepared to avoid foodborne illness.

#### Non-Food Ideas for Celebrations:

- ✎ Invite a guest celebrity or parent to read or speak to students.
- ✎ Play a short activity game.
- ✎ Extra recess.
- ✎ Give out party bags filled with pencils, stickers, novelty erasers, or school supplies rather than candy.
- ✎ Play music, sing songs, or watch a video.



#### Popular healthy party snacks include:

- ✎ Bottled water
- ✎ 100 % fruit juice
- ✎ Cut-up fresh fruit or vegetables
- ✎ Animal crackers
- ✎ Baked chips
- ✎ Cereal bars
- ✎ Cheese - wedges, string, sliced
- ✎ Cookies, single serve
- ✎ Crackers and cheese
- ✎ Graham crackers
- ✎ Granola bars
- ✎ Popcorn and pretzels
- ✎ Mini cupcakes
- ✎ Mini fruit muffins
- ✎ Fruit and nut bread, such as banana bread

#### Allergies

*It is recommended that baked goods be purchased from a commercial food establishment rather than home prepared. This will help to ensure that all children are served food that is safe to eat. Nutritional information will be available to students with dietary restrictions or allergies.*