

Student Wellness: Nutrition and Physical Activity

Promotion of a Healthy Lifestyle for Students/Staff and School Environment

A healthy school environment is important for student academic success, long-term health and well-being. This document outlines our goals for nutrition education, physical activity, and other school-based activities that promote student wellness. The Student Wellness policy applies to all foods and beverages served, sold, or given to students during instructional hours and it sets modest standards for meal times and recess in relation to lunch. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in regular physical activity. All schools are encouraged to go beyond these administrative regulations to support student wellness.

The Superintendent or designee shall do the following to implement the Board adopted Student Wellness Policy:

Nutrition Education

A healthy school environment includes the physical, emotional, and social conditions that affect the wellbeing of students.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

The school staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Food Service staff will additionally receive regular staff development on safe food preparation and presentation.

The Tahoe Truckee Unified School District (TTUSD) recognizes that district and school site level Food & Nutrition Services staff is a part of the learning community and impacts the educational environment of TTUSD students. (Education Code 51210.4, 8990, 8993) TTUSD sponsored before-and-after school programs will follow district Wellness Board Policy and Administrative Regulations.

Students shall receive age-appropriate, skill-building nutrition education that is interactive and that teaches the skills needed to adopt healthy eating behaviors and encourage a positive self-image at all grade levels by:

- Basing classroom instruction on the California state framework and content standards.
- Integrating current and scientifically accurate nutrition content into all enrichment activities.
- Coordinating with food service staff to offer nutrition education in the school cafeteria as well as in the classroom.
- Linking classroom nutrition education to the overall school community through project based activities and/or parent/community outreach pre-kindergarten through twelfth grade i.e. school gardens, Harvest of the Month, contests, promotions etc.

Supporting Healthy Food Zones

A child's early experiences with food are important in forming attitudes that affect life-long health, well-being and wellness.

- ***Food Allergies:*** Student safety is of utmost importance to ensure a safe environment. Students with known specific allergies are protected with their individual health plan. Due to the high incidence of

food allergies in general, limiting food exposure to nuts dairy and grains is encouraged. Fruits and non-fried vegetables are suggested as the safer alternative when supplemental foods are offered on school campus.

- **Meal Times:** Students shall be provided sufficient time to sit down and eat breakfast and lunch after they have received their meal. Each school shall designate at least 15 minutes for students to consume breakfast; and at least 20 minutes for students to consume lunch. Consideration will be given to providing recess before lunch periods.
- **Celebration:** Schools shall limit classroom celebrations (birthdays, holidays, 100 day etc) that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (**E5030 (a)**). Fruits and non-fried vegetables are suggested as the healthy alternative. Class parties or celebrations will be held after the lunch period whenever possible. Schools will disseminate a list of healthy party ideas to parents and teachers.
- **Rewards:** Schools will not use foods/beverages as rewards for academic performance or positive reinforcement nor will foods/beverages or school meals (breakfast/lunch) be withheld as any form of disciplinary action.
- **School-sponsored Events** (including, but not limited to, athletic events, dances, honor roll breakfasts and/or performances):Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods/beverages sold individually (**E5030(a)**) for at least 50% of the items offered or sold. For example, if a sugary beverage is offered, water will be available; if cookies are offered, fruit is also served.
- **Sustainability