

## Senate Bill 210

On July 1, 2011, the Ohio legislature passed Senate Bill 210, or Healthy Choices for Healthy Children. The purpose of this law is to promote healthy eating and beverage choices, portion control, and the nutritional value of foods. According to this law and the Food Service policy of Fremont City Schools, all foods sold to students in Fremont City Schools during the regular and extended school day must meet United States Department of Agriculture nutritional standards and the guidelines of Senate Bill 210. Students will notice a few changes to the breakfast and lunch menus, such as an increased offering of rice and bean dishes. The offerings most impacted are the beverages and snacks sold as “ala carte” items at the Middle School and Ross High School. For example, snack items now include such items as baked Cheetos, baked Doritos, Hot Buffalo Pretzels, and Honey Mustard Onion Pretzels. Beverage choices have been limited to bottled water, milk, 100% fruit juice, and flavored water. Portion control is taught through providing the size of snack that would be served as if the size of a meal served in our cafeterias.

Fremont Ross High School and Middle School students will notice the absence of snack and ice cream vending machines in the cafeterias. This transition supports the implementation of Senate Bill 210 and the promotion of healthy eating and beverage choices.

Fundraising efforts held after the regular school day and interscholastic athletic events are not affected by this new law.