

AUSTIN INDEPENDENT SCHOOL DISTRICT  
GUIDELINES FOR USE OF FOOD AND BEVERAGES FOR  
CLASSROOM PARTIES, BIRTHDAYS, OR CELEBRATIONS

Texas Department of Agriculture Food and Nutrition Division suggestions for nutritious snacks for classroom parties and/or celebrations are as follows:

Beverages

- 100 percent fruit juices
- 100 percent fruit smoothies
- Milk, non-fat or low-fat, plain or flavored
- Bottled water

Low-fat Grain Foods

- Mini-bagel bread sticks
- Animal crackers
- Graham crackers
- Soft pretzel, plain or flavored
- English muffin
- Hard pretzels
- Mini rice cakes, flavored
- Fig newtons
- Baked tortilla chips with salsa
- Low-fat fruit or grain muffin (3 oz.)
- Vanilla wafers
- Dry cereal, individual servings

Fresh Fruits and Vegetables

- In-season, fresh fruit
- Carrots, broccoli, cauliflower with low-fat dip or salad dressing

Additional Treats

- 100 percent fruit snacks
- Fruit bars
- Frozen low-fat yogurt

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(EXHIBIT)

- Frozen fruit bars
- Low-fat pudding, plain
- Fat free popcorn
- Beef jerky — 95 percent fat free
- Low-fat string cheese
- Fruit, nut and/or grain trail mixes (chocolate or vanilla)

Entrée Suggestions for School Parties

- Salads made with pasta, meat
- Bean burrito and/or vegetables
- Grilled or baked vegetable or cheese quesadilla
- Pasta with marinara sauce
- Sub sandwiches
- Pizza bagels (or English muffins)
- Tortilla wraps filled with meat and/or vegetables
- Baked potato with vegetable or chili topping

GUIDELINES FOR USE OF FOOD FOR INSTRUCTIONAL PURPOSES OR REWARD

As a general rule, food should not be used for instructional purposes, unless the food is needed for teaching students about nutrition or foods of different cultures. In each case, the foods may not be foods of minimal nutritional value (FMNV) or candy. The foods served in these cases are intended to be for taste only and may not take the place of a meal or be provided during the student's breakfast or lunch period. The food may not be provided or sold to other students or classes.

Nonfood reward ideas that can be given to students as a reward based on the discretion of the teacher and/or principal are as follows:

- Pencils
- Stars
- Stickers
- Certificates
- Coupons for extra computer time
- Rulers
- Free time, reading time, etc.
- Movie coupons

### FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

The U.S. Department of Agriculture define FMNV as follows:

- Soda Water — Any carbonated beverage. No product will be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- Water Ices — Any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum — Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies — Any processed food made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
  - Hard candy — A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after-dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
  - Jellies and gums — A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
  - Marshmallow candies — An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.
  - Fondant — A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
  - Licorice — A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
  - Spun candy — A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
  - Candy-coated popcorn — Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

### FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV) EXEMPTIONS

The following are exempted from the FMNV policy:

1. **School Nurses:** This prohibition does not apply to nurses using foods of minimal nutritional value during the course of providing health care to individual students.
2. **Accommodating Students with Special Needs:** Special-needs students whose individualized education program (IEP) indicates the use of FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
3. **School Events:** Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by the campus. The exempted events must be approved by the District's coordinator of student health services. During these events, FMNV may not be given at mealtimes in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.
4. **TAKS Test Days:** Schools and parents may provide one additional nutritious snack per day for students taking the TAKS tests. The snack must comply with the fat and sugar limits of the Texas School Nutrition Policy and may not contain FMNV, candy, chips, cookies, cakes, cupcakes, pudding, ice cream, or frozen desserts.
5. **Field Trips:** School-approved field trips are exempted from the nutrition policy.
6. **Athletic, UIL, Band, and Other Competitions:** The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band, or other competitions. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
7. **Parents:** The policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide FMNV or candy to other children at school. A school may adopt a more restrictive rule.