

RSD Healthy Food Guidelines

Good nutrition leads to great academic performance. In January 2016 the RSD School Board passed a revised and expanded Wellness Policy for the District and its schools.

This policy includes the Healthy Foods Guidelines described below.

Please note this is not a complete list of the Healthy Food Guidelines. For a complete list, the Wellness Policy, and additional information, please visit:



<http://rioschools.org/departments/child-nutrition-services/>



Which foods meet the Healthy Food Guidelines?

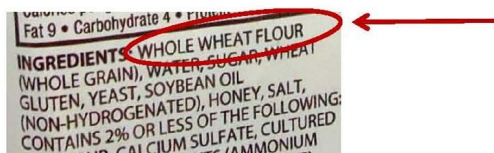
Foods must be from one of the following groups:

- ◆ **Fruit**
- ◆ **Vegetables**– excluding french fries and other fried vegetables.
- ◆ **Dairy Food**– excluding high-fat dairy foods.
- ◆ **Protein**– examples include nuts, seeds, eggs, legumes, and low-fat cheese.
- ◆ **Whole grain food**– This means grains such as wheat, corn, rice, barley, oats, quinoa, and rye when eaten in their “**whole** form”.
 - ◆ Check for information on product labels. Products should be at least 51% **whole grain** or have at least 8 grams of **whole grain** per serving.

- ◆ Look for the **whole grain** food stamp as shown here:



- ◆ As shown in the example below, check the ingredients to see if a **whole grain** food is the first item listed:



Which food are NOT okay?

- Ø Ice cream, sundaes, popsicles
- Ø Fried chips, including Flamin’ Cheetos, cheesy nachos, potato chips
- Ø Candy, including chocolate, lollipops, gummies, and raisins coated with chocolate or yogurt
- Ø Baked goods such as cupcakes, donuts, or cookies
- Ø Sugary drinks including soda and energy drinks

Tips on how to meet the Healthy Food Guidelines

Instead of ice cream, popsicles, or sundaes, **try these healthier choices:**

- ◆ Yogurt (most kinds, including Greek yogurt and yogurt in tubes) or yogurt parfaits
- ◆ 100% frozen fruit bars
- ◆ Frozen fudge bars
- ◆ Fruit cups packed in 100% fruit juice
- ◆ Fresh Fruit such as apples, berries, melon, etc.

Instead of potato chips, nachos, or Cheetos, **try these healthier choices:**

- ◆ Air-popped popcorn with no butter
- ◆ Tortilla chips with salsa
- ◆ Raw vegetables with low-fat dip such as hummus
- ◆ Whole grain pretzels or whole grain crackers
- ◆ Reduced fat cheese or lite string cheese

Instead of candy, **try these healthier choices:**

- ◆ Most granola bars
- ◆ Raisins or craisins (small handfuls or snack packs)
- ◆ Almonds, cashews, or pistachios (small handfuls)
- ◆ Low-fat kettle corn



Things to know about the Healthy Food Guidelines

Soda and candy:

No soda or candy on RSD school campuses.

Instead of cupcakes, donuts, or cookies, **try these healthier choices:**

- ◆ Whole grain blueberry muffins
- ◆ Whole grain banana or zucchini bread
- ◆ Other whole grain baked goods that have less fat (such as baked goods that have been made with applesauce, plain yogurt, or mashed bananas in place of fats like butter and oil)

Instead of sugary drinks such as soda or energy drinks, **try these healthier choices:**

- ◆ Water
- ◆ Fruit juice that is 100% fruit juice (with no added sugar)
- ◆ Milk that is nonfat or 1% milk
- ◆ Soy milk



Food and drinks being sold (fundraisers, vending machines, snack bars):

Foods and drinks sold must meet the Healthy Food Guidelines until 6pm on school days. This includes foods and drinks sold as part of a fundraiser; foods and drinks sold from a vending machine, a school store, or school snack bar; and foods and drinks sold a la carte in the cafeteria.

Classroom or school celebrations:

Celebrations at school should meet the Healthy Food Guidelines. Schools may allow food that does not meet the Healthy Food Guidelines, but no more than once a month.

Foods and drinks served at school events:

When foods or drinks are served at school events, healthy choices must be included.

What about rewards and incentives?

Food being used as a prize or reward (for good behavior, attendance, etc.) must meet the Healthy Food Guidelines. RSD highly encourages the use of prizes and awards that don't involve food, such as having a special activity as the prize.

For more information on the Healthy Food Guidelines and the RSD Wellness Policy, please contact

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