



FLORIDA SCHOOL NUTRITION ASSOCIATION, INC.
Serving Members to Better Serve Customers

Nutrition Position Paper

January 2005

National School Lunch and Breakfast Program meals must meet nutrition standards set by the United States Department of Agriculture to qualify for federal reimbursement. The Florida School Food Service Association (FSFSA) recommends that nutrition standards be applied to all foods and beverages served and/or sold in schools in order to encourage and develop healthy eating habits that will last a lifetime.

FSFSA recommends School Boards adopt the following in order to create a healthy school environment:

- Develop comprehensive and integrated policies on nutrition, health, and physical education;
- Develop nutrition standards that address all foods and beverages served and/or sold on campuses during the school day;
- Work toward the elimination of carbonated beverages served and/or sold during the school day;
- Apply nutrition standards to all foods and beverages served and/or sold by school food service, athletic and activity departments, parent groups, student groups or clubs, vending machine sales, and classroom activities or parties;
- Plan meal periods for students to have adequate time to receive and consume meals;
- Offer nutrient dense products emphasizing the consumption of fresh fruits, vegetables, and whole grains;
- Offer foods and beverages in serving sizes appropriate to grade level;
- Incorporate comprehensive and integrated nutrition, health, and physical education into the school curricula at all grade levels;
- Utilize child nutrition programs as a resource for nutrition education in the development of district wellness policies; and
- Utilize child nutrition programs as an integral part of the education community.