

# Fact Sheet

## Foods and Beverages Sold Outside of the School Meal Programs

From CDC's School Health Policies and Programs Study (SHPPS) 2000

### About SHPPS

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from SHPPS 2000 are published in the *Journal of School Health*, Volume 71, Number 7, September 2001.

- 94.0% of elementary schools, 89.4% of middle/junior high schools, and 73.4% of senior high schools implement a closed campus policy.
- 43.0% of elementary, 73.9% of middle/junior high, and 98.2% of senior high schools have

either a vending machine or a school store, canteen, or snack bar where students can purchase food or beverages.

- 20.8% of schools require fruits or vegetables to be offered at settings outside the cafeteria, such as student parties, after-school programs, and concession stands; 12.4% of schools prohibit junk foods (i.e., foods that provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals) in these settings.

### Percentage of Schools Where Students Can Purchase Specific Foods and Beverages in Vending Machines or in a School Store, Canteen, or Snack Bar\*

Type of food or beverage	All schools	Elementary schools	Middle/junior high schools	Senior high schools
Soft drinks, sports drinks, fruit drinks	76.3	58.1	83.5	93.6
Salty snacks not low in fat	63.5	51.0	62.4	83.0
Baked goods not low in fat	63.0	52.6	61.2	80.7
100% fruit or vegetable juice	55.6	49.7	54.1	66.5
Low-fat salty snacks	53.4	44.5	54.5	65.0
Non-chocolate candy	51.9	35.5	52.6	75.0
Bottled water	48.8	30.4	56.1	65.9
Chocolate candy	46.6	29.2	46.6	72.2
2% or whole milk	44.8	49.6	39.8	44.5
Low-fat baked goods	36.4	26.4	37.7	49.6
Ice cream/frozen yogurt not low in fat	35.0	31.1	33.8	42.5
1% or skim milk	24.1	28.8	19.5	23.1
Fruits or vegetables	17.6	20.0	11.8	22.0
Low-fat or nonfat yogurt	14.9	13.3	12.3	20.9

\* Among the schools with a vending machine, school store, canteen, or snack bar.

**Percentage of Schools Allowing Students to Buy Specific Foods or Beverages from Vending Machines or a School Store, Canteen, or Snack Bar at Specific Times**

Type of food or beverage	Purchases allowed before classes start in the morning	Purchases allowed during lunch periods	Purchases allowed during school hours when meals are not being served
Food items high in fat, sodium, or added sugars*	40.7	70.7	35.5
Soft drinks, sports drinks, or fruit drinks**	48.2	68.4	43.0

\*Among the 79.5% of schools where students can purchase these items in these settings.

\*\*Among the 76.3% of schools where students can purchase these items in these settings.

- In 82.4% of schools, organizations such as student clubs, sports teams, or the PTA sold food at school or in the community to raise money during the 12 months preceding the study. In 38.7% of these schools, students could purchase these food items during school lunch periods.
- 23.3% of schools allow the promotion of candy, meals from fast food restaurants, or soft drinks through the distribution of coupons for free or reduced prices, 14.3% allow the promotion of these products through sponsorship of school events, and 7.7% do so through publications such as a school newsletter or newspaper.
- 49.9% of districts have a contract that gives a company rights to sell soft drinks at schools in the district. Among these districts, 79.2% receive a specified percentage of the soft-drink sales receipts, 62.5% receive incentives tied to sales, 35.3% allow the soft-drink companies to place advertisements in school buildings, and 43.0% allow them to place advertisements on school grounds.
- 47.1% of schools have a contract that gives a company rights to sell soft drinks at the school. Among these schools, 91.7% receive a specified percentage of the soft-drink sales receipts, 37.0% receive incentives tied to sales, 37.6% allow the soft-drink companies to place advertisements in school buildings, and 27.7% allow them to place advertisements on school grounds.

**Percentage of Schools\* Selling Specific Food and Beverage Items for Fund Raising**

Food or beverage	Schools
Chocolate candy	76.4
Baked goods not low in fat	67.3
Non-chocolate candy	63.2
Soft drinks, sports drinks, or fruit drinks	36.9
Fruits and vegetables	27.8
Low-fat baked goods	20.8
100% fruit or fruit or vegetable juice	12.0

\*Among the 82.4% of schools at which foods or beverages are sold for fund raising.

**For additional information** on SHPPS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717, telephone 888-231-6405, <http://www.cdc.gov/shpps>.