

## FACT SHEET

### SCHOOL DISTRICT OF PHILADELPHIA BEVERAGE POLICY

#### PRE-K THROUGH GRADE 8 BEVERAGE POLICY:

This policy limits the total beverage product line to the following:

- Fruit based drinks composed of no less than 100% fruit juice with no artificial sweeteners, artificial flavors or colors, beginning July 1, 2004.
- Drinking water with no additives except those minerals normally added to tap water.
- Drinking water with essences that are pure flavor and aroma products with a maximum dilution of 0.5 to 1 per 1000 and contain no artificial sweeteners, flavorings or colors.
- Milk and flavored milks. Pasteurized fluid types of unflavored or flavored, whole, low fat (1%), skim milk (fat-free), or cultured low fat or nonfat buttermilk, which meet USDA, state, and local standards and regulations for milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and is consistent with state and local standards for such milk. No artificial colors allowed.
- Allowable sweeteners in flavored milks include but are not limited to the following: sugar (raw, refined, unrefined, cane, brown, turbinado, white); invert sugar, dextrin, sucrose, honey, corn syrup, high fructose corn syrup, cane juice, molasses, xylitol, sorbitol, mannitol, galactose, lactose, fructose and Splenda. These sugars are not chemically derived.
- Caffeinated beverages containing naturally occurring caffeine in cocoa with less than 15 milligrams per 8 ounce serving. No artificial sweeteners, flavors or colors.
- Beverage products, except for drinking water, in elementary schools not to exceed 12 ounce serving sizes.

#### GRADES 9-12 BEVERAGE POLICY:

This policy limits the total beverage product line to the following:

- Fruit based drinks composed of no less than 100% fruit juices with no artificial sweeteners, artificial flavors or colors, beginning July 1, 2004.
- Drinking water with no additives except those minerals normally added to tap water.
- Drinking water with essences that are pure flavor and aroma products with a maximum dilution of 0.5 to 1 per 1000 and contain no artificial sweeteners, flavorings or color.

- Milk and flavored milks. Pasteurized fluid types of unflavored or flavored, whole, low fat (1%), skim milk (fat-free), or cultured low fat or nonfat buttermilk, which meet USDA, state, and local standards and regulations for milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and is consistent with state and local standards for such milk.
- Allowable sweeteners in flavored milks include but are not limited to the following: sugar (raw, refined, unrefined, cane, brown, turbinado, white); invert sugar, dextrin, sucrose, honey, corn syrup, high fructose corn syrup, cane juice, molasses, xylitol, sorbitol, mannitol, galactose, lactose, fructose and Splenda. These sugars are not chemically derived. No artificial colors or flavors allowed.
- Electrolyte replacement drinks that do not contain more than 20 grams of added sweetener per 8 ounce serving. Sodium should not exceed 110 milligrams per 8 ounce; potassium should not exceed 60 milligrams per 8 ounce. Electrolytes and minerals added might include; sodium, potassium, chlorine and phosphorus. No artificial flavorings or sweeteners. Electrolyte replacement beverages will be located in gymnasiums, fieldhouses, and other areas where high intensity athletic activities take place.
- Caffeinated beverages containing naturally occurring caffeine in cocoa with less than 15 milligrams per 8 ounce serving. No artificial sweeteners, flavors or colors.
- Beverage products, except for drinking water, in high schools not to exceed 16 ounce serving sizes.