

**PREAMBLE**

The Emmett School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Emmett School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

**TO ACHIEVE THESE POLICY GOALS:****FOOD SERVICES****VISION STATEMENT**

To promote high standards of performance for every child through good nutrition and prepare each student to succeed as a productive member of society.

**MISSION STATEMENT**

Our mission is to provide nutritious, well-balanced meals, using foods students enjoy and priced as reasonably as possible. We recognize that children who come to school hungry are adversely affected in the classroom. We believe that healthy kids make better students and better students make healthier communities.

We will strive to promote an enthusiasm for good nutrition by providing a positive and safe environment and ensuring access to nutritious, affordable, appealing foods consistent with the Dietary Guidelines for Americans which supports healthy eating behaviors. Our nutrition staff is trained and certified in Safety and Sanitation according to Idaho Code.

*All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10*

*of the Child Nutrition Act (42 U.S.C. § 1779) and Sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1) and 1766(a)), as those regulations and guidance apply to schools.*

### **SMART SNACK NUTRITIONAL GUIDELINES:**

In accordance the July 1, 2014 Smart Snack standards; all foods and beverages sold to students on campus must meet the following criteria: with Foods and/or beverages offered at school-sponsored events outside the school day, (i.e. concessions) will be exempt from the wellness policy; but are encouraged to also offer healthy choices as well.

#### **A. Food**

**Any food sold in schools** (two hours prior to school, throughout the school day and for 30 minutes following the release of students) **must:**

1. Be a “whole grain-rich” grain product: or
2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food: or
3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D or dietary fiber).

**Foods must also meet several nutrient requirements:**

#### **1. Calorie limits:**

Snack items: ≤ 200 calories

Entrée items: ≤ 350 calories

#### **2. Sodium limits:**

Snack items ≤ 230 mg (until July 1, 2016)

Entrée items < 480 mg

#### **3. Fat limits:**

Total fat: ≤ 35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

#### **4. Sugar limits:**

< 35% of weight from total sugars in foods.

- All accompaniments such as cream cheese, salad dressing and butter must also be included in the nutrient profile as part of the item sold. This will help control the amount of calories, fat, sugar and sodium that could be added to foods.

\*All fundraisers that meet the nutritional guidelines are allowed at any time. Fundraisers that happen during off school grounds are also allowed.

The State of Idaho is allowing each school 10 exempted fundraisers per year.

**B. Nutrition Standards for Beverages****Elementary Schools:**

- Plain water or plain carbonated water (no size limit);
- Low fat milk, unflavored ( $\leq 8$  fl oz);
- Nonfat milk, flavored or unflavored ( $\leq 8$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 8$  fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 8$  fl oz).

**Middle School:**

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored ( $\leq 12$  fl oz);
- Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 12$  fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz)

**High School:**

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored ( $\leq 12$  fl oz);
- Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 12$  fl oz);
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz);
- Other flavored and/or carbonated beverages ( $\leq 20$  fl oz) that are labeled to contain  $\leq 5$  calories per 8 fl oz, or  $\leq 10$  calories per 20 fl oz; and
- Other flavored and/or carbonated beverages ( $\leq 12$  fl oz) that are labeled to contain  $\leq 40$  calories per 8 fl oz, or  $\leq 60$  calories per 12 fl oz.

A designated person in each building should monitor compliance of the Wellness Policy and fundraisers.

**NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING****NUTRITION EDUCATION AND FOOD PROMOTION**

Emmett School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

### **INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING**

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; or
- classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

### **COMMUNICATIONS WITH PARENTS**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

### **FOOD MARKETING IN SCHOOLS**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages

that meet the nutrition standards for meals or for foods and beverages sold individually.<sup>1</sup> The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

### **PHYSICAL ACTIVITY OPPORTUNITIES**

#### **DAILY PHYSICAL ACTIVITY K-12**

Students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive 60 minutes of physical activity per week.

All students in grades 7-12 are offered daily physical activity.

Students should spend at least 50 percent of physical education class time participating in physical activity.

#### **DAILY RECESS**

All elementary school students will have at least 10–15 minutes a day of supervised recess, preferably outdoors

#### **PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL**

Schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, may offer interscholastic sports programs. Schools may offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

### **MONITORING POLICY**

#### **MONITORING**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the building administrator or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

The superintendent or designee will review and develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district.

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<sup>1</sup> Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the building administrator or designee). In addition, the Food Service Director will report to the Superintendent on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past three years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

**LEGAL REFERENCE:**

**[www.schoolwellnesspolicies.org/WellnessPolicies.html](http://www.schoolwellnesspolicies.org/WellnessPolicies.html)**

**ADOPTED: Adopted December 9, 2002**

**REVIEWED: April 10, 2006  
March 12, 2009  
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March 10, 2016**

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