

SCHOOL MEALS AND SNACKS

The Alexandria City School Board recognizes that students need adequate, nourishing food in order to learn, grow, and maintain good health. To reinforce the Division's nutrition education program, foods sold during regular school hours (on school premises) will follow the [Healthy, Hunger-Free Kids Act of 2010](#).

Additionally, snacks and fundraisers during regular school hours and on school premises will follow the USDA's [Smart Snacks in School standards](#).

The Alexandria City School Board promotes high-quality school meals and snacks by:

- involving students in the selection, tasting, and marketing of healthy foods and beverages that appeal to students;
- providing a variety of food options, such as fruits, vegetables, whole grains, and dairy foods, which are low in fat and added sugars;
- offering a variety of healthy choices that appeal to students, including cultural and ethnic favorites;
- restricting student access to unhealthy foods in vending machines, school stores, and other venues that compete with healthy school meals; and
- ensuring that healthy snacks and foods are provided in vending machines, school stores, and other venues within the division's control. The healthy options should cost the same or less than unhealthy alternatives.

The Alexandria City School Board strives to provide an environment conducive to good health by

- ensuring that drinking fountains are operable, clean, and convenient for use throughout the school day;
- offering extracurricular physical activity programs, such as physical activity clubs, intramural programs, or interscholastic athletics;
- discouraging the promotion and advertising of unhealthy foods;
- using non-food items rather than food items such as candy, cakes, soda, and foods high in fat, as incentives and rewards for good behavior or academic performance; and

- encouraging parents to support the division’s nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.

The Alexandria City School Board supports nutrition education and physical education by

- ensuring that qualified nutrition education and physical education specialists focus on knowledge and skill development so students are able to learn and adopt healthy eating and physical activity behaviors;
- offering nutrition education in the school dining area(s) and in the classroom, with coordination between food service staff and teachers; and
- eliminating any stigma attached to, and preventing public identification of, students who are eligible for free and reduced-price meals.

In addition, the Alexandria City School Board puts

- no limits on fundraising food sales when they meet the above standards;
- grants schools authority to decide what can be sold at these events when they are outside school hours;
- permits exceptions for fundraisers when foods are not intended for consumption on school properties.

Adopted: February 4, 2016

Legal Refs: Code of Virginia, 1950, as amended, [§ 22.1-78](#)
[Healthy, Hunger-Free Kids Act of 2010](#) (Public Law 111-296)

Cross Refs:	EFB	Free and Reduced Price Food Services
	IGAE/IGAF	Health Education/Physical Education
	JHCF	Student Wellness
	JL	Fund Raising and Solicitation
	KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships