

**GUIDELINES FOR FOOD AND BEVERAGES OFFERED
TO STUDENTS AT SCHOOL FUNCTIONS**

The Evansville School District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function, (parties, celebrations, feasts, sporting events, etc.) healthy food choice options must be available. Some suggested foods are listed below:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Low-fat meats and cheese sandwiches
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat free potato chips with salsa and low-fat dips
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Gelatin and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, and sherbets
- Low-fat and skim milk products
- Water

Beverages:

Vending and non vending sales of any carbonated beverages will not be permitted during the instructional day. Carbonated beverages will be permitted at special school events as approved by the building principal.

The vending sales of water, 100% juices, low calorie sport drinks, and dairy based beverages will be permitted prior to and after school and throughout the instructional day in the middle and high schools (with the exception of lunch periods).

No carbonated beverages will be allowed during lunches in grades K-8.