

GLENBROOK HIGH SCHOOLS
District Business Office

TO: Dr. Mike Riggle

FROM: Kimberly L. Ptak

DATE: June 9, 2014

RE: UPDATE on CAFETERIA BEVERAGES

In an effort to promote healthier beverage options, effective with the FY 14/15 school year, the Glenbrook North and South cafeterias will make the following changes in terms of overall beverage selection.

- Healthy beverage options (water, reduced sugar juices, milk) will be better marketed in the cafeterias. These options will be more visible in the display cases and pricing will be reduced in comparison to other beverage options.
- The selection of healthy options will increase to include more flavored water, Izzy's and LaCroix type of beverages.
- The selection of non-healthy options (diet and sugared pop, full sugar juices and Gatorades) will be reduced significantly.
- The serving size of non-healthy options will be reduced to 12 oz. A chart comparing the number of tablespoons of sugar will be on display by the beverage cases.

Background

Dr. Riggle and I met with the food committees at both schools and listened to the students' thoughts on beverages in the cafeterias. In general, the students expressed an appreciation for being given a choice in the cafeterias, but did not feel a reduced beverage selection would impact their decision to eat in the cafeteria or go out for lunch. The students favored maintaining a beverage choice in the cafeterias but doing more to market and promote healthy choices. It is estimated that 80%+ of our students purchase a beverage on a daily basis.

A survey was conducted of high schools in our area and all schools surveyed are currently offering the same types of drink options including soda pop.

There are guidelines that exist through the American Beverage Association that schools receiving federal financial assistance for food services are required to follow. Since Glenbrook 225 does not participate in the federal lunch program, the guidelines do not apply to us. The guidelines do not allow for high schools to offer sugared pop and limit the size of diet pop and fully sugared juice to 12 oz.

American Beverage Association Guidelines for K – 12 Schools

Category	Elementary	Middle	High
Water	Any size	Any size	Any size
100% juice (or 100% juice plus water) with no added sweeteners, at least 10% DV for at least 3 vitamins and minerals, and no more than 120 calories per 8 fl oz	≤ 8 fl oz	≤ 10 fl oz	≤ 12 fl oz
Plain or flavored fat-free or low fat-milk and nutritionally equivalent milk alternatives containing no more than 150 calories per 8 fl oz	≤ 8 fl oz	≤ 10 fl oz	≤ 12 fl oz
Calorie-free or low-calorie beverages (with or without carbonation) with no more than 10 calories per 8 fl oz	Not permitted	Not permitted	Any size
Other beverages (with or without carbonation) with no more than 66 calories per 8 fl oz	Not permitted	Not permitted	≤ 12 fl oz