

FOODS OF MINIMAL NUTRITIONAL VALUE

Silver Falls School District Policy Made Easy
A GUIDE FOR PARENTS

The FMNV policy has three parts as follows:

1. **A school campus may not serve or provide access for students to FMNV at any time anywhere on school premises during the school day.**

Schools must prevent students from accessing FMNV on school premises. Such food and beverages may not be sold or given away on school premises by the school, school or non-school organizations, teachers, parents, or any other person or group during the school day.

Restricted Foods

The foods that are restricted from sale or distribution to students are classified in these four categories:

- **Soda Water**—any carbonated beverage. 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 "...sicles" 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 that characterize the following types:

Hard Candy—A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.

Jellies and Gums—A mixture of carbohydrates that are combined to form a stable gelatinous system of jelly like character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

Marshmallow Candies—An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.

Fondant—A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.

Licorice—A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.

Spun Candy—A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

Candy Coated Popcorn—Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

Examples of foods that are restricted from sale and distribution to students include, but are not limited to:

Life Savers, Peppermints, Lemon Drops, Jolly Ranchers, Snow Cones, Cracker Jacks, Skittles, Sprees, Jelly Beans, Marshmallows, Cotton Candy, Gummy Bears, Red Hots, Jaw Breakers, Sours, any carbonated beverage.

Does this policy include sports drinks, tea, or other similar beverages? **No, the policy only covers prohibited carbonated beverages. Sports drinks, bottled waters, and tea are not carbonated and therefore not covered by the policy.**

Easy Snack Options for Classrooms

Whole Grain Dry Cereal (without nuts): Life, Oh's, Kix

Pretzels

Popcorn

Whole Grain Chips

Whole Grain Crackers

Vegetable Chips

Fruit Crips

Graham Crackers

Cheese Crackers

Goldfish- any flavor

Rice Cakes

Hummus dip

Guacamole dip

Peanut Butter Alternatives: Sunflower seed butter, Soy butter

Cheese Sticks

Gogurt

Squeezeable Fruit

Fresh Fruit (apples, bananas, melon, grapes, mango, berries, cherries, plums)

Veggies (carrots, celery, sweet peppers, broccoli, cauliflower, cucumbers)

Dried Fruits -like Raisins

Resources:

Snacksafely.com

Kidswithfoodallergies.org