

School Beverage Guidelines

CATEGORY	ELEMENTARY	MIDDLE*	HIGH
PLAIN OR CARBONATED WATER	Any size	Any size	Any size
SKIM OR PARTLY SKIMMED MILK (<=2% MF), FLAVOURED OR UNFLAVOURED** ≤ 160 CALORIES/250 mL or ≤ 240 CALORIES/375 mL	≤ 250 mL	≤ 375 mL	≤ 375 mL
100% FRUIT OR VEGETABLE JUICE (PLAIN OR CARBONATED) WITH NO ADDED SWEETENERS ≤ 130 CALORIES/250 mL or ≤ 200 CALORIES/375 mL	≤ 250 mL	≤ 375 mL	≤ 375 mL
100% FRUIT OR VEGETABLE JUICE, DILUTED WITH WATER*** (PLAIN OR CARBONATED) WITH NO ADDED SWEETENERS ≤ 130 CALORIES/250 mL or ≤ 200 CALORIES/375 mL	≤ 250 mL	≤ 375 mL	≤ 375 mL
NO CALORIE BEVERAGES, FLAVOURED AND/OR CARBONATED <5 CALORIES/375 mL AND <5 CALORIES/CONTAINER	Not permitted	Not permitted	≤ 600 mL
LOW CALORIE BEVERAGES, FLAVOURED AND/OR CARBONATED ≤40 CALORIES/375 mL	Not permitted	Not permitted	≤ 375 mL
SPORTS DRINKS ≤100 CALORIES/375 mL	Not permitted	Not permitted	≤ 375 mL

* if a school has a combined student body of elementary and/or middle and/or high school students with shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the higher age range.

** including milk alternatives fortified in accordance with the Interim Marketing Authorization to permit the optional addition of vitamins and mineral nutrients to plant-based beverages

*** minimum 25% juice content

NOTES:

Beverages known as caffeinated “energy drinks” are not to be sold in elementary, middle or high schools. Other caffeinated beverages are only permitted at the high school level.

Application

These guidelines apply to all beverages sold on school grounds during the regular and extended school day. The extended school day includes activities such as clubs, yearbook, band and choir practice, student government, drama, and childcare / latchkey programs.

These guidelines do not apply to school-related events where parents and other adults constitute a significant portion of the attendees. Such events include interscholastic sporting events, school plays, band concerts, and where beverages are being sold as a part of fund-raising activities.

Background

First adopted in 2004 regarding beverages available for sale to students in elementary schools, the scope of these guidelines was expanded in 2006 to also address sale of beverages to students in middle and high schools. CBA members completed their implementation of the 2006 guidelines during the 2009/2010 school year. These guidelines were updated in 2020 to reflect product innovation and nutrition guidance in other jurisdictions.

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