

# Frequently Asked Wellness Policy and Nutrition Guidelines Questions and Answers

Downingtown Area School District High Schools  
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Question	Answer
<p><b>What is a School Wellness Policy?</b></p>	<p>The local Wellness Policy requirement is established by Section 204 of the Public Law 108-265, the Child Nutrition and WIC reauthorization Act of 2004. The law requires each Local Education Agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that promotes the health of students and addresses the problem of childhood obesity. The Wellness Policy must include measureable goals in the following areas:</p> <ul style="list-style-type: none"> <li>• Goals for nutrition education</li> <li>• Goals for physical activity</li> <li>• Goals for other-school based activities designed to promote student wellness</li> <li>• Nutrition guidelines for all foods and beverages available on school campuses during the school day with the objectives of promoting student health and reducing childhood obesity</li> <li>• The goals set forth in the policy will establish regulations for a la carte foods, fundraisers, vending machines, classroom parties, and food used as rewards</li> <li>• A plan for monitoring progress</li> </ul> <p><b><u>*** The DASD Wellness Policy Nutrition Guidelines address competitive food and beverages available to students during the school day.</u></b></p>
<p><b>What types of beverages are allowed to be sold by the district (cafeteria a la carte and vending)?</b></p>	<p>For high schools, at least 60% of Beverages available during the school day must be:</p> <ul style="list-style-type: none"> <li>• Plain water (any size, with or without carbonation)</li> <li>• Flavored water (any size)</li> <li>• 100% fruit and/or vegetable juice (12 oz or less size)</li> <li>• Carbonated beverages with 70 -100% pure juice with no added ingredients except water (Must be exempted by USDA)</li> <li>• Milk (flavored or unflavored). At least 50% of milk offered must be: <ul style="list-style-type: none"> <li>○ 1% fat or less</li> </ul> </li> </ul> <p>Marketing, pricing, and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>The other 40% or less beverages for the high schools should not include:</p> <ul style="list-style-type: none"> <li>• Carbonated soda products</li> <li>• Beverages in excess of 20 Oz.</li> </ul> <p>No carbonated beverages unless exempted by USDA.</p>

<p><b>What types of products are allowed to be sold in the vending machines?</b></p>	<p>In high schools, the following standards apply to all foods offered through vending machines during the school day:</p> <ul style="list-style-type: none"> <li>• Items will provide &lt; 250 calories per serving</li> <li>• Packages will be in single serving sizes</li> <li>• Total fat will be &lt;35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses)</li> <li>• Saturated fat will be &lt; 10% of the total calories (excluding reduced fat cheeses)</li> <li>• Sugar content will be &lt; 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient</li> <li>• Items will contain minimal to no trans-fat</li> <li>• At least 50% of the grains offered will be whole grain</li> <li>• Not be fried</li> </ul>
<p><b>What about school fundraisers, what type of food can be sold?</b></p>	<p>All food items sold as fundraisers on school property and available for sale during the school day must meet the guidelines below and will be reviewed by the principal of the school. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines.</p> <ul style="list-style-type: none"> <li>• Items will provide &lt; 250 calories per serving</li> <li>• Packages will be in single serving sizes</li> <li>• Total fat will be &lt;35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses)</li> <li>• Saturated fat will be &lt; 10% of the total calories</li> <li>• Sugar content will be &lt; 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient</li> <li>• Items will contain minimal to no trans-fat</li> </ul> <p><b>Food or beverages or sales for these items related to fundraisers will be not be available from midnight the night before a school day until 30 minutes after the last lunch period of the day.</b></p> <p><b>Up to two fundraisers per week may be exempted from the nutrition standards during the school day once approved by the school principal.</b></p>
<p><b>What about the school store, what type of food can be sold?</b></p>	<p>The following standards apply to all foods sold in school stores.</p> <ul style="list-style-type: none"> <li>• Packages will be in single serving sizes</li> <li>• Items will provide &lt; 250 calories per serving</li> <li>• At least 50% of grains offered will be whole grains</li> <li>• Contain &lt; 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses)</li> <li>• Contain &lt;10% of calories from saturated fat (excluding reduced fat cheeses)</li> <li>• Contain &lt;35% sugar by weight (excluding naturally occurring sugars and low fat yogurts)</li> <li>• Not contain sugar as the first ingredient</li> <li>• Provide minimal to no trans-fat</li> </ul>

	<ul style="list-style-type: none"> <li>• Not be fried</li> </ul> <p>School stores will not sell food until 30 minutes after the last meal period of the day.</p> <p><b>The District Wellness Committee will annually accept proposals for consideration which fall outside of these regulations for high school stores.</b></p>
<p><b>Can we use food items as part of the curriculum? (i.e. to meet standards: measuring with non-standard units, letter of the week, measuring with beans, and pumpkin seeds in fall in science).</b></p>	<p>Yes, food used as part of the curriculum is not prohibited. However, curriculum-based food activities must follow the following nutrition guidelines:</p> <ul style="list-style-type: none"> <li>• Water, 100% fruit juice or milk</li> <li>• Are moderate in sodium content</li> <li>• Provide minimal to no trans fatty acids</li> <li>• Provide items that contain &gt; 2 grams of fiber/serving</li> </ul> <p>In addition, Food Service Department will offer party lists/menus that include food and beverage choices for curricular learning experiences.</p>
<p><b>What about students with 504 needs?</b></p>	<p>If the 504 addresses food consumption during the school day we are obligated to comply with the child's 504.</p>
<p><b>Where can we reference the full wellness policy and nutrition guidelines?</b></p>	<p>The Downingtown Area School District Wellness Policy, Nutrition Guidelines, and supplementary resources related to nutrition and physical activity will be available to school personnel and parents through the building principal and on the DASD website.</p>