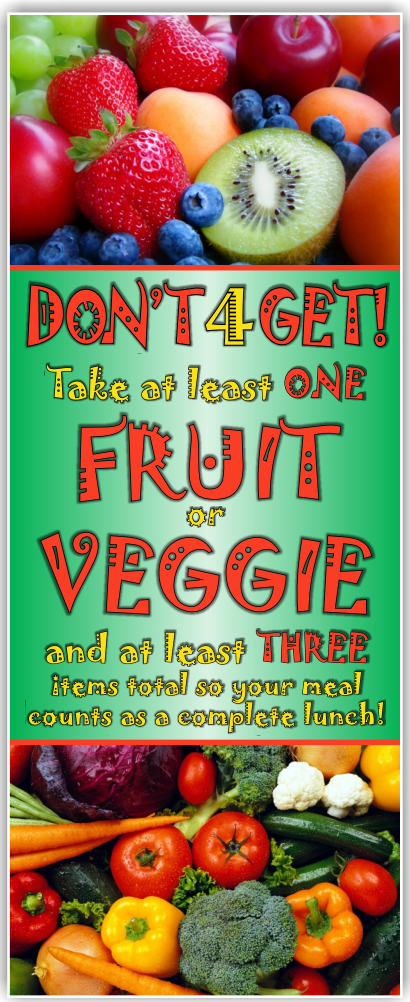
Our commitment to good nutrition keeps moving forward!

Over the last several school years, we've been putting in place new nutrition standards for the meals we serve your kids. And in 2017-2018, we're continuing to strengthen our efforts to provide our students the best possible nutrition. Here's how we're moving forward for lunch, breakfast, and healthy snacks this year.



For Lunch:

- We're continuing our **"DON'T4GET!"** campaign to remind kids to **choose at least one fruit or vegetable** as part of their complete school lunch.
- **All of the grains we serve are whole-grain rich** (with a few exceptions).
- **All of the other changes are still in place,** including: calorie maximums, on-going reductions in sodium, more choices and variety of fruits and vegetables (especially the healthiest kinds), and less than 10% saturated fat and zero trans fat in all meals.
- **Fat-free (unflavored or flavored) and unflavored low-fat milk** may be offered, but kids can choose not to take milk if they choose enough other items.

For Breakfast:

- We're continuing our **"FIRST THINGS FIRST"** campaign to promote **the importance of breakfast for kids' ability to learn** in the morning.
- Kids must **choose a fruit serving** as part of their complete school breakfast.
- In addition to the fruit, **kids must take at least two other items for a complete breakfast,** with lots of grain options (most whole-grain rich, as with lunch), milk, occasional vegetable choices, and protein options, too.
- **Fat-free (unflavored or flavored) and unflavored low-fat milk** may be offered, but kids can choose not to take milk if they choose enough other items.

"Smart Snacks"

Nutrition standards also apply to all snacks sold at school. **These "Smart Snacks" requirements cover ala carte entrees, sides, and snacks offered in the cafeteria, plus all food sold at other venues at school -- in school stores, snack bars, vending machines, etc.** Infrequently, fundraisers may be exempt from the nutrition requirements. All of these foods will have to meet various criteria for **whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar.** Allowable beverages include water, fat-free (unflavored or flavored) and unflavored low-fat milk, 100% fruit and vegetable juice without added sweeteners, and, at High Schools only, other zero-calorie and lower-calorie drinks, with size limits. Caffeine is allowed only in High School drinks.

VANCOUVER PUBLIC SCHOOLS
NUTRITION SERVICES

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