

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES  
(LOCAL)

FFA

**WELLNESS** The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

**DEVELOPMENT OF GUIDELINES AND GOALS** The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school nutrition staff, school administration, the Board, parents, and the public.

**NUTRITION GUIDELINES** The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all food available on each campus are in accordance with the United States Department of Agriculture (USDA) Smart Snacks in School Standards.

According to USDA, the “school day” shall begin at midnight until 30 minutes after the last bell.

**SMART SNACKS GUIDELINES** Smart Snacks are science-based nutrition standards for food and beverages provided to students at school during the day. Smart Snacks guidelines pertain to a la carte, competitive foods, fundraisers, and classroom snacks provided to students in elementary and middle schools. Smart Snacks shall not apply to food sold during non-school hours, weekends, and off-campus fund-raising events.

Food items shall:

- Be a grain product that contains 50 percent or more whole grain main food groups: fruit, vegetable, dairy product, protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, and the like);
- Contain ten percent of the daily value (DV) of a naturally occurring nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber);
- Be a combination food that contains at least one-fourth cup of fruit or vegetable; or
- List the second ingredient as one of the above if water is the first ingredient.

Food shall also meet several nutrient requirements as follows:

- Calorie limits:
  - Snack items: 250 calories or less

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- Entrée items: 350 calories or less
- Sodium limits:
  - Snack items: 230 mg or less
  - Entrée items: 480 mg or less
- Fat limits:
  - Total fat: 35 percent of calories or less
  - Saturated fat: Less than ten percent of calories
  - Trans fat: Zero grams
- Sugar limits: 35 percent of weight from total sugars in food or less

The following nutrition standards for beverages shall apply:

All schools may sell:

- Plain water (with or without carbonation);
- Unflavored low-fat milk;
- Unflavored or flavored fat-free milk and milk alternatives permitted by the National School Lunch Program (NSLP)/School Breakfast Program (SBP);
- 100 percent fruit or vegetable juice; and
- 100 percent fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

Elementary schools may sell up to eight ounce portions, while middle and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for plain water.

In addition to legal requirements, the District shall establish age appropriate guidelines for food and beverages at classroom parties or school celebrations and for competitive foods, as well as school sponsored fund-raising activities that involve serving or selling food as specified within the USDA Smart Snacks in School guidelines

The following guidelines shall apply:

1. Competitive foods are food and beverages sold or made available to students that compete with the school's operation of the NSLP, SBP, and/or After-school Care Program (ASCP). This includes, but is not limited to, food and beverages sold or

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provided in vending machines, in school stores, or as part of school fund-raisers during the school day.

- a. Elementary & Intermediate: Not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods.  
  
Parent involvement activities (i.e., “Muffins for Mom” and “Donuts for Dad”): Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.
- b. Middle schools: Not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods.
- c. High schools: Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.

Fund-raisers are considered by the USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity. **These activities that involve the sale of food items for consumption during the school day must be in accordance USDA Smart Snacks in School Standards.**

### **TAC Updates for Competitive Foods- update July 2015**

**TDA has released an updated Texas Administrative Code (TAC) related to competitive foods. The following guidance will assist CEs in adopting the new TAC.**

**Exempt Fundraisers**—Texas public, charter, and private schools that participate in the National School Lunch Program (NSLP) or SBP may sell food and/or beverages as part a fundraiser that does not meet the Competitive Foods Nutritional Standards during the school day for up to six (6) days per school year on each school campus if no food and/or beverages sold for an exempted fundraiser are sold in competition with school meals served or consumed in the food service area.

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If a CE chooses to hold exempt fundraisers, the CE must maintain adequate documentation to indicate the dates for each site's exempt fundraisers

2. If items sold (via catalog sales) do not meet the Smart Snacks guidelines, they must not be distributed to the students until the end of the school day. Parents may pick these items up anytime during the school day. Students who ride the bus and/or are picked up by a daycare provider may take the catalog sale items home as long as they are not opened and consumed. However, items sold (via catalog sales, such as cookie dough, frozen pizza, and the like) that cannot be consumed may be distributed to the students after the last bell.

All school-sponsored (or other nonprofit organizations selling items on school property) fund-raising food and beverage items and items sold in vending machines shall be submitted to the school nutrition office using the District fund-raising and vending request form. The request shall include the nutritional values of the item(s) so they can be evaluated using the Smart Snacks calculator tool.

3. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during meal times) under the teacher's guidance. The classroom snack may be provided by school nutrition staff members, teachers, parents, or

other groups and should be at no cost to students. Snacks provided to students shall be in accordance with the USDA Smart Snacks in Schools Standards. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only. A list of authorized snacks shall be available upon request and as a link on the District's website on the school nutrition page.

The District shall establish the following exemptions:

1. Smart Snacks "Free Dates": Up to nine "free" days or events during the school year shall be allowed in which students may be given candy items or other restricted food and beverages during the school day. These days should include all monthly

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**birthday celebrations.** These days or events shall be reported to the school nutrition director by September 1 of each school year and shall be published on the school calendar.

However, during these days or events, the items may not be given during meal times in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

2. School nurses: This policy shall not apply to the school nurses' provision of health care to individual students
3. Accommodating Students with Special Needs: This policy shall not apply to special needs students whose individualized education program (IEP) indicates the use of a restricted food item for behavior modification (or other suitable need).
4. Field Trips: This policy shall not apply to school-approved field trips. A school official shall approve the dates and purposes of the field trips in advance.
5. State-Mandated Assessment Test Days: Parents, teachers, and administrators may provide one additional snack to the entire class. These snacks shall follow the Smart Snacks policy. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only.
6. Instructional Use of Food in Classroom: Students may consume food prepared in class for instructional purposes. This should be done on an occasional basis, and these items may not be provided or sold to other students or other classes. Food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes shall be exempt from the policy. However, these  
  
food and/or beverages may not be served during the meal periods in areas where school meals are served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
7. Athletic, UIL, Band, and Other Competitions: This policy shall not apply to students who leave campus to travel to athletic, UIL, band, or other competitions or functions. The school day shall be considered to have ended for these students.

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8. Food from Home: This policy shall not restrict what parents may provide for their own child's lunch and/or snack, but they may not provide restricted items to other children at school.
9. DAEP Campus Exceptions: No outside food will be allowed to be brought onto the Disciplinary Alternative Education Program Campus. All meals will be Provided/Purchased from the School Food Service Department.
10. Lauren's Law: A parent/legal guardian or grandparent may bring in any food product (cakes/cupcakes) for the classroom on his or her child's birthday.

It does not:

- Require the teacher to stop instruction to allow for the birthday party;
- Allow the parents/legal guardians or grandparents a right of access to the classroom; or
- Allow balloons, decorations, gifts, and the like.  
The principals shall have discretion on when to allow the consumption of the food products. Usually this can be done at the end of lunch, in the classroom before instruction begins, or at the end of school (30 minutes after the last bell). This way, there is no disruption of learning.

The food products cannot be consumed or provided to students during meal periods in areas where reimbursable meals are served and consumed.

WELLNESS GOALS  
NUTRITION  
EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.

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4. The school nutrition staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.
6. Nutrition and fitness information shall be available on the District's website for employees, parents, administrators, and students to learn more about healthy lifestyles.

PHYSICAL  
ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

In addition, the District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Qualified teachers shall be hired to teach physical education and supervise physical activities in the District.
3. Students shall be provided many choices of physical activity, including cooperative and competitive games.
4. The District shall encourage teachers and other adults in the schools to serve as role models for students.
5. Resources shall be readily available for students and teachers about physical education.
6. Physical activity (recess) shall be scheduled, if possible, before lunch time.

SCHOOL-BASED  
ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

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1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. The USDA recommends 15–20 minutes for breakfast and 18–25 minutes for lunch.
2. Withholding food as punishment (e.g., restricting a child’s selection of milk at meal time or not allowing a la carte items because of behavioral problems) shall be prohibited.
3. Soda or chewing gum shall not be made available to students during the school day unless it is a designated free day.
4. All students shall be encouraged to participate in the school meal program. The identity of students who eat free or reduced-price meals shall be protected.
5. A variety of opportunities to participate in physical activities (recess, physical education, and outside school activities) shall be provided.

IMPLEMENTATION The District athletic & School nutrition directors and Nurse shall oversee The implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

VIOLATIONS The Texas Department of Agriculture (TDA) shall enforce and diligently monitor schools to ensure compliance with this policy.  
  
If TDA determines that a school has violated this policy, TDA shall disallow meal reimbursement for the day(s) on which the violation occurred and shall require the school to reimburse the school nutrition account for the disallowed reimbursement.



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ADOPTED:

DATE ISSUED: May 11,2015  
Updated August 2022  
LDU 2014.05  
FFA(LOCAL)-X