

## **Texas Public School Nutrition Policy**

The Texas Public School Nutrition Policy has been updated for 2008-2009. More than 35 percent of Texas children are considered overweight or obese, which is significantly higher than the nation as a whole. Our schools are in a powerful position to influence children, which is why TDA created the Texas Public School Nutrition Policy.

These nutrition guidelines are a result of a collaborative effort among parents, school administrators, health professionals and members of the food industry. Its purpose? To promote a healthier environment in Texas schools and help ensure a healthier future for Texas children.

**This policy does not restrict the types of food that parents provide for their own child's consumption at school.**

**Elementary Schools (grades pre-K to 6):**

**All forms of candy, soda water, water ices or chewing gum may not be provided to students anywhere on school premises by anyone (including guest speakers) at any time during the school day.**

**The school may not allow competitive foods (any food and beverage that are not provided by the school food service) at any time during the school day.**

**The school may not provide access to carbonated beverages during the school day.**

**Elementary classrooms may allow one nutritious snack per day under the teacher's supervision. The snack may be at any time during the day except during the regular meal period for that class. The snack must comply with the nutrition standards and portion size restrictions in this policy and may not consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.)**

**Junior High Campus (grades 7 & 8):**

**All forms of candy, soda water, water ices or chewing gum may not be provided to students anywhere on school premises by anyone (including guest speakers) until after the end of the last scheduled class.**

The school may not allow competitive foods (any food and beverage that are not provided by the school food service) from 30 minutes before to 30 minutes after meal periods. All foods,

beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy .

**High School (grades 9-12)**

**Foods of Minimal Nutritional Value (certain types of candies, carbonated beverages, water ices and chewing gum) may not be made available to students during meal periods in the area where school meals are served and consumed.**

**The school may not allow competitive foods during meal periods in the area where school meals are served and consumed.**

For more information contact the Texas Department of Agriculture, Food and Nutrition Division at (888) TEX-KIDS or Amy Diaz, Comanche ISD Food Service Director, at (325) 356-5049.