Beverage Regulations for Mississippi Schools

The Mississippi Board of Education recognizes the critical role that adequate hydration plays in healthy weights, disease prevention, and dental health, as well as academic performance. The fluid and nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

Time of Day

The following beverage regulations apply to all Mississippi school campuses during the regular and extended school day defined as the hours between 7:00 am and 4:00 pm. 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.

Implementation

As of the 2007 – 2008 school year, all full calorie, sugared carbonated soft drinks shall no longer be sold to students in Mississippi schools during the school day.

As of the 2008 – 2009 school year, only the following options **MAY** be available for beverage vending:

Beverages

Elementary School

- Bottled water
- Low fat and non fat regular and flavored milk* with up to 160 calories / 8 ounces
  - Up to 8 ounce serving of milk and 100% juice**
  - 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 160 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

** Milk includes nutritionally equivalent milk alternatives (per USDA), such as soymilk.*

*** 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.*