



# BRIGHTER HORIZONS ACADEMY COLLEGE PREPARATORY

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*"Where Knowledge, Faith, Academics and Character Meet."*



## **Brighter Horizons Academy Nutrition Policy**

**BHA: Be Healthy and Active!**

**Policy Statement:** To comply with the Texas State School Nutrition Policy, and phase out foods of minimal nutritional value (FMNV) such as candy, etc.

**Purpose:** Studies show that kids do better in school when they eat healthy food and get regular exercise. Better grades lead to more chances for success. Based on the nutrition concerns, a nutrition committee headed by Sr Hanifa Hameed, Registered Dietician, worked to address concerns and raise awareness of healthy eating habits by launching a school-wide nutrition campaign. These changes are already reflected in the school lunch program as well as the snack tables. However, increased parental participation and cooperation is sought to make healthy changes in the packed lunches that children bring into the school.

### **A. Foods of Minimal Nutritional Value (FMNV)**

Federal regulations, based on the Texas School Nutrition policy, prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods. In order to comply with these regulations, BHA may **NOT** serve or provide access for students to FMNV and all other forms of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.) at any time anywhere on school premises, including school lunch program and snack tables, until the end of the last scheduled class and/or after school activity. List of FMNV restricted foods is attached below.

### **B. Packed Lunch brought from home by students**

Parents shall provide a healthy and nutritious packed lunch for their child which may **NOT** contain any FMNV or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc). Parents are recommended to refer to the Helpful Guide for Nutritious Snacks and Lunches (Appendix 1).

### **C. Use of food items as rewards in the classroom**

BHA teachers and/or staff may **NOT** give FMNV or any candy, chips or desert type items as rewards/snacks to any student anytime on school premises and are encouraged to use non-food items as rewards. Food may be used for instructional purposes as long as the food item is not considered FMNV or candy.

### **D. FMNV and Policy Exemptions**

**1. School Nurses:** This policy does not apply to school nurses using FMNVs during the course of providing health care to individual students (i.e. glucose tablets for diabetics etc).

**2. School Events:** Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events (i.e. Eid parties, etc) each school year as determined by BHA Administration.

**4. TAKS Test Days:** Schools and parents may provide additional nutritious snack per day for students taking the TAKS tests. The snack must comply with the fat and sugar limits of the BHA Nutrition Policy and may not contain any FMNV or consist of candy, chips or dessert type items.

**6. Field Trips:** School-approved field trips are exempt from the nutrition policy.

**7. 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.

### **List of Restricted Foods: (as per the Texas School Nutrition Policy)**

Foods and beverages that are restricted from sale to students are classified in the following four categories:

- 1. Soda Water:** Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- 2. Water Ices:** Any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- 3. Chewing Gum:** Any flavored products from natural/ synthetic gums and other ingredients that form an insoluble mass for chewing.
- 4. Certain Candies:** Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
  - a) Hard Candy**
  - b) Jellies and Gums**
  - c) Marshmallow Candies**
  - d) Fondant**
  - e) Licorice**
  - f) Spun Candy**
  - g) Candy Coated Popcorn**

Appendix I

**HELPFUL GUIDE FOR NUTRITIOUS SNACKS AND LUNCHES**

**DRINKS**

Wordings such as “drinks,” “cocktails” “coolers,” “all natural” does not necessarily mean 100% juice eg. Capri Sun. Nor does it preclude the addition of high fructose corn syrup.

**YES**

**NO**

Water	Carbonated Beverages/Flavored Water/Sugar Water
Minute Maid 100% / Juicy Juice 100%	Minute Maid Coolers
Tropicana 100% Juice (variety flavors)	Tropicana Twister
Disney Hundred Acre Wood 100%	Capri Sun
Milk	Kool-Aid/ Hi-C
Motts 100%	Sunny Delight
Tree Top	Hawaiian Punch/Iced Tea
Odwalla	Crystal Light/Country Time Lemonade
Naked Juice	Energy Drinks
Kirkland 100% Juice (Vitamin Fortified)	Gatorade

**SNACKS**

This involves cookies, crackers, chips, nuts (no peanuts), and bars. The aim is to reduce high fat and high sugar foods as per recommended by the daily nutrition guidelines.

**YES**

**NO**

Pretzels	Packaged Donuts
Triscuits	100 Calorie Packs
Wheat Thins	Snackwells
Pita Chips	Cereal Bars
Rice Cakes	Pop Tarts
Saltines	Fruit Roll Ups
Ritz Crackers	Gummy Fruit Snacks
Nuts (beware of allergies)	Little Debbie's
Graham Crackers	Packaged Cookies
Fig Newtons/Fruit Leathers	Potato Chips
Granola Bars (Nature Valley, Luna, Odwalla, Quaker)	Milk and Cereal Bars
Animal Crackers	Doritos
Gold Fish Crackers	Fritos
Homemade Muffins/Loaves-Banana Bread etc (not packaged)	Cakes/cupcakes
Sun Chips – Original Flavor, Salsa	Pringles
Cheez- Its	Cheetos
Chex Mix	Candy
Popcorn	

**LUNCH**

These are suggested and appropriate examples that can assist in preparation for a healthy lunch. The aim is to increase the consumption of fruit, vegetables, protein, and complex carbohydrates, while reducing the consumption of simple sugars and fats.

Also it is important to note that many of these packaged products contain preservatives, such as MSG.

**YES**

**NO**

Mash Potato	Ramen Noodles/Cup O'Soup
Veggies	Hot Pockets/Lean Pockets
Fruit	Lunchables
Pita Pockets	Stouffers
Wraps/Tortillas	Kraft Mac and Cheese/Easy Mac
Pasta/Rice	Go Gurt
Salad	Trix Yogurt
Chicken/Meatloaf/Homemade Dinner	Drinkable Yogurt
Low fat yogurts(Yoplait, Dannon, Stoneyfield, etc)	Pudding
Fruit cups(unsweetened or in own juice)	Jell-O
Cheese(low fat)	Canned Pasta (eg. Chef Boyardee)
Bread (Whole Wheat, Grain)	