

Foods of Minimal Nutritional Value

Parent Guide Sheet

- **Soda**
- **Water Ices**
Those water ices which contain 100% fruit or fruit juices are permitted.
- **Chewing Gum**
- **Candy-Coated Popcorn**

All forms of candy, including but not limited to:

- **Chocolate:** bars, kisses ... any chocolate that is in candy form.
Chocolate pudding, yogurt, ice cream, brownies, cookies, chocolate cakes, and items made with baking-type chocolates are permitted.
- **Hard Candy**
(includes items such as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after-dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops)
- **Jellies and Gums**
(includes items such as gum drops, jelly beans, jellied and fruit-flavored slices)
- **Marshmallow Candies**
- **Fondant**
(includes items such as candy corn and soft mints)
- **Licorice**
- **Spun Candy**
(i.e., cotton candy)

The above foods are considered by USDA regulation, New Jersey State Administrative Code, and Hamburg School District as “foods of minimal nutritional value” and cannot be sold or served on school property at any time during the academic day.