

Fact Sheet

Beverages in Schools

School Beverage Guidelines

Helping schools provide healthy settings for their students is a top priority for the Alliance for a Healthier Generation. The Alliance's Healthy Schools Program will recognize schools that currently foster healthy environments and assist schools who need help doing so. These guidelines were developed to serve as the beverage criteria for the Healthy Schools Program. They will accelerate the shift to lower-calorie and nutritious beverages that children consume during the regular and extended school day. These guidelines have been adopted by the American Beverage Association, PepsiCo, Coca-Cola and Cadbury Schweppes as their new school beverage policy.

Elementary School

- Bottled water
- Up to 8 ounce servings of milk and 100% juice**
- Low fat and non fat regular and flavored milk* with up to 150 calories / 8 ounces
- 100% juice** with no added sweeteners and up to 120 calories / 8 ounces

Middle School

- Same as elementary school, except juice and milk may be sold in 10 ounce servings***

High School

- Bottled water
- No or low calorie beverages with up to 10 calories / 8 ounces
- Up to 12 ounce servings of milk, 100% juice**, light juice and sports drinks
- Low fat and non fat regular and flavored milk with up to 150 calories / 8 ounces
- 100% juice** with no added sweeteners and up to 120 calories / 8 ounces
- Light juices and sports drinks with no more than 66 calories / 8 ounces
- At least 50% of beverages must be water and no or low calorie options

Time of Day

- All beverages sold on school grounds during the regular and extended school day.
- The extended school day includes activities such as clubs, yearbook, band and choir practice, student government, drama, and childcare / latchkey programs.

This beverage policy does not apply to school-related events; such as interscholastic sporting events, school plays, and band concerts; where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters.

* Milk includes nutritionally equivalent milk alternatives (per USDA).

** 100% juice that contains at least 10% of the recommended daily value for three or more vitamins and minerals.

*** As a practical matter, if middle school and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard.

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