

Snacks & Beverages

Snacks and beverages need to meet the following standards to comply with CUSD Board Policy 5030(a), CUSD's Wellness Policy, and the federal government's Healthy, Hunger-Free Kids Act of 2010. If a parent would like to celebrate/acknowledge their child's birthday at school, the Ambuehl staff encourages each parent to speak to their child's teacher so that non-food items (pencils, erasers, etc.) or snacks and beverages that meet the criteria listed below are brought to school instead of donuts, cupcakes, etc.

Snacks

- Not to exceed 250 calories per individual food item.
- No more than 35% of total weight shall be composed of sugar.
- Not to exceed 35% of total calories from fat.
- Not to exceed 10% of total calories from saturated fat.
- Most baked goods, candy, donuts, and ice cream do not meet the snack standards.

Beverages

- Fruit-based drinks shall be composed of no less than 50% fruit juice and have no added sweetener.
- Vegetable based drinks shall be composed of no less than 50% vegetable juices and have no added sweetener.
- Drinking water must not have added sweetener.
- Milk must be 2% fat, 1% fat milk, nonfat milk, soy milk, rice milk, or other similar non-dairy milks.
- An electrolyte replacement beverage must contain no more than 42 grams of added sweetener per 20 ounce serving.
- Soda does not meet the beverage standards.

For class parties, class incentives, birthday parties, etc. an option for parents is to purchase items from *CUSD's Food and Nutritional Services – Partners in Providing Compliant Foods & Beverages* list (posted on Ambuehl's website). This snack and beverage list meets the requirements of CUSD Board Policy 5030(a), CUSD's Wellness Policy, and the federal government's Healthy, Hunger-Free Kids Act of 2010.

