

M.S.A.D. NO. 75 STUDENT VENDING MACHINE POLICY

Obesity rates are rising at an alarming rate among Maine children. Many children consume at least one-third of their daily food intake in the school setting. Having healthy foods available could contribute to better nutrient intake and a more appropriate level of calorie consumption. Good nutrition provides the foundation for student growth, development and learning. Healthy eating can improve academic performance, attendance, mood, alertness, and behavioral issues.

In order to model healthy food choices and send a message consistent with nutrition information taught in the classroom, M.S.A.D. No. 75 prohibits the sale of soft drinks and other junk food as defined below in all student-accessed vending machines.

Foods prohibited from sale in student vending machines:

Soft drinks – includes regular and low-calorie carbonated soft drinks, carbonated fruit juice drinks, and sweetened and unsweetened carbonated water.

All junk food – defined as food of minimal nutritional value:

- (a) in the case of artificially-sweetened foods, a food which provides less than 5% of the Reference Daily Intake (RDI) for each of eight specified nutrients per serving;
- (b) in the case of all other foods, a food which provides less than 5% of the RDI for each of eight specified nutrients per 100 calories and less than 5% of the RDI for each of eight specified nutrients per serving.

The eight nutrients to be assessed are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.

AND

- (c) provides more than 35% by weight of sugar (excluding sugar found naturally in fruit and dairy products)

OR

- (d) provides more than 30% of total calories from fat (excluding fat from nuts, seeds, and peanut butter)

OR

- (e) provides more than 10% of calories from saturated fat.

Three-year exemption: At the high school, sports drinks will be exempt from this policy for the first three years it goes into effect.

FIRST READING:	June 24, 2004
SECOND READING:	July 15, 2004
THIRD READING:	August 12, 2004
ADOPTION:	August 12, 2004