



Anchorage School District

Snack and beverage criteria

- Total calories from fat: less than 30%
- Total calories from saturated fat: less than 10%
- Added sugar by volume/weight: less than 35%
- Sodium: less than 600 mg

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Healthy Choices

The best way to encourage positive behavior is to lead by example. That's why the ASD banned sale of junk food and soda pop not only in schools, but all district buildings.

Here's what it means for you:

Can I bring soda and candy from home?

Yes, the new rules do not apply to food and drinks brought to school for personal consumption by staff or students.

Will I be able to buy soda or snacks in the staff lounge where students have no access?

No, all school vending machines are allowed to sell only healthy choices as defined in the district's policy outlined in the chart on left side of page. Sales of soda and snacks can resume 30 minutes after students are dismissed.

Can I still have a candy jar at my desk?

Yes, but you are encouraged to fill the jars with a healthy alternative.

Can I sell candy bars at my building as part of a fundraiser?

Not during school hours. The junk food and soda ban applies to all fundraisers, vending machines, school stores and cafeteria fountain machines between the hours of 6 a.m. and 30 minutes after students are released. The new rules do not restrict sales of food and beverages after school and in the evenings.

How does this new policy relate to celebrations or special parties?

Between 6 a.m. and 30 minutes after school, any food vended or distributed in school must meet the healthy choice guidelines. That would include classroom parties, etc. Principals can make exceptions to the healthy choice rule for cultural events or for specific reasons related to the curriculum.

What sort of food and drinks are allowed to be sold during school hours?

Vending machines will be stocked with water, 100% juice, club soda, tonic water, sports drinks, and other juices and flavored water products that meet the sugar limitations. Food vending machines will carry single serving size products that meet the limitation on calories, fat and sugar. Approved snacks include "baked" style potato chips, peanuts, pretzels, several types of crackers and cookies.