

## Foods of Minimal Nutritional Value

**Foods of Minimal Nutritional Value (FMNV) are not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the end of the last scheduled class. FMNVs include:**

### Soda Water

Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

### Water Ices

Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

### Chewing Gum

Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

### Candy

Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn.

(Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served and/or consumed, including during any exempted events.)

Additionally, competitive foods (all foods not provided by LISD's school food service) are not allowed anywhere on school premises from 30 minutes before to 30 minutes after meal periods. All competitive foods must comply with the Texas Public School Nutrition Policy.

For more information or questions about FMNVs and competitive foods, please contact the LISD Child Nutrition Department at 570-0670.

Additional information may be found on the Texas Department of Agriculture website.