

## Alliance School Beverage Checklist (For Middle 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](http://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							
Diet soda							
Regular iced tea (includes homemade sweet tea)							
Diet iced tea							
Fruit juice containing less than 100% juice or added sweeteners							

 <b>Category/ Beverage</b>	<b>Vending Machines</b>	<b>School Store</b>	<b>Snack Cart</b>	<b>Cafeteria A La Carte Line</b>	<b>Other location - specify in Notes</b>	<b>Fundraisers</b>	<b>Name of product(s):</b>
100% fruit juice that is more than 120 calories per 8 ounces							
100% fruit juice in package sizes larger than 10 ounces							
Light juice							
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							
Sports drinks (such as Gatorade or PowerAde)							
Flavored water							
Enhanced water (such as Propel or Vitaminwater)							
Whole milk							
Reduced fat (2%) milk							

 <b>Category/ Beverage</b>	<b>Vending Machines</b>	<b>School Store</b>	<b>Snack Cart</b>	<b>Cafeteria A La Carte Line</b>	<b>Other location - specify in Notes</b>	<b>Fundraisers</b>	<b>Name of product(s):</b>
<b>Low fat and non fat regular and flavored milk with more than 150 calories per 8 ounces</b>							
<b>Low fat and non fat regular and flavored milk in package sizes larger than 10 ounces</b>							
<b>Hot chocolate</b>							
<b>Coffee drinks</b>							

“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](http://www.healthiergeneration.org/beverages).

 <b>Category/ Beverage</b>	<b>Vending Machines</b>	<b>School Store</b>	<b>Snack Cart</b>	<b>Cafeteria A La Carte Line</b>	<b>Other location - specify in Notes</b>	<b>Fundraisers</b>	<b>Name of product(s):</b>
<b>Water</b>							

 <b>Category/ Beverage</b>	<b>Vending Machines</b>	<b>School Store</b>	<b>Snack Cart</b>	<b>Cafeteria A La Carte Line</b>	<b>Other location - specify in Notes</b>	<b>Fundraisers</b>	<b>Name of product(s):</b>
<b>Up to 10 ounces of fat-free or low fat regular and flavored milk with up to 150 calories / 8 ounces</b>							
<b>Up to 10 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</b>							