

# THE STATE OF CONNECTICUT HEALTHY FOOD INITIATIVE

The Region 16 Board of Education has chosen to follow the State of Connecticut Healthy Food Initiative. All foods and beverages sold to students in school buildings during the school day must meet established standards for fat, saturated fat and trans fat, added sugar, and portion size. To view these standards in detail and review the list of approved foods and beverages go to:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>

At all schools, lunch meals will, when averaged over the course of a week, meet the Dietary Guidelines for Americans. Fresh fruit and vegetables will be offered daily and whole grain products on most school days. A serving of fruit and a serving of vegetable is included daily with each school lunch.

Students may choose one of three fruit choices: fresh, canned or 100% fruit juice and one of two vegetable choices: fresh variety or the cooked vegetable of the day, if offered. Beverage choices will be limited to low-fat flavored or unflavored milk, 100% fruit juices, and water.

Elementary School Students will be limited to **one** a la carte snack daily.

## **At all schools, a la carte packaged snacks will meet the following standards:**

- Total fat - No more than 35% of total calories and 7 grams per package.
- Saturated fat - No more than 10% of calories and 2 grams of fat per package.
- Trans fat - Zero trans fats (< 0.5 gram) per package.
- Added Sugars - No more than 35% by weight and 15 grams per package and no artificial sweeteners or sugar alcohols.
- Sodium - No more than 500 milligrams per package.
- Caffeine - No caffeine with the exception of trace amounts that are naturally occurring.