

Alliance School Beverage Checklist (For High Schools)

School: _____


Date: ____ / ____ / ____


This form completed by: _____

Please take a moment to look around your school and record what beverages are sold to students on campus. Remember, to meet Alliance criteria in this category, ALL beverages (outside of the school meal) sold on campus to students during the regular and extended school day must meet the Alliance School Beverage Guidelines. When reviewing the items sold at your school, remember to consider ALL beverages sold in vending machines, school stores, on the a la carte line and in soda fountains. Beverages sold as fundraisers during the regular and extended school day must meet Alliance Guidelines as well.

Put a check mark (✓) in the box for each place that you find these types of beverages. There is also space to write the names of the specific products you find.

“**Stop**” Sign Beverages do not meet the Alliance for a Healthier Generation’s School Beverage Guidelines. You can review these Guidelines at www.healthiergeneration.org/beverages.


 Category/ Beverage	Vending Machines	School Store	Snack Cart	Cafeteria A La Carte Line	Other location - specify in Notes	Fundraisers	Name of product(s):
Regular soda (not labeled “diet”)							
Regular iced tea (ncludes homemade sweet tea) with more than 66 calories per 8 ounces							
Regular iced tea (includes homemade sweet tea) in package sizes larger than 12 ounces							
Fruit juice containing less than 100% juice or added sweeteners							


 Category/ Beverage	Vending Machines	School Store	Snack Cart	Cafeteria A La Carte Line	Other location - specify in Notes	Fundraisers	Name of product(s):
100% fruit juice that is more than 120 calories per 8 ounces							
100% fruit juice in package sizes larger than 12 ounces							
Other beverages (such as sports drinks, enhance waters and light juices) with more than 66 calories per 8 ounces							
Other beverages (such as sports drinks, enhanced waters and light juices) in package sizes larger than 12 ounces							
Slushies containing less than 100% juice and/or added sweeteners including white grape and pear juices							
Slushies containing more than 120 calories per 8 ounces							
No or low calorie beverages with more than 10 calories per 8 ounces							
Whole milk							

 Category/ Beverage	Vending Machines	School Store	Snack Cart	Cafeteria A La Carte Line	Other location - specify in Notes	Fundraisers	Name of product(s):
Reduced fat (2%) milk							
Low fat and non fat regular and flavored milk with more than 150 calories per 8 ounces							
Low fat and non fat regular and flavored milk in package sizes larger than 12 ounces							
Hot chocolate with more than 66 calories per 8 ounces							
Hot chocolate in package sizes larger than 12 ounces							
Coffee drinks with more than 66 calories per 8 ounces							
Coffee drinks in package sizes larger than 12 ounces							

“Go” Sign Beverages meet the Alliance for a Healthier Generation’s School Beverage Guidelines. You can review these Guidelines and find lists of specific beverages that meet the Guidelines at www.healthiergeneration.org/beverages.

FYI -- In high school, at least 50% of non-milk beverages must be water and no or low calorie options

 Category/ Beverage	Vending Machines	School Store	Snack Cart	Cafeteria A La Carte Line	Other location - specify in Notes	Fundraisers	Name of product(s):
Water							
No or low calorie beverages with up to 10 calories / 8 ounces (such as diet tea, diet soda and flavored water) in any size							
Up to 12 ounces of fat-free or low fat regular and flavored milk with up to 150 calories / 8 ounces							
Up to 12 ounces of 100% juice with no added sweeteners, up to 120 calories / 8 ounces, and containing at least 10% of the recommended daily value for three or more vitamins and minerals							
Up to 12 ounces of certain other drinks (such as sports drinks, enhanced waters and light juices) with no more than 66 calories / 8 ounces							

 Category/ Beverage	Vending Machines	School Store	Snack Cart	Cafeteria A La Carte Line	Other location - specify in Notes	Fundraisers	Name of product(s):
Up to 12 ounces of slushies containing 100% juice with no added sweeteners, up to 120 calories / 8 ounces, and containing at least 10% of the recommended daily value for three or more vitamins and minerals							
Up to 12 ounces of iced tea (includes homemade sweet tea) with no more than 66 calories / 8 ounces							
Up to 12 ounces of hot chocolate with no more than 66 calories / 8 ounces							
Up to 12 ounces of flavored coffee drinks with no more than 66 calories / 8 ounces							