

CHILD NUTRITION, WELLNESS, AND HEALTHY SCHOOL ENVIRONMENT POLICY

Lyon County School District (LCSD) values student health and wellness. LCSD is committed to providing an environment in which students can make healthy food choices and have opportunities to be physically active.

This Student Wellness Policy complies with the Nevada Department of Agriculture guidelines as stated in the Nevada's School Wellness Policy and the Child Nutrition Program (CNP), and with the federal statute: Healthy, Hunger-Free Kids Act of 2010.

LCSD will adhere to this policy and all requirements as directed by USDA and the NDA. Our policy is intended to create a healthy environment for students and staff and this policy will be updated as new information is released.

Policy #JHA
Revised 11/15/22

Definitions:

Combination Food- products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

Competitive Food- all food and beverages other than meals reimbursed available for sale to students on the school campus during the school day.

Fundraisers- the sale of items for monetary gain intended for consumption during the school day.

Local School Wellness Policy (LSWP)- the policy that applies to your local school district which supports a school environment that promotes sound nutrition and student health, reduces childhood obesity, and provides transparency to the public on school wellness policy content and implementation.

Marketing- advertising and other promotions in schools. Includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

Moderate to Vigorous Physical Activity- physical activities done at an intensity that increases children's heart and breathing rates above normal. For example: A child walking to school is moderate activity; Running and chasing others during a tag game is vigorous activity

Non-program food- food sold in school during the school day at any time or location on the school campus other than reimbursable meals.

Physical Activity- bodily movement produced by the contraction of skeletal muscle that increases a person's energy expenditure above a basal level.

School Day- the period from the midnight before, to 30 minutes after the end of the official school day.

School Property/Campus- all areas of the property under the jurisdiction of the institution that are accessible to students during the school day.

Smart Snack Nutrition Standards- a part of the Healthy Hunger-free Kids Act of 2010 that provide science-based nutrition standards for all foods and beverages sold to students in school during the school day.

ADMINISTRATIVE REGULATIONS

I. Advisory Group

- A. School districts must establish a diverse team made up of committed school and community stakeholders to assess the school districts needs and develop a policy that meets the operational realities of the school district and works toward improved health and wellness outcomes for schoolchildren. In addition, this group must meet at a minimum twice a year to review and update the **local school wellness policy (LSWP)**, as needs change, goals are met, new information emerges, and the annual review is completed.
- B. Each school district is required to include a plan that identifies representatives from the following categories to participate in the development, implementation, and periodic review and update of the LSWP: Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public.
- C. School districts will determine incentives and/or penalties for school compliance with their LSWP.

II. Wellness Policy Coordinator

- A. Each school district must establish LSWP leadership, at the district and/or school level, who fully understands the LSWP requirements, who can facilitate the development and implementation of the LSWP, and who has the authority and responsibility to ensure that each school complies with the policy.
- B. The school district must designate at the district and/or school level, the position(s) responsible for reporting the status of Policy implementation annually. The school district must inform the Nevada Department of Agriculture (NDA) the name(s), position(s), and contact information for the person(s) responsible for the oversight of the local school wellness policy at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes, the school district must notify NDA within 60 days.

III. Recordkeeping

School districts must retain basic records demonstrating compliance with the LSWP and must include the following documentation: Compliance with the requirements of advisory group representation, triennial assessment of the LSWP, annual LSWP progress reports for each school under the jurisdiction, demonstrate compliance with public notification which includes:

The web site address for the LSWP and/or how the public can receive/access a copy of the LSWP;

A description of each school's progress in meeting the local school wellness goals;

A summary of each school's events or activities related to LSWP implementation;

The name, position(s)/title, and contact information of the designated wellness policy coordinator at the district and/or school level;

and Information on how individuals and the public can get involved with the advisory group.

IV. School Wellness Policy Goals

School districts must select, measure, and report progress for at least one goal from each of the following categories:

Nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

V. Incentives and Rewards

Schools and teachers are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food awards are required to be in alignment with the nutrient and beverage standards as specified in Sections I and II of this regulation.

VI. Fundraising

All items sold to students on the school campus during the school day must meet the Smart Snacks Nutrition Standards, there are no exemptions.

VII. Special Occasions

The following special occasions or holidays are exempt from Smart Snacks Nutrition Standards:

- A) In observance of state or national holiday such as Nevada Day;
- B) For established observances such as Christmas, Hanukah, Kwanzaa, New Year's Day, Martin Luther King Jr. Day, President's Day, Memorial Day, Juneteenth, Independence Day, Labor Day, Columbus Day (Indigenous Peoples' Day), Veterans Day and Thanksgiving;
- C) School Community observances, such as birthday parties;
- D) As part of a learning experience related to the reinforcement of established lesson plans in the Classroom.

Exempt food items cannot be sold on campus during the school day. They must be made available free of charge to the students.

It is recommended that food be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens.

The sale of foods as part of a business enterprise or fundraising activity is not allowed unless the food item(s) meet the Smart Snacks Nutrition Standards.

VIII. Revenue

School districts must identify how they will track revenue from the sale of food on the school campus during the school day by one or both of the following methods:

Federal Standard: All revenue from the sale of non-program foods purchased with funds from the non-profit school food service account shall accrue to the non-profit school food service account of the participating school food authority.

Nevada Revised Statute: Each school's wellness policy shall include: Guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established school district rules of practice.

