

## NON-INSTRUCTIONAL OPERATIONS

Nutrition**Nutritional Content and Nutrition Services Operations**

The following guidelines shall be in effect:

- A. It is recommended that only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the US Department of Agriculture may be sold or served during the school day. Such a provision specifically precludes the sale of carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn. Foods outside of those served as part of the National School Lunch, National School Breakfast, Summer Food or Snack Programs should meet the guidelines outlined in Appendix A.
- B. Foods served in school should assist students to comply with the dietary guidelines for Americans, by offering minimally processed foods and a variety of whole grains, fresh fruits and fresh vegetables and in choosing sensibly by offering foods low in saturated fat, zero trans fat (zero hydrogenated oils), low cholesterol, minimally added sugars and salt and high in dietary fiber (see Appendix A for further guidance). A plant based entrée should be available at every meal. When possible, produce grown locally will be offered. At least two non fried vegetables and two fruit choices each day, and five different vegetables and five different fruits over the course of a week should be offered.
- C. Food sales may be conducted providing products sold meet the minimal nutritional value as defined by the U.S. Department of Agriculture. Foods that meet the minimum nutrition values include but are not limited to air popped popcorn, fruit, low fat cheese & whole grain crackers, 100% fruit juices, almonds, sunflower seeds, granola bars, non fat yogurt, whole wheat pretzels, dried fruit, trail mix, nonfat milk (see Appendix A for further guidance).
- D. Apples or other fresh fruits are acceptable at all times.
- E. Beverages should include water, unsweetened seltzer water, fruit and vegetable based juices , at least 50% fruit juice and do not contain additional sweeteners, unflavored nonfat milk and nutritionally equivalent nondairy beverages. Beverages not allowed include soft drinks containing caloric sweeteners, sports drinks, iced teas, fruit based drinks with less than 50% fruit juice, and beverages containing caffeine (see Appendix A for further guidance).
- F. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- G. Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water should be made available for purchase by staff and students.
- H. School staff shall encourage healthy non-food alternatives as student rewards.
- I. Vending machines and school stores will not be available to elementary school students.

### **School Cafeterias**

- A. Any student may eat in the school cafeteria or other designated place.
- B. Meal prices will be established by the Superintendent and nutrition services director, with the approval of the board at the beginning in the spring of each previous year.
- C. Healthy foods should be competitively priced.
- D. Meal prices will be conspicuously posted in each cafeteria or designated meal area.

### **Nutritionally Competitive Foods**

The district strongly encourages organizations to raise money by selling non-food items. Organizations that choose to sell food during the scheduled meal period must meet the guidelines outlined in Appendix A. Foods sold outside of the scheduled meal period should meet the guidelines outlined in Appendix A. In addition, the following guidelines should be followed:

- A. Athletic field concessions model good sports nutrition by including a variety of choices of tasty, nutritious foods such as fruits, salads, whole grains and low fat and non-fat dairy foods in addition to traditional concession stand items.
- B. Food is not used as a reward or punishment
- C. Food and beverages offered in classrooms and at parties, celebrations and social events should be consistent with the intent of the district policy. An activity other than eating at these events is also encouraged.

### **Nutrition Education**

Nutrition education at all levels of the district's integrated curriculum should include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learn the benefits of healthy eating and portion control; understand essential nutrients; learn about nutritional deficiencies; understand the principles of healthy weight management; understand the use and misuse of dietary supplements; learn safe food preparation, handling, and storage; and appreciate cultural diversity related to food and eating;
- B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and fitness plan and a monitoring system, teaching students to plan and prepare a healthy meal, understand and use food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and
- C. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.
- D. School based gardens are encouraged.

### **Nutrition and Nutrition Services Operation**

In order to support the school's nutrition and nutrition services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent or designee is responsible for:

- A. Encouraging all students to participate in the school's child nutrition meal program.
- B. Providing varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.
- C. Providing adequate time and space to eat meals in a pleasant and safe environment. Schools shall ensure:
  - Seating is not overcrowded;
  - Rules for safe behavior are consistently enforced;
  - Appropriate supervision is provided; and
  - For recess held in conjunction with the lunch period, recess should be scheduled prior to the lunch period for elementary students.

