



Austin Independent School District

If you have any questions you may contact:
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**Texas Nutrition
Policy in AISD
Elementary
Schools**



Texas Nutrition Policy

The Texas Nutrition Policy was developed in order to promote healthy nutrition environments in public schools for the benefit of students. This policy contains many restrictions on foods with some exemptions. The restrictions vary by campus levels. This flyer only addresses the policy as it applies to elementary school campuses.

The policy only applies during the school day. It does not apply to after school activities or after school events.



Texas Nutrition Policy Restrictions:

- Food is not to be provided to students during the school day except by the cafeteria during meal time. Parents or guardians may provide food for their own children for lunch or snacks.

Exemptions include:

- * a healthy snack in the classroom (must follow guidelines from Texas Dept. of Agriculture for healthy snacks)
- * foods related to an educational lesson in the classroom
- * birthday parties
- * food sent with the students for their consumption

- Food may not be sold during the school day for fund raising activities. (No exemptions)
- Food may not be used as a reward. (Exemptions: Special Needs Students)
- Foods of Minimal Nutritional Value (FMNV) may not be sold to students by anyone and may not be provided to students by school staff. (No exemptions)

What are Foods of Minimal Nutritional Value? (FMNV)

- Soda Water—carbonated beverages regular or diet.
- Water Ices—frozen sweetened water without fruit or juice.
- Chewing Gum
- Candy
- Restrictions to foods served in the school cafeteria include:
 - * French fries or Potato Rounds may not be served more than once per week and students may only be given one serving when they come through the line. For seconds they must come through the line a second time. A serving of French Fries or potato rounds may not be greater than 3 ounces.
 - * Foods containing more than 28 grams of fat may not be served more than twice per week. (AISD does not serve any foods containing 28 grams of fat in the elementary schools.)
 - * Schools are to eliminate frying as a method of preparation by the 2005-2006 school year unless modifications are needed. (There are not any fryers in AISD school kitchens.)
 - * There are portion size restrictions on beverages and snacks.



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Allowances:

- School Nurses: Nurses may use their judgment in giving students cough drops, mints or other foods otherwise restricted by the policy.
- Students with Special Needs: Those whose Individual Education Program (IEP) plan includes the use of an FMNV or candy for behavior modification may be given food rewards.
- Three Specified School Events: Schools may select up to three special event days for policy exemptions.
- TAKS Test Days: An additional nutritious snack is permitted for TAKS test days.
- Field Trips are exempt from the nutrition policy.
- This policy does not restrict what parents may provide for their own child's lunch or snacks.
- Plain water in any size container and 100% fruit juice that is no larger than 12 ounces may be served to students during the school day.
- A parent or grandparent may provide food for their child or grandchild's birthday.
- A parent or grandparent may provide food for a school-designated function.

