

## OLDHAM COUNTY BOARD OF EDUCATION POLICY

### NUTRITION INTEGRITY

7014

The Superintendent or designee will adopt nutrition standards based on scientific recommendations. These standards should emphasize increasing the variety of foods and dietary fiber, while reducing fat, sodium and sugar in school meals. The nutritional value of school meals will be evaluated over a period of days, rather than a single meal or food item. Meals will contain adequate calories and variety of foods to support growth, development and the maintenance of desirable body weight. At a minimum, school shall serve a Type A lunch, which provides at least one-third of the daily nutritional requirements of the school-aged child being served. All school meals will meet the federal nutrition requirements based on the ages of the students being served.

The school district will consider student preferences in menu planning as determined by student feedback, taste tests, and participation. Since foods must be eaten to provide nutrients, menu changes will be gradual to ensure acceptance. The sale of a la carte items on the school lunch line must meet state and federal nutritional standards. Foods with no nutritional value will not be available for sale during the school day. Schools will prepare foods in ways that ensure a balance between optimal nutrition and student acceptance. The District provides breakfast programs at all schools. The cafeteria manager and Director of School Nutrition will thoughtfully select foods sold in addition to meals. Schools will provide a pleasant eating environment. This includes adequate time and space to eat school meals, positive supervision, and role-modeling at meal times.

The Board believes that nutrition education should be an integral part of the curriculum from preschool to twelfth grade. The school cafeteria will serve as a laboratory for applying critical thinking skills taught in the classroom. Tools developed to train food service personnel, teachers, school administrators, and parents will be used to build teams of competent, caring individuals with common goals.

The Superintendent or designee will develop purchasing practices to ensure the use of high-quality ingredients and prepared products to maximize flavor and acceptance. School food service professionals will work with industry to develop appetizing and affordable products, which meet nutrition standards. Local produce and foodstuffs shall be utilized whenever possible. School food service professionals and administrative personnel will work cooperatively with legislative and other government agencies to promote policies that further the achievement of nutrition integrity in child nutrition programs.

Youth enrichment programs will offer snacks that meet the standards set by the Kentucky Department of Education and the USDA for licensed childcare facilities.

Teachers will only offer foods in the classroom that meet or exceed the USDA Smart Snacks in School nutrition standards to avoid the substitutions of “junk” food for a school lunch.

Snack and drink vending machines and fundraising activities involving food must not compete with the school lunch or breakfast program. Only food options that meet the Kentucky and federal nutrition standards may be sold 30 minutes after the school’s last lunch period until 30 minutes after the end of the school day. After that time and until midnight, there are no nutritional standards restricting the snacks and drinks that may be sold. No food or drink outside of the school lunch or breakfast program may be sold from midnight until 30 minutes after the school’s last lunch period. Sale of soda and other vending products at the elementary school level, outside of a restricted access teachers’ workroom, shall be limited to after school activities.