

**DODGELAND SCHOOL DISTRICT**  
**Board Policy Manual**

**458 – Rule**

**SCHOOL WELLNESS POLICY IMPLEMENTATION PROCEDURES**

**Nutrition Guidelines:**

Food items of minimal nutritional value, including beverages, shall not be sold in student vending machines or other outlets during the school day. Such foods shall only be available in school facilities during public event concession sales. Foods of minimal nutritional value as defined by USDA include the following:

- Soda Water — any carbonated beverage (even water). 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. This includes hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

Suggested healthy alternative foods include the following:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Low-fat meats and cheese sandwiches (low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

Approved: July 24, 2006

Revised (WASB): May 20, 2013