

THINGS TO DO IF YOUR SCHOOL DISTRICT ALREADY HAS A BEVERAGE CONTRACT

IF A SCHOOL DISTRICT ALREADY HAS A SOFT DRINK CONTRACT IN PLACE, IT SHOULD BE TEMPERED SUCH THAT IT DOES NOT PROMOTE OVERCONSUMPTION BY STUDENTS.

- Soft drinks should not be sold as part of or in competition with the school lunch program, as stated in regulations of the US Department of Agriculture.
- Vending machines should not be placed within the cafeteria space where lunch is sold. Their location in the school should be chosen by the school district, not the vending company.
- Vending machines with foods of minimal nutritional value, including soft drinks, should be turned off during lunch hours and ideally during school hours.
- Vended soft drinks and fruit-flavored drinks should be eliminated in all elementary schools.
- Incentives based on the amount of soft drinks sold per student should not be included as part of exclusive contracts.
- Within the contract, the number of machines vending sweetened drinks should be limited. Schools should work with vending companies to ensure that healthy beverage selections such as real fruit and vegetable juices, water, and low-fat milk be provided in preference over sweetened drinks in school vending machines.
- Schools should preferentially vend drinks that are sugar-free or low in sugar to lessen the risk of overweight.