



Rio Rancho Public Schools Elementary Schools Nutrition Guidelines



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.

During the school day

- **Beverages**

- The only beverages that may be sold to elementary school students during school hours, except for those sold through the USDA school lunch program, are milk with 1% or less fat content, soy milk, and water.
- Beverages sold from vending machines must meet the above requirements and may be sold to elementary school students only after the conclusion of the last lunch period.
- Carbonated drinks may not be sold to elementary school students during the school day

- **Food**

- Food may not be sold to elementary school students except during the lunch period and no food products may be sold from vending machines or as fundraisers outside of the lunch period.
- Foods sold during the lunch period that is not part of the USDA lunch program must meet the following requirements
 - No more than 400 calories per container or per package or amount served; and
 - No more than 16 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 30 grams of total sugar per container or per package or amount served
- Nuts, seeds, cheese, yogurt, and fruit are exempt from the above limitations and may be sold during the lunch period
- Popcorn sales are permitted during the lunch period only

Outside of the school day

The requirements for food and beverages outside of the school day (before school, after school, and at school-sponsored events) are the same for all grade levels. At least 50% of the items offered for sale must meet the guidelines for food and beverage sales outside of the school day. For further information, see the separate flyer on food and beverage sales outside of the school day.