

## CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM

Piedmont Public Schools will operate a school lunch program that will include breakfast and lunch through participation in the Child Nutrition Programs. The superintendent, in conjunction with the food service supervisor and with the approval of the board of education, will establish and post meal prices.

As required for participation in the Child Nutrition Programs, the board prescribes that:

School lunch is to be made available to all students.

Free and reduced price lunches are to be made available for students who meet the federal income guidelines.

In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs, 2500 North Lincoln Blvd., Oklahoma City, Oklahoma 73105-4599.

### **Purpose:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

### **Goals:**

All students in Piedmont Public School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Piedmont School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Piedmont Public School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

### **I. Nutrition Guidelines/Standards**

Per USDA Regulations 210.10, 210.12 and 220.8, school lunches will meet menu planning system guidelines as required by USDA.

Per USDA Regulations 210.10, 210.12 and 220.8, school meals will meet the Menu Planning and Dietary Guidelines for Americans and Nutrition Standards in School per the Institute of Medicine 2007 recommendations. In addition, the Guidelines for 2010 USDA/ Oklahoma Smart Snacks in School Standards, as part of the Hunger Free Kids Act of 2010 will be implemented.

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

Healthy food preparation techniques will be implemented. Food items will be baked when possible.

Deep fat fried potato products served as part of a reimbursable meal item will not exceed three (3) ounces per serving.

Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.

Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.

The most nutritious food items offered will be placed on the serving line(s) first, whenever possible, to encourage students to make healthier selections.

Students will be offered a variety of low fat milk, meat and beans, fruit and vegetables and whole grains on a daily basis.

A nutrient analysis of school meals offered to students will be made available upon request.

Clean drinking water is available without restriction or charge at every facility.

School staff will support and encourage student participation in the USDA school meals program.

Information regarding eligibility and applications for the Free and Reduced Meal Program will be provided to families at the start of each school year and available on the district website.

**II. Other Food Items Sold on School Campuses**

Per USDA Regulations 210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.

Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.

Students in elementary schools will not have access to FMNV except on special occasions.

Healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

Students in junior high/middle schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food times specified in Smart Snacks In School Standards (Hunger-Free Act 2010) provided by the Oklahoma State Department of Education.

High-energy drinks with elevated levels of caffeine will not be available for sale on school campuses.

**III. Nutrition Education**

Per USDA Regulations 210.12 and 227, nutrition education is offered in the school cafeteria as well as the classroom.

The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

Nutrition education will be integrated into the core curriculum, including math, science, and language arts when appropriate.

Family/parent nutrition education opportunities will be provided on the school web site with Sodexo links and brochures.

Students will receive consistent nutritional messages throughout the school, classroom, cafeteria and school events.

School staff will promote and model healthful eating and healthy lifestyles to students and parents.

Only foods and beverages that may be sold on the school campus during the school day that meet the competitive food guidelines will be included in marketing .

**IV. Physical Activity**

The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.

Students in grades Kindergarten through Five will participate in sixty (60) minutes of physical activity each week.

Students will participate in an annual, age/grade level appropriate, health-related fitness test such as Fitness Gram, President's Challenge to Physical Fitness, etc.

School sites will establish or enhance physical activity opportunities for students, staff and parents.

Elementary school sites will provide twenty (20) minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.

Students will be encouraged to participate in voluntary before- and after-school physical activity programs.

**CHILD NUTRITION AND PHYSICAL FITNESS PROGRAM (Cont.)**

Students and school staff will cooperate with local recreational/sports programs to promote participation in lifelong physical; activities.

Recess or other physical activity time will not be canceled for instructional make-up time.

School sites will provide adequate equipment for every student to be active. Administrators will be encouraged to provide funds for additional and/or replacement equipment each school year.

**V. School Based Activities**

Each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.

Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.

Per USDA Regulations 210.12 and 227, students and parents will be involved in the National School Lunch Program. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotions, and other related student-community support activities.

Students will be provided with a clean, safe, enjoyable meal environment.

Recess before lunch will be implemented, when possible, at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.

All fundraising efforts and classroom parties will be supportive of healthy eating.

Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

**REFERENCE: 70 O.S. §1-107  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5**

***THIS POLICY REQUIRED BY  
PUBLIC LAW 108-265, SECTION 204  
AND PUBLIC LAW 111-296***