



Rio Rancho Public Schools Nutrition Guidelines for School-Sponsored Activities



In accordance with federal and state requirements, Rio Rancho Public Schools has adopted guidelines for foods and beverages that may be sold to students.

These guidelines apply to all foods and beverages sold to students that are not part of the USDA school lunch program. They apply to anyone or any group that sells food to students at school or in connection with a school-sponsored event. This includes PTA and PTSA/PTSO's, school clubs and organizations, and booster clubs.

To view in full Rio Rancho Public Schools' Student and Staff Health and Wellness Policy (#358) and the new nutrition guidelines (Appendix D to the policy), visit the Rio Rancho Public Schools Web site,

www.rrps.net. Questions may be addressed to the RRPS Student Services office, 896-0667 ext. 129.

School-sponsored activities and fundraisers conducted outside of the school day:

These requirements apply to all food and beverage sales to students regardless of venue or scope. Concession stands and PTA suppers (for example) are subject to these requirements for all food sold to students. Individual food items sold as fundraisers (example: candy sales) are also subject to the requirements.

At least 50% of the beverage and food products offered for sale must meet the following requirements:

- **Beverages:**
Milk with 1% or less fat content, soy milk, water, and at least 50% fruit juice that has no added sweeteners, no more than 125 calories per container, and a serving size that does not exceed 20 oz.
- **Food:**
No more than 200 calories per container or per package or amount served; and
 - No more than 8 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served; and
 - No more than 15 grams of total sugar per container or per package or amount served
- Nuts, seeds, cheese, yogurt, and fruit are exempt from the above limitations

The above requirements refer to the percentage of foods/beverages offered for sale, not the amount actually sold. If an organization sells food and/or beverages as a fundraiser outside of school hours, the organization must offer one item meeting the nutrition requirements for every item it offers that does not meet the requirements. Actual sales do not have to be 50-50%.