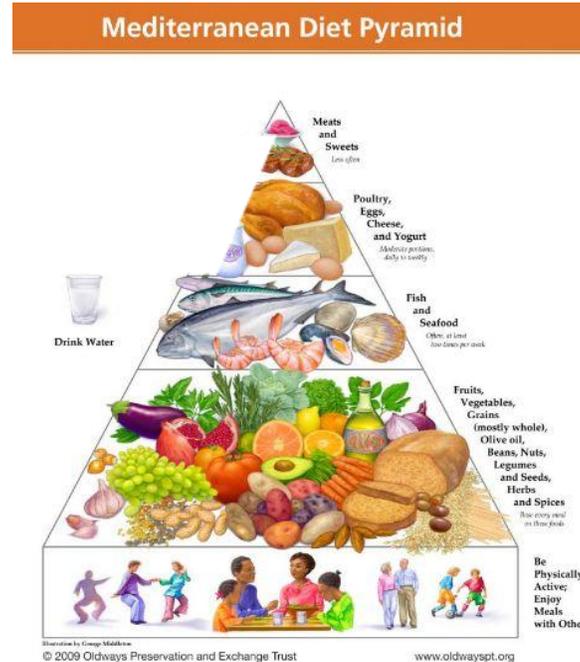


All foods served and prepared by the student nutrition department shall be lead by these beliefs and guidelines.

Principle I

Provide foods that are healthy and diverse and based on scientific evidence

- The NSBP & NSLP program regulations are the basis of the Hopkins student meal programs.
- The Mediterranean Diet Pyramid is the program's pyramid of choice. The Mediterranean Diet Pyramid emphasizes increasing fruit and vegetable consumption, whole grains, protein alternatives including beans, fish, and soy; healthy fats including olive oil, canola oil, and avocados.



Principle II

Teach lifelong proper eating habits; create an environment of adventurous eaters

- Meals will be served in plates and/or bowls rather than in five compartment trays at all secondary level schools. When possible and feasible, biodegradable disposable containers and utensils will be used in emergency situations.
- Use only metal flatware for lunch for all grade levels

- Elementary students will be offered the entrée, selection of vegetables, selection of fruits, milk and grain/bread side dishes at lunch and will be required to pick 3 of the 5 food items; one of the three items must be a fruit or a vegetable.
- Provide and sponsor nutrition education activities that will promote the benefits of healthy eating and will be participatory, grade level appropriate and enjoyable. Education will be consistent with local standards and guidelines.

Principle III

Offer menus that that are appealing, innovative, fresh, and of high quality; whole, minimally processed foods are offered whenever feasible

- Elementary lunch menus will contain 75% of items made from scratch or modified scratch
- Secondary lunch menus will contain 90% of items made from scratch or modified scratch
- Total fat content of a meal or a single ala carte item must be less than or equal to 35% of total calories.
- Saturated fat content of either a meal or a single ala carte item must be less than or equal to 10% of total calories
- Partially hydrogenated oil content must be less than or equal to 0% of total calories
- “Branded” items will not be offered
- A selection of fresh fruit and vegetables will be offered daily
- Only rBGH-free milk and dairy foods (other than cheese) will be provided at all grade levels
- Eliminate products that contain high fructose corn syrup
- Eliminate products with artificial dye coloring
- 20% of food purchases will be from locally grown products into our meal programs
- Increase fibers and other vital nutrients required for healthy growth by focusing on consumption of plant-based foods

Principle IV

Smart Snack Regulations

Healthy school meal efforts and nutrition instruction may be contradicted in schools by environments such as snack bars, school stores, and vending machines that promote sales of food and beverages of low nutrient density. Competitive foods that are offered in the Hopkins

Student Meal programs, Wetlands Café, A la carte program, Concessions, Catering and Vending program must meet the following additional nutritional standards:

Nutrition Standards

Any food sold anywhere on school campus, will meet these guidelines.

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories

- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams

- Sodium content
 - 230 mg or less for snack foods
 - 480 mg or less for entrees

- 35% or less of total weight from sugars (not including fresh, dried or frozen fruits, vegetables and fruit juice)

- Eliminate products that contain high fructose corn syrup

- Eliminate products with artificial dye coloring

- Be a “whole grain-rich” grain product; or

- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

- Incorporate fresh, locally grown fruit or produce, unprocessed, and preservative free foods whenever feasible.

- Beverages:
 - Only 100% fruit juice beverages, water and milk will be sold for beverages
 - Less than 5 calories per portion as packaged (with or without non-nutritive sweeteners, carbonation, or flavoring) up to 20 oz. portion size
 - Low-fat and fat-free milk with no more the 225 calories per 12 oz. portion size
 - No serving size limit on bottled water.

***Due to nutrient density, nuts (1 oz), seeds (1 oz), cheese (1 oz), are exempt from fat, saturated fat standards; will be served in 1 oz sizes only.*

Vendor Contracts

Exclusive vendor contracts for competitive foods will not be allowed.

Exceptions:

Wetlands Café, concessions, catering and staff lounge vending machines may offer soda as a beverage option; these products may contain high fructose corn syrup. Wetlands Café and catering may offer bakery items that are greater than 3 oz.

DEFINITIONS

- **A la Carte** = Refers to individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable meals.
- **Branded food items** = Food items that are recognized by and heavily marketed to students through different medias, including television, radio, newspapers, and posters. Often such food items are unhealthy and highly processed.
- **Candy** = Defined as any food that, as served in its finished form, contains, by weight, 40 percent or more sugar (in crystalline form or in solution as syrup, both monosaccharide and disaccharides) and/or other sweetening agents, or any food product commonly referred to as "candy".
- **Competitive foods** = Defined as foods and beverages that are offered or sold to students other than what is served as part of the school meals program.
- **High fructose corn syrup (HFCS)** = Defined as a sweetener that is six times sweeter than cane sugar and, as the name applies, it was made from corn. In addition, HFCS is added to frozen foods to prevent freezer burn and shelf stable products to help maintain freshness. In the late 1970's, HFCS began to be mass produced and used in many products we are familiar with today, including soda, fruit juices, cookies, and many other convenience foods. In the late 1980's, to save money, Coke and Pepsi changed its manufacturing practices from a fifty-fifty blend of sugar and HFCS to 100 percent HFCS.
- **School Meals** = Defined as meals provided under the National school lunch program, School Breakfast program, and After School Snack program which schools receive reimbursement in accordance with all applicable federal regulations, policies, and guidelines. It is essential that it is the leader in the program in addressing the nutrition of district learners.
- **Trans fat** = Occurs in foods when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Trans fats may be found in such foods as margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings, and other processed foods.