

# School Stores

Federal law requires every school district to have a local wellness policy. These policies address nutrition education, physical activity, school meals and all other foods and drinks available at school. Since foods and drinks are a part of every school day, local wellness policies can build healthy school environments that support successful students eating smart and moving more. Research shows that children and teens who eat smart and move more focus better and have fewer behavior problems. They also have better math, reading and writing test scores. As families, educators and administrators, you have the chance to put the policy into practice. You can make a difference by encouraging healthy options for fundraising, concessions, school stores, vending, classroom rewards and school celebrations.

**School stores** are a good way to provide and promote healthy choices. Your local wellness policy can define what is sold in school stores, while also helping student groups and clubs raise funds. Too often, the foods and drinks sold in these stores are high in sugar, fat and calories. However, students will buy and eat healthy foods and drinks when they are tasty, easy to get and affordable. Many school stores are run by students, so make sure you include them in the decision-making process. You can also work with local stores, farmers and community members to give student groups healthy options for school store sales. Consider having the foods and drinks sold at your school store meet the NC Nutrition Standards for à la carte foods and drinks.

## Take Action Now

### School Board Members

- Are school stores covered in your district's local wellness policy? If not, include in your policy a nutrition guide for foods sold in school stores.
- Show your support for the local wellness policy.

### School Health Advisory Council/School Wellness Committee Members

- Encourage the use of this handout to help your school stores choose healthy food and drink options that can be sold.
- Work with the Child Nutrition Program to make sure school stores are not competing with school meals.

### Principals

- Enforce the district wellness policy for school stores that promote healthy food and drink choices.
- Consider adopting a stricter school store nutrition policy for your school.

### PTA Members and Families

- Identify community partners who can help.
- Spread the word and support the healthier choices sold in your school store.

# School Store Sales

## Dairy/Protein-rich Foods (< 200 calories/package)

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Pudding cups

## Nuts/Seeds

- Nuts ( $\leq$  1 oz. portions)
- Trail mix

## Fruits/Vegetables (< 200 calories/package)

- Fresh fruits/vegetables with low-fat dip
- Dried fruit/fruit chips
- Fresh or canned fruit cups
- Salsa for baked chips or baked potato
- Fresh salads
- Applesauce

## Drinks

- Water
- 1% low-fat milk - flavored and unflavored < 200 calories
- Nonfat milk - flavored and unflavored < 200 calories
- 100% fruit juice (8 oz.) with no added sweeteners
- 100% vegetable juice

## Grains (< 200 calories/package)

- Baked chips
- Animal crackers
- Hard pretzels
- Whole-grain cereal
- Low-fat cookies
- Low-fat sports bars
- Mini-bagels
- Whole-grain bread sticks or crackers
- Low-fat muffins
- Vanilla wafers
- Low-fat/low-sugar breakfast, granola or chewy bars
- Graham crackers/cookies

## Hot Foods (< 200 calories/servings)

- Soft pretzel
- Baked potato with toppings (salsa, low-fat cheese, low-fat sour cream)
- Low-fat popcorn
- Soups and sandwiches on whole-wheat bread
- Hot apple cider
- Hot chocolate
- Oatmeal

## Frozen Foods (< 200 calories/package)

- Frozen low-fat yogurt
- 100% juice bars
- 100% frozen fruit products with no added sweeteners

## Example School Store Policy in North Carolina

### Thomasville County Schools

All food and beverages made available on school premises (including student stores) will meet or exceed the Healthy Food and Beverage Standards established in this policy, and shall be:

- Selected so as to contribute to students' nutritional well-being and the prevention of disease.
- Prepared in ways that will appeal to students, retain nutritive quality and foster life-long healthful eating habits.
- Provided to give a variety of healthy choices.

Thomasville City Schools Healthy Food and Beverage Standards are as follows:

All foods and beverages shall contain:

- No more than 35% of total calories from fat, excluding nuts and seeds
- No more than 10% of total calories from saturated fats
- No more than 35% added sugar by weight

For more information on local wellness policy...

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
[www.nchealthyschools.org](http://www.nchealthyschools.org)  
[www.nutritionnc.com](http://www.nutritionnc.com)  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)