### **Staff Development**

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

### **Family and Community Involvement**


In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal or designee is responsible for ensuring:

- A. Nutrition education materials and meal menus are sent home with students and available on the district website.
- B. Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meal program, parents should provide their children with healthy snacks/meals;
- C. Families are invited to attend exhibitions of student nutrition projects or health fairs;
- D. Nutrition education curriculum includes homework that students can do with their families (e.g., reading and interpreting food labels, portion-control, reading nutrition-related newsletters, preparing healthy recipes, etc);
- E. School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.
- F. School staff should consider the various cultural preferences in development of nutrition education programs and food options.
- G. The district is encouraged to convene a Nutrition and Physical Activity advisory committee to assist in implementation of the district wide nutrition and physical fitness policy. The committee shall include nutrition services director and staff, parents, school board members, students, nutritionists, health care professionals, physical education staff and interested community organizations.

**Program Evaluation**

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent or designee is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

APPENDIX A

Competitive Foods Guidelines for K-12 Schools									
introduction									
The following table summarizes the criteria a competitive snack food or side item must meet in order to qualify under the Alliance for a Healthier Generation’s Competitive Foods Guidelines. The Guidelines utilize information included on a product’s Nutrition Facts panel. The rows of the table provide examples of snack foods and side dishes. The columns are the criteria these foods must meet. Entries of “n/a” indicate that a criterion is not applicable to that type of food. (For additional information, please see the notes on the next page.)									
	examples	35-10-35	0g trans fat	sodium	minimum # of required nutrients	Calorie or Portion Limits			
						elementary school	middle school	high school	
FRUITS & VEGETABLES 1	fresh fruits & vegetables	n/a	n/a	n/a	n/a	no limit	no limit	no limit	
	dried fruit with no added sugar	see notes	n/a	n/a	n/a	150 calories	180 cal.	200 cal.	
	fruit in own juice	n/a	n/a	n/a	n/a	150 calories	180 cal.	200 cal.	
	fruit in light syrup	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
	fruit in heavy syrup	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
	vegetables with sauce	or	✓	✓	480 mg	1	100 calories	100 cal.	100 cal.
			✓	✓	480 mg	2	150 calories	150 cal.	150 cal.
	fried vegetables	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
100% frozen fruit bar	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.		
DAIRY & EGGS 2	yogurt, drinkable yogurt, yogurt smoothie, cottage cheese, etc.	✓	✓	480 mg	1	150 calories	180 cal.	200 cal.	
	cheese	n/a	n/a	n/a	n/a	1.5 oz	1.5 oz	1.5 oz	
	frozen yogurt ice cream	✓	✓	480 mg	1	150 calories	180 cal.	200 cal.	
	egg	n/a	n/a	n/a	n/a	1 egg	1 egg	1 egg	
SNACKS 3	baked goods, bars, candy, chips, crackers	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
	nuts & seeds	see notes	✓	230 mg	1	150 calories	180 cal.	200 cal.	
SOUPS	all soups	or	✓	✓	480 mg	1	100 calories	100 cal.	100 cal.
			✓	✓	480 mg	2	150 calories	150 cal.	150 cal.

## Competitive Foods Guidelines for K-12 Schools



### notes

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#### FRUITS AND VEGETABLES<sup>1</sup>

- Dried fruit must contain 0g fat as labeled

#### DAIRY<sup>2</sup>

- Cheese must be reduced fat or part skim. All other dairy products must be non-fat or low fat

#### SNACKS<sup>3</sup>

- **Nuts & Seeds** - No total or saturated fat limit, but 35% sugar by weight limit required

#### Column Details

- **35-10-35** - Foods with a "✓" in the "35-10-35" column must provide no more than 35% of calories from total fat, no more than 10% of calories from saturated fat, and be no more than 35% sugar by weight. Foods can have up to 1 gram of saturated fat even if calories from saturated fat exceed the limit of 10% of total calories.
- **0g trans fat** - Foods with a "✓" in the "0g trans fat" column must have 0 grams trans fat.
- **Sodium** - Entries in the "sodium" column are the maximum amount of sodium permitted.
- **Minimum # of required nutrients** - The "1" or "2" in the "minimum # of required nutrients" column refers to how many nutrients from the following list are required:
  - ≥ 2g fiber; or ≥ 5g protein; or ≥ 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium or iron; or 1/2 serving (1/4 cup) of fruit or vegetables.
- **Calorie or Portion Limits All Schools** - Calories are limited to 100 calorie portions for foods other than vegetables with sauce and soups that meet the 35-10-35, 0g trans fat, and sodium criteria but fail to meet the minimum number of required nutrients criteria. Cheese and egg are limited to portion size.