


Alliance School Beverage Guidelines Checklist

Please choose the type of school you are reviewing and complete the checklist below it. If you have any of these items available for sale to students at your school (outside of the school meal program) you are NOT in compliance with the Alliance School Beverage Guidelines. To see what beverages do meet the Guidelines, please refer to the Alliance School Beverage Guidelines Toolkit at www.healthiergeneration.org/beverages. *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.*

	I am at an elementary school
	<ul style="list-style-type: none"> <input type="checkbox"/> Full calorie soda <input type="checkbox"/> Diet soda <input type="checkbox"/> Iced tea <input type="checkbox"/> Diet tea <input type="checkbox"/> Fruit juice containing less than 100% juice or added sweeteners <input type="checkbox"/> 100% fruit juice that is more than 120 calories per 8 ounces <input type="checkbox"/> 100% fruit juice in package sizes larger than 8 ounces <input type="checkbox"/> Light juice <input type="checkbox"/> Sports drinks <input type="checkbox"/> Flavored water <input type="checkbox"/> Whole milk <input type="checkbox"/> Reduced fat (2%) milk <input type="checkbox"/> Low fat and non fat regular and flavored milk with more than 180 calories per 8 ounces <input type="checkbox"/> Low fat and non fat regular and flavored milk in package sizes larger than 8 ounces



I am at a middle school



- Full calorie soda
- Diet soda
- Iced tea
- Diet tea
- Fruit juice containing less than 100% juice or added sweeteners
- 100% fruit juice that is more than 120 calories per 8 ounces
- 100% fruit juice in package sizes larger than 10 ounces
- Light juice
- Sports drinks
- Flavored water
- Whole milk
- Reduced fat (2%) milk
- Low fat and non fat regular and flavored milk with more than 180 calories per 8 oz.
- Low fat and non fat regular and flavored milk in package sizes larger than 10 oz.

I am at a high school



- Full calorie soda
- Full calorie iced tea
- Fruit juice containing less than 100% juice or added sweeteners
- 100% fruit juice that is more than 120 calories per 8 ounces
- 100% fruit juice in package sizes larger than 12 ounces
- Sports drinks and light juices with more than 66 calories per 8 ounces
- Sports drinks and light juices in package sizes larger than 12 ounces
- No or low calorie beverages with more than 10 calories per 8 ounces
- Whole milk
- Reduced fat (2%) milk
- Low fat and non fat regular and flavored milk with more than 180 calories per 8 oz.
- Low fat and non fat regular and flavored milk in package sizes larger than 12 oz.

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