



Hampton City Schools Food and Beverage Guidelines for Celebrations/Recognitions

Guideline Statement:

These guidelines are intended to ensure safety and improve the nutrition of food and beverages on school campuses for students during the school day. At all times, all food safety standards must be followed. Guidelines for food safety including temperatures, safe food handling and storage are found in the Food Service Manager's Office in each school. Any stakeholder providing food or beverages for celebrations/recognitions must adhere to the following guidelines:

1. All foods and beverages must be selected from the approved list that is available on the Food and Nutrition Website and in each building. Any distribution of fruits and vegetables must be brought to school either sealed in the manufacturer's container or be purchased and prepared by HCS Food Service.
2. All items being served must be store bought and must remain in the original sealed container with the manufacturer label intact (from the store) until an HCS employee opens it for distribution to the students.
3. Food and beverages purchased from the approved list must be brought to the main office for verification. All food and beverages must be signed in on the Food and Beverage Log, then the office staff will place an approved sticker on the item.
4. The only beverages that can be served are as follows:
 - Water: Non-flavored, non-carbonated, non-caffeinated, with no sweeteners.
 - Fruit and vegetable juices: 100% full strength with no added sweeteners.
 - Milk: Low fat (1% or less) or fat-free milk and/or USDA-approved alternative dairy beverages.

- Serving size for milk and fruit beverages: eight (8) fluid ounces or less for grades PreK through 5th and twelve (12) fluid ounces or less for middle and high school students.

5. All food items on the approved list meet the USDA requirements listed below:

- No more than 35% of the total calories from fat
- No more than 10% of total calories from saturated fat
- No more than 35% of sugar by weight
- No added transfats
- Individual portions shall contain no more than 200 calories