

October 2, 2012

Dear Staff:

Andover Public Schools continues to provide a healthy school environment for all students by offering nourishing food and drink choices that will promote students' growth and development through healthy life-long eating habits.

As a part of the effort to improve children's health in Massachusetts, the State Legislature asked the Massachusetts Departments of Public Health and the Department of Elementary and Secondary Education to develop nutrition standards for our public schools. The nutrition standards support our continued goal of student health and academic achievement by concentrating on serving nutrient-rich, minimally processed foods, such as fruits, vegetables, whole grains, lean protein and low-fat dairy products. The new standards refer to the nutritional content of food and were developed by health and education experts using guidelines from the *Institute of Medicine*.

These nutrition standards apply to "competitive" foods and drinks provided in public schools during the school day, including thirty minutes before and thirty minutes after the school day. Competitive foods and drinks do not apply to school breakfast/lunch programs as they are regulated by the USDA. These standards do, however, apply to classrooms, hallways, school grounds, school stores snack bars, vending machines, concession stands, booster sales and fundraisers, school sponsored or related events, classroom parties, student councils and club activities that occur during the school day.

For your reference, attached please find an "At-A-Glance" summary of the nutrition standards, and examples of the products that meet the new guidelines. Teachers are asked to have food-related events approved by their building principals in advance and to work with our school nutrition department (food services) when planning events. Kindly refer to the APS Wellness and Nutrition Q and A sheet for specific information related to the newly adopted APS Wellness Policy and nutrition standards.

Please know that your cooperation is appreciated as the new standards are implemented on behalf of the students of the Andover Public Schools.

Sincerely,

Marinel McGrath, Ed.D.  
Superintendent

Rita Casper, Director of Nursing  
Gail Koutroubas, School Nutrition Director  
Colleen McBride, South School Principal  
Wellness Committee Members