



School Stores

The number of overweight children has reached epidemic proportions both nationally and in North Carolina. Between 1995 and 2000, the number of overweight North Carolina children aged 5 to 11 years old increased 40 percent. More than one in five of 5 to 11 year-olds are overweight and one in four of 12 to 18 year-olds are overweight (NC-NPASS 2003). Schools are places of extraordinary influence on the development of life-long eating patterns. Schools have an opportunity to provide classroom health and nutrition education supplemented by learning laboratories in the many venues where food is offered or served.

In support of Eat Smart: North Carolina's Recommended Standards for All Foods Available in School

School stores are often used to help student groups and clubs raise needed activity funds. Traditionally, many of the foods and beverages sold at these stores are high in sugar and/or fat. However, school stores can be a great opportunity to provide and promote healthy choices. Research shows that students will buy and consume healthy foods and beverages when the options are tasty, accessible and affordable. School stores can be profitable and contribute to the health and well being of students. Work with the Child Nutrition Program to ensure that school stores are not competing with school meals.

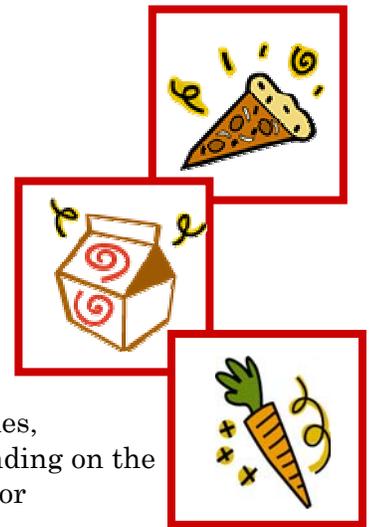
First Things First: Issues to Consider for School Stores

- Food safety
- Equipment needs and storage space
- Student preferences
- Availability of a variety of products
- Hours of operation
- Staffing for the school store
- Staff and student responsibility
- Inventory control
- Pricing structure
- Marketing efforts

Dairy/Protein Items (≤ 200 calories/servings)	Beverages	Grain-based Items (≤ 200 calories/servings)
<ul style="list-style-type: none"> ▪ String cheese ▪ Cottage cheese ▪ Pudding cups ▪ Beef jerky sticks ▪ Nuts ▪ Trail mix 	<ul style="list-style-type: none"> ▪ Water ▪ Lowfat milk (flavored and unflavored ≤ 360 calories) ▪ Nonfat milk (flavored and unflavored ≤ 360 calories) ▪ 100% fruit juice (8-12 oz.) ▪ 100% vegetable juice ▪ Sports drink (≤ 100 calories) 	<ul style="list-style-type: none"> ▪ Baked chips ▪ Animal crackers ▪ Hard Pretzels ▪ Dry cereal ▪ Lowfat cookies ▪ Lowfat sports bars ▪ Mini-bagel bread sticks ▪ Lowfat muffin ▪ Vanilla wafers ▪ Goldfish crackers ▪ Lowfat/low-sugar breakfast and granola bars
Fruits/Vegetables (≤ 200 calories/servings)	Frozen Items (≤ 200 calories/servings)	Hot Items (≤ 200 calories/servings)
<ul style="list-style-type: none"> ▪ Fresh fruit or vegetables with lowfat dips ▪ Dried fruit chips ▪ Fresh or canned fruit cups 	<ul style="list-style-type: none"> ▪ Frozen lowfat yogurt ▪ 100% juice bars 	<ul style="list-style-type: none"> ▪ Soft pretzel ▪ Baked potato ▪ Lowfat popcorn ▪ Microwavable soups and sandwiches ▪ Hot apple cider

Healthy School Store Policy

Schools play a powerful role in influencing students' food choices. There are several ways that schools can ensure that students' eating habits contribute to their learning achievement and lifelong good health. The Eat Smart: North Carolina's Recommended Standards for All Foods Available in School encourage the development of policies to support healthful choices for a la carte, vending, after-school programs and school events such as classroom events, celebrations, class snacks, meetings, parties, concessions, intramural events, fundraisers, extracurricular events. Depending on the topic, it may be appropriate for the policy to be made at the district, school or classroom level.



What is policy?

Policies are official statements of vision and judgment that address the needs of a school system, school or classroom. Values, convictions and beliefs usually form the basis for a policy statement. Policies can provide the following:

- Leadership
- Commitment
- Support
- Direction
- Guidance
- Institutionalization
- Public Engagement
- Accountability
- Legal Protection

Policies generally address *what* should be done, *why* it should be done and *who* should do it. Procedures outline the details of *how* to accomplish a policy's goal. Policies can be formal or informal and written or unwritten.

How is policy developed?

Common tasks needed to develop a policy:

- Lay the groundwork
- Build awareness and support
- Draft the policy
- Adopt the policy
- Administer the policy

Getting support for policy

Groups that can support policy change:

- PTA/PTO
- School Improvement Teams
- School Health Advisory Councils
- Public Health Partners
- Cooperative Extension Partners

Sample District Policy for School Stores

- School stores can sell food items as long as the store hours do not compete with breakfast and lunch school food service. The items for sale will be healthful foods that meet the following standards: $\leq 35\%$ total calories from fat, excluding nuts and seeds, $\leq 10\%$ total calories from saturated fat and $\leq 35\%$ added sugar by weight.

Sample School Policy for School Stores

- The school store will only sell food items before and after school so as not to compete with breakfast and lunch school food service. The foods offered will be healthful and meet the following standards: $\leq 35\%$ total calories from fat, excluding nuts and seeds, $\leq 10\%$ total calories from saturated fat and $\leq 35\%$ added sugar by weight.