

Promotion of Healthy Food and Beverage Standards

The Buncombe County Board of Education endorses the promotion of healthful food and beverage choices for students. Furthermore, the Board recognizes the unique opportunity of schools to provide a positive influence on the development of students' life-long eating patterns through healthy food selection supported by classroom nutrition education.

Healthful food and beverage choice exists throughout several venues including breakfast and lunch meal options; a la carte vending selections; as well as classroom snacks. The Board advocates the use of Child Nutrition Directors as resources to the individual school principals to establish guidelines for the selection and provision of viable food and beverage items relative to recommended nutritional standards.

The Buncombe County Board of Education recognizes the value of recommendations for nutrition provided through the collaborative efforts of health professionals at the state level and published within the state document: Eat Smart: NC's Recommended Standards for all Foods Available in Schools. At the local level, the School Health Advisory Council of Asheville and Buncombe County Schools' adoption of these policies and subsequent recommendations provides target achievement levels for gradual implementation as stated in document.

All Buncombe County schools will comply with the statewide standards for the school day sale of soft drinks and snacks in school vending machines as reflected in Senate Bill 961 – Child Nutrition Standards. Soft drink sales to students will be prohibited during all breakfast and lunch periods. No snack or soft drink vending will be available to elementary students. Bottled water products must be available in all middle and high schools that have beverage vending. Sugar carbonated drinks may only be offered within the high school yet cannot exceed 50 percent of the total selections offered. By the school year 2006-2007, food vending selections must adhere to the caloric content guidelines established in Senate Bill 961.

Rewarding students in the classroom should not involve food items that undermine the students' diet and health or reinforce unhealthful eating habits. If food is used as an incentive, healthy choices with appropriate portion sizes are recommended and should exist as part of a larger learning environment.

