

## Hays CISD Nutrition Guidelines

In 2014, the USDA introduced the “Smart Snacks” rule. This rule sets standards for all foods and beverages served in schools (i.e. limits on calories, sodium, and sugar). Hays CISD has established nutrition guidelines to help campuses meet these regulations set by USDA and to foster a healthy food environment for our students. Some of those guidelines are listed below:

- Foods and beverages that do not meet the Smart Snacks rule should not be sold or given away to students on school grounds by administrators, staff, students, parents, or any other person.
- Parents may bring outside food for their child to eat during breakfast or lunch, but may not provide food for any child other than their own even with permission from that child’s parent.
- Parents may provide a treat of their choice for their child’s class on their birthday. This treat must be served during the last 15 minutes of the school day.
  - Parents should be sensitive to any existing food allergies in the classroom and provide treats that would not endanger any students involved in the celebration.
  - For parent convenience, birthday treats are available through the Child Nutrition department. Parents can view the birthday celebration menu on the Child Nutrition Catering page on the district website.

## FAQs related to the Hays CISD Nutrition Guidelines

**Q:** *Can parents bring outside food such as “fast food” for their child to eat during lunch?*

**A:** Yes. Parents may provide any food **for their own child**. However, parents cannot provide food for any children other than their own.

**Q:** *Can parents bring food for students other than their child to consume during the school day?*

**A:** No. A parent can only bring food and/or beverages for consumption by their child. A parent cannot bring any food item to another child even with parent permission.

**Q:** *Can parents bring baked goods or other treats to celebrate their child’s birthday?*

**A:** Yes. Parents can bring a treat on their child’s birthday for their child’s class in the **last 15 minutes of the school day** or after school. However, these treats **cannot be distributed in the cafeteria and should be free of any known allergens**.

