

## Revised wellness policy aligns with national standards to support health of students

Snacks, beverages and à la carte items across Lake Stevens School District have a new look and taste. They are now richer in whole grains, fruits and vegetables with fewer calories, fat, sugar and sodium. The changes align with the U.S. Department of Agriculture's (USDA's) Smart Snacks in Schools Guidelines and the Healthy Hunger-Free Kids Act of 2010, which impact more than 100,000 schools throughout the nation. Those items that don't meet the guidelines are no longer available in schools. This includes food sold in school vending machines during the school day.

The new guidelines, which went into effect on July 1, 2014, do not limit lunches and snacks brought from home or items brought to school for parties and celebrations.

An advisory committee was formed and met throughout the 2013-14 school year to create recommendations to the board of directors prior to the adoption of the new policy in Lake Stevens School District. The committee was made up of district stakeholders, including representatives from elementary, middle, mid-high and high school. Club and activity advisors, PE teachers, parents and students were also part of the committee.

# What's CHANGED?

### Nutrition Standards

All food and beverages sold in schools to students must meet the following nutrition standards:

### Beverage Standards

#### Beverage: Water

- Elementary: no size limit, Middle: no size limit, High: no size limit
- Must meet one of the following:
  - Plain water
  - Plain water with carbonation

#### Beverage: Milk

- Elementary: 8 oz or less, Middle: 12 oz or less, High: 12 oz or less
- Must meet one of the following:
  - Plain low fat milk
  - Plain or flavored fat free milk
  - Plain or flavored fat free milk alternatives permitted by school food services (i.e. soy milk)

#### Beverage: Juice

- Elementary: 8 oz or less, Middle: 12 oz or less, High: 12 oz or less
- Must meet one of the following:
  - 100% Fruit Juice
  - 100% Vegetable Juice
  - 100% Fruit or Vegetable Juice diluted with water (with or without carbonation), and no added sweeteners.

#### Beverage: No Calorie

- Elementary: not allowed, Middle: not allowed, High: 20 oz or less
- Must meet one of the following:
  - Calorie free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain:

- 5 calories or less per 8 fluid oz; or
- 10 calories or less per 20 fluid oz

#### Beverage: Lower Calorie

- Elementary: not allowed, Middle: not allowed, High: 12 oz or less
- Must meet one of the following:
  - 8 oz: 40 calories or less
  - 12 oz: 60 calories or less
- Caffeinated Beverages—Trace amounts naturally occurring are allowed.
- Elementary: caffeinated beverages not allowed, Middle: caffeinated beverages not allowed, High: beverages may contain caffeine.

### Food Standards

#### All foods must meet one of the following:

- Whole grain rich; first ingredient
- Fruit, vegetable, dairy product or protein food; first ingredient
- Combination food with at least 1/4 cup fruit or vegetable

#### Exempt from Standards:

- Fresh fruits and vegetables with no added ingredients, except water
- Canned or frozen fruits packed with water, 100% juice, extra light syrup or light syrup
- Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable

#### Calories

- Ala Carte: 200 calories or less
- Entrée: 350 calories or less

#### Sodium

- Ala Carte: 230 mg or less (Effective July 2016: 200 mg or less)
- Entrée: 480 mg or less

#### Total Fat

- Ala Carte: 35% of calories or less
- Entrée: 35% of calories or less

#### Exempt from Standards:

- Nuts, seeds
- Nut/seed butters
- Reduced fat cheese and part-skim mozzarella

#### Saturated Fat

- Ala Carte: Less than 10% of calories
- Entrée: Less than 10% of calories

#### Exempt from Standards:

- Nuts, seeds
- Nut/seed butters
- Reduced fat cheese and part-skim mozzarella

#### Trans Fat

- Ala Carte: 0 gram
- Entrée: 0 gram

#### Sugar

- Ala Carte: < 35% calories or < 35% calories by weight
- Entrée: < 35% calories or < 35% calories by weight

#### Exempt from Standards:

- Dried whole fruits or vegetables; and dehydrated fruits or vegetables with no added nutritive sweeteners.
- May be required for processing and/or palatability purposes (i.e. dried cranberries, blueberries, etc.)

### Regulations At-A-Glance

- Ensure students are offered both fruits and vegetables every day of the week
- Substantially increase offerings of whole grain-rich foods
- Limit calories based on the age of the children being served
- Reduce the amount of saturated fat, trans fats and sodium
- Serve proper portion sizes
- A "school day" is defined as the period from the midnight before to 30 minutes after the end of the official school day.
- Regulations apply to all foods and beverages sold in cafeterias as à la carte, in school stores, snack bars and vending machines.

*"The changes are significant but so important for the health and nutrition of our students,"* said Mollie Langum, Food & Nutrition Services Supervisor for Lake Stevens School District. "Our committee worked collaboratively to bring the best recommendation to the board. The district's new policy ensures we are compliant with the federal guidelines and are doing what's best for kids."

Since whole-grain foods and fresh produce usually cost more than highly processed foods, Langum is working with her staff to stay within budget while offering the highest-quality food available. Prior to the adoption of the new guidelines, Lake Stevens School District was already working toward meeting the new requirements.

The district purchases fresh, local produce whenever possible and, over the past two years, has revamped menu items and offerings in all schools. This includes build your own salad bars; made to order sandwich and wrap stations; the Soaring Dragon Asian food line; pasta bar and healthy pizzas.

For more information about the district's new policy and the Smart Snacks in Schools Guidelines, visit the Food & Nutrition Services page under "Departments" on the district website, [www.lkstevens.wednet.edu](http://www.lkstevens.wednet.edu).

## SMART SNACKS IN SCHOOL

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

### Before the New Standards



### After the New Standards