IX. Meal Consumption

- A. Students will be allowed adequate time to eat their meals.
- B. Time spent acquiring the meal will not be included in the time allotted to consume the meal.
- C. All schools will designate at least 15 minutes for each student to consume the breakfast meal.
- D. All schools will designate at least 20 minutes for each student to consume the lunch meal.

X. Physical Activity

- A. All schools will provide the opportunity for at least 30 minutes during each regular school day (as defined by USDA) for moderate to vigorous physical activity.
- B. Passing periods do not qualify as physical activity time.
- C. Teachers, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- D. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.

XI. Recess Before Lunch

Recess before lunch is recommended, but will be left to the discretion of the school district

XII. Marketing

Only marketing consistent with the nutrient and beverage standards will be allowed on the school campus. This includes advertising and other promotions on the school campus during the school day (oral, written, or visual). Marketing and advertising on school property that does not currently meet the nutrient and beverage standards will be eliminated as leases, agreements, or contracts are renewed and/or items replaced.

XIII. Smart Snacks Nutrition Standards

- A. Nutrient and beverage standards will apply to all foods and beverages sold or given away to students during the period from midnight before, to 30 minutes after, the end of the official school day. Only approved snacks and beverages may be offered. The food must be commercially prepared and meet all nutrient and beverage standards with the exception of food grown in school gardens. Food and beverages sold more than one-half hour after regular school hours are exempt from this regulation.
- B. These standards govern the nutrient value, calories, and portion sizes of foods and beverages sold in all school venues, including, but not limited to, student stores, vending machines, and cafeteria a-la-carte lines. This regulation also applies to fund-raising and all activities sponsored by school organizations (clubs, sports, PTA, etc.) conducted on school property during the school day.
- C. Lists of approved foods and beverages will be updated annually by the Registered Dietitian in the Lyon County School District Food Service Department. The approved

lists will be posted on the Lyon County School District Food Service Department's Web site.

- D. All food and beverage choices sold or given to students on the school campus during the school day must meet all of the following nutrient standards (including any condiments):

Calories:	Snack/Side Item:	Less than or equal to (<) 200 calories per item as served (including condiments)
	Entree:	Less than or equal to (<) 350 calories per item as served (including condiments)
Sodium:	Snack/Side Item:	Less than or equal to (<) 200 mg per item as served (after 7/1/16)
	Entree:	Less than or equal to (<) 480 mg per item as served
Fat:	Total Fat:	Less than or equal to 35 percent of calories
	Saturated Fat:	Less than (<)10 percent total calories
	Trans Fat:	Zero (0) grams per serving
Sugar:	Total Sugar:	Less than (<) 35 percent by weight

XIV. Specific Nutrient Standards for Food

In addition to the above nutrient standards, food items must meet at least one of the following criteria:

1. Be a grain product that contains greater than (>) 50 percent whole grains by weight or have whole grains listed as the first ingredient on the food label, or
2. Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods, or
3. Be a combination food that contains at least one-quarter (%) cup fruit and/or vegetable, or

If water is the first ingredient listed, the second ingredient must meet one of the above criteria.

XV. Beverage Standards

Carbonated beverages or beverages containing any dietary supplements that do not have a Recommended Daily Allowance/Adequate Intake (RDA/AI), including herbal supplements, cannot be sold or given away during the school day.

- E. Allowable Beverages Include:

1. Plain water: No size limit

2. Milk – Unflavored nonfat, unflavored low-fat, or flavored nonfat milk:
 - Elementary School: Less than or equal (<) to 8 fluid ounces per serving
 - Middle and High School: Less than or equal (<) to 12 fluid ounces per serving.
3. Juice - 100 percent fruit and/or vegetable juice, 100 percent juice diluted with plain water (no added sweeteners):
 - Elementary School: Less than or equal to (<) 8 fluid ounces per serving (recommended size is 4 to 6 fluid ounces).
 - Middle and High School: Less than or equal to (<)12 fluid ounces per serving (recommended size is 8 fluid ounces).

F. Other Allowable Beverages - High School Only:

1. Noncarbonated calorie-free beverages less than or equal to (<) 20 fluid ounces per serving and:

Less than (<) 5 calories per 8 fluid ounces; or
Less than or equal to (<)10 calories per 20 fluid ounces.

2. Noncarbonated lower-calorie beverages:

Less than or equal to (<) 12 fluid ounces per serving and less than or equal to (<) 60 calories. Eight (8) fluid ounce servings must be less than or equal to (<) 40 calories.

XVI. Caffeine

1. All foods and beverages in elementary schools and middle schools must be noncarbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g., chocolate milk).
2. Caffeine is permitted at the high school level at the discretion of the school district.

XVII. Chewing Gum

Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the school district.

XVIII. Contracts

All vending and food purchasing contracts will include a statement requiring compliance with this Regulation. All vending contracts must be reviewed and approved by the school principal and Executive Director of Operations.

XIX. Exempt Areas

Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.

XX. Nutrition and Wellness Education

- A. Nutrition and wellness information, including tobacco, alcohol, and other harmful substances prevention resources, will be disseminated to students through the health and physical education curricula.
- B. Nutrition and wellness information will be available on the District Website to assist students, teachers, and parents in making healthy lifestyle choices. This information will be updated annually.
- C. Nutrition and wellness information will be provided to parents through Lyon County School District publications, which are distributed throughout the school year to the homes of all Lyon County students.