

## Local Wellness Program

### Definitions

1. “Accompaniment foods” means food items served along with another food to enhance palatability such as butter, jelly, cream cheese, salad dressing, croutons and condiments.
2. “Combination foods” means products that contain two or more components representing two or more of the recommended food groups: fruit; vegetable; dairy; protein; or grains.
3. “Competitive foods” means any food or drink sold in competition with the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) during the school day.
4. “Dietary Guidelines for Americans” means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.
5. “Entrée item” means an item that is either:
  - a. A combination food of meat or meat alternate and whole grain rich food; or
  - b. A combination food of vegetable or fruit and meat or meat alternate; or
  - c. A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky); or
  - d. Grains only when served in the SBP.
6. “Food service area” means any area on school premises where NSLP or SBP meals are both served and eaten, as well as any areas in which NSLP or SBP meals are either served or eaten.
7. “Meal period” means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.
8. “Nutrition education” means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
9. “Oregon Smart Snack”<sup>1</sup> means the minimum nutrition standards for competitive foods and beverages.
  - a. Food items, including accompaniment foods, must:
    - (1) Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain (e.g., flour, flake or meal); or

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<sup>1</sup>Oregon Department of Education, [www.ode.state.or.us](http://www.ode.state.or.us)

- (2) Have as the first ingredient, one of the non-grain major food groups: fruits; vegetables; dairy or protein foods (e.g., meat, beans, poultry, seafood, eggs, nuts, seeds); or
- (3) Be a combination food that contains one-quarter cup of fruit and/or vegetable; or
- (4) Have one of the food items above as a second ingredient if water is the first ingredient; or
- (5) Contain 10 percent of the Daily Value of a nutrient of public health concern based on the most recent Dietary Guidelines for Americans (e.g., calcium, potassium, vitamin D or dietary fiber)<sup>2</sup>; and
- (6) Meet all the competitive food nutrient standards:
  - (a) Calories:
    - (i) Snacks contain no more than:
      - 1) 150 calories as packaged or served for elementary level;
      - 2) 180 calories as packaged or served for middle school level;
      - 3) 200 calories as packaged or served for high school level.
    - (ii) Entrees contain no more than 350 calories as packaged or served.
  - (b) Total fat: contains 35 percent or less of total calories from fat per item as packaged or served.
    - (i) Exemptions to the total fat standard are granted for reduced fat cheese and part-skim mozzarella cheese, nuts, seeds, nut or seed butters, products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat and seafood with no added fat.
  - (c) Saturated fat: contains no more than 10 percent of total calories from saturated fat per item as packaged or served.
    - (i) Exemptions to the saturated fat standard are granted for reduced fat cheese and part- skim mozzarella cheese, nuts and products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.
  - (d) Trans fat: contains 0 grams of trans fat per item as packaged or served.
  - (e) Sugar must be no more than 35 percent by weight.
    - (i) Exempt from the sugar standard are:
      - 1) Dried whole fruits or vegetables;
      - 2) Dried whole fruit or vegetable pieces;
      - 3) Dehydrated fruits or vegetables with no added nutritive sweeteners; and

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<sup>2</sup>Effective for the period through June 30, 2016. Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.

- 4) Dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, blueberries, tart cherries.)
- (f) Sodium:
    - (i) Snacks contain no more than 230 mg sodium<sup>3</sup> per item as packaged or served.
    - (ii) Entrees contain no more than 480 mg sodium per item as packaged or served.
  - (g) Caffeine free, except for naturally occurring trace amounts, for elementary and middle school level.
  - (h) Exempt from all nutrients standards on any day are:
    - (i) Fresh, canned and frozen fruits or vegetables with no added ingredients except water.
    - (ii) Fruit packed in 100 percent juice, extra light or light syrup.
    - (iii) Canned vegetables that contain a small amount of sugar for processing purposes.
  - (i) Entrees in same or smaller portion served on the day or the day following in the National School Lunch or School Breakfast Programs:
    - (i) Are exempt from the nutrient standards for:
      - 1) Saturated fat;
      - 2) Trans fat;
      - 3) Sodium; and
      - 4) Sugar.
    - (ii) Must contain:
      - 1) Calories not to exceed 450 per item as packaged or served; and
      - 2) Total fat not to exceed 36 percent of total calories or 4 grams per 100 calories per item as packaged or served.
- b. Beverages must be:
- (1) For elementary level students:
    - (a) Plain water, carbonated or uncarbonated, with portion size unlimited;
    - (b) Lowfat milk (unflavored), with portion size not to exceed 8 ounces and 150 calories;
    - (c) Nonfat milk (including flavored), with portion size not to exceed 8 ounces and 150 calories;

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<sup>3</sup>On July 1, 2016, the sodium standard will reduce to 200 mg per item as packaged or served.

- (d) Nutritionally equivalent milk alternatives, portion size not to exceed 8 ounces and 150 calories;
  - (e) Full strength fruit or vegetable juices, portion size not to exceed 8 ounces and 120 calories;
  - (f) Caffeine free, except for naturally occurring trace amounts.
- (2) For middle school level students:
- (a) Plain water, carbonated or uncarbonated, with portion size unlimited;
  - (b) Lowfat milk (unflavored), with portion size not to exceed 10 ounces and 190 calories;
  - (c) Nonfat milk (including flavored), with portion size not to exceed 10 ounces and 190 calories;
  - (d) Nutritionally equivalent milk alternatives, portion size not to exceed 10 ounces and 190 calories;
  - (e) Full strength fruit or vegetable juices, portion size not to exceed 10 ounces and 150 calories;
  - (f) Caffeine free, except for naturally occurring trace amounts.
- (3) For high school level students:
- (a) Plain water, carbonated or uncarbonated, with portion size unlimited;
  - (b) Lowfat milk (unflavored), with portion size not to exceed 12 ounces and 225 calories;
  - (c) Nonfat milk (including flavored), with portion size not to exceed 12 ounces and 225 calories;
  - (d) Nutritionally equivalent milk alternatives, portion size not to exceed 12 ounces and 225 calories;
  - (e) Full strength fruit or vegetable juices, portion size not to exceed 12 ounces and 180 calories;
  - (f) Low or no calorie beverage is less than 5 calories per 8 ounce serving or less than or equal to 10 calories per 20 fluid ounces, portion size not to exceed 20 ounce serving;
  - (g) Other beverages are not to exceed 40 calories per 8 fluid ounces (or 60 calories per 12 fluid ounces) with portion size not to exceed 12 ounces.

c. Use the nutrient standard for the lowest grade group when mixed grades have open access to competitive foods.

10. “School day” means a student education day beginning at midnight and ending at the conclusion of afternoon student activities, such as athletic, music or drama practices, clubs, academic support and enrichment activities.
11. “Snack” means a food that is generally regarded as supplementing a meal and includes, but is not limited to; chips, crackers, onion rings, nachos, French fries, doughnuts, cookies, pastries, cinnamon rolls and candy.

## **Nutrition Education and Promotion**

Nutrition education and promotion shall be part of a comprehensive K-12 health curriculum and will:

1. Be based on theories and methods proven effective by research and be consistent with state and local district health education standards;
2. Provide age-appropriate nutritional information, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management and the proper preparation, handling and storage of food;
3. Develop age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising;
4. Help students assess their personal eating habits, set goals for improvement and achieve those goals;
5. Identify local resources to help students and families with nutritional.

## **Nutrition Guidelines**

1. School meals will meet or exceed the nutritional standards required by state and federal school breakfast and lunch programs.
2. School meals will include whole grains, fruits, vegetables, limited saturated fats, and sugars.
3. School meals will be planned and prepared to accommodate the religious, ethnic and cultural diversity of the student body.
4. Food nutrition information will be collected and analyzed regularly to ensure that the standards are being met.
5. The Nutrition Staff will maintain clean, safe, and healthy kitchen and serving areas that meet or exceed the state health regulations.
6. The school's NSLP, SBP, operates to meet dietary specifications in accordance with the Healthy, Hunger-Free Kids Act of 2010 and applicable state laws and regulations.

## **Eating Environment**

1. Students will be provided access to hand washing or hand sanitizing before they eat meals;
2. Students will be provided at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

Each school will:

1. Provide adequate seating with tables and chairs of the appropriate size for students;
2. Provide a relaxed environment where noise is not allowed to become excessive;

3. Enforce rules for safe behavior;
4. Discourage students from sharing foods and beverages with one another during meals or snack times, given concerns about allergies and other restrictions for some student's dietary needs;
5. Ensure that tables and floors are cleaned between meal periods;
6. Ensure that the physical structure of the eating area is in good repair
7. Ensure that meetings or other activities scheduled during mealtimes will allow students to eat during such activities.

### **Nutrition Staff Guidelines**

1. Only qualified nutrition professionals will administer the school meal programs. Each nutrition staff member will possess the appropriate certification and/or training programs according to their levels of responsibility.
2. Continuing professional development will be provided for all nutrition professionals in the schools.

### **Physical Activity**

All grade K-5 schools will ensure moderate to vigorous physical activity for their students. This may be accomplished by, but not limited to, the following methods:

1. Teacher lead physical activity breaks. Physical activity will be used as an incentive not a punishment;
2. Organized before and/or after school activities;
3. PE class;
4. Intramural and/or interscholastic sports;
5. Clubs before school, after school, during lunch.
6. A daily recess period will be provided which will not be used as a punishment or a reward.

All grade 6-8 schools ensure that all students have access to moderate to vigorous physical activity during the school week. This may be accomplished by, but not limited to, the following methods:

1. Teacher lead physical activity breaks. Physical activity will be used as an incentive not a punishment;
2. Organized before and/or after school activities;
3. PE class;
4. Intramural and/or interscholastic sports;
5. Clubs before school, after school, during lunch.

6. A daily recess period will be provided which will not be used as a punishment or a reward.

The high school will provide opportunities for all students to participate in moderate to vigorous physical activity during the school week. This may be accomplished by, but not limited to, the following methods:

1. PE class;
2. Individual exercise routines;
3. Intramural and/or interscholastic sports;
4. Clubs before school, after school.

The district will create/adopt physical education curriculum that exceeds the minimum requirements of the state. This curriculum will focus on movement, physical activity and a life long healthy lifestyle.

### **School Employee Wellness**

The district's school employee wellness program may include the following:

1. Health education and health promoting activities that focus on skill development and lifestyle behavior that change along with awareness building, information dissemination, access to facilities, and preferably are tailored to employee's needs and interests;
2. Safe, supportive social and physical environments including organizational expectations about healthy behavior and implementation of policy that promote health and safety and reduce the risk of disease;
3. Linkage to related programs such as employee assistance programs, emergency care and programs that help employees balance work life and family life;
4. Education and resources to help employees make decisions about health care;
5. Nutrition and fitness educational opportunities that may include, but are not limited to, the distribution of educational and informational materials, and the arrangement of presentations and workshops that focus on healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity related topics.

The district encourages participation from all employees, employees are not limited to instructional staff (i.e., teachers and instructional assistants) but include administrators and all support staff. The following groups are seen as essential for establishing, implementing and sustaining an effective school employee wellness program: school personnel who implement existing wellness programs in the district, i.e., school employee wellness committee and they may be the district personnel who implement health programs for students such as, but no limited to, school health coordinator, school nurses, psychologist, health and physical educators, nutrition professionals, counselors and other school staff. These groups may include decision makers who have the authority to approve policy and provide administrative support essential for a school wellness program such as, but not limited to, board members, superintendents, human resource administrators, fiscal services administrators and building principals.

## **Other School-Based Activities**

Nutrition education will be promoted beyond the classroom and cafeteria. The Board expects that schools will promote healthy food choices by:

1. Limiting the selling of foods outside of the Food Services Program to only those foods that meet the district's nutrition standards and/or portion sizes;
2. Limiting fund-raising activities that include foods. When foods are being sold as part of an approved fund-raising activity the food will meet the district nutrition standards;
3. Limiting the use of food or beverages as rewards for academic performance or good behavior, especially candy or other foods of non-nutritional value;
4. Limiting classroom celebrations to no more than two per year. Any party where food is served is to be scheduled sometime after the student's lunch period. Each party should include no more than one food and beverage that does not meet the district's nutritional standards. Foods brought in from an outside source must be baked in a County Health Department approved facility;
5. Ensuring that food and beverages offered or sold at school-sponsored events outside the school day include healthy options;
6. Vending machines may be made available and stocked with selections that meet state and federal law.

The nutrition policy does not apply to students who leave campus for district approved field-trips, athletics, music or other extra-curricular activities/ competitions, unless a school provided sack lunch is requested.

## **Competitive Food Sales**

In keeping with federal regulations, the district controls the sale of all competitive foods.

Accordingly, the district will select food items that meet the Oregon Smart Snacks nutrition standards. The sale of foods and beverages in competition with the district's NSLP and SBP meals shall be permitted when all income from the food sales accrues to the benefit of the district's nutrition and food services operation or a school or student organization as approved by the Board.

## **Other Foods Offered or Sold**

Foods and beverages sold or offered in classrooms or school-sponsored activities during the school day shall follow the Oregon Smart Snacks standards unless otherwise exempt by state law.

Food and beverage items sold after the school day as part of an approved school fund-raising event are not required to meet minimum state requirements.

## **Family and Community Involvement**

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



1. Nutrition education materials and cafeteria menus are sent home with students, or are available through other means such as the District website;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their student in the cafeteria;
4. Families are invited to attend exhibitions of student nutrition projects or health fairs;
5. Nutrition education workshops and screening services may be offered;
6. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate;
7. School staff encourages and provides support for parental involvement in their children's physical education.

### **District Website**

To promote wellness and provide information to the community, the school district website will contain:

1. Nutrition information including analysis and school menus;
2. School-based physical activities - before, after and during school hours;
3. Links to community activities that promote wellness.

### **Monitoring and Policy Review**

In order to evaluate the effectiveness of the local wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the superintendent or designee will:

1. Appoint a committee comprised of parents, students, teachers, representatives of the school nutrition staff, school administrators and the public;
2. Ensure compliance with the established districtwide nutrition and physical activity wellness policy;
3. Presents a summary report, every two years, to the Board that identifies and prioritizes the needs of the district's wellness policy, based on input from schools and the committee;
4. Distributes the report to the committee, parent/teacher organizations, school principals and school health personnel in the district.

Each school principal will;

1. Ensure compliance with this policy in his/her school;
2. Biannually, assess their school's nutrition and physical activity environments and submit a report to the superintendent.

The Nutrition Services Supervisor will:

Ensure compliance with nutrition standards within school food service areas and will report on this matter to the superintendent.

The committee will:

1. Meet periodically to discuss the district's nutrition and physical activity environments;
2. Report to the superintendent with any problems and possible solutions they find in the district's nutrition and physical activity environment.

The Board will:

1. Review the policy biannually after receiving a summary report from the superintendent;
2. Revise the wellness policy, if needed, and develop work plans to facilitate its implementation.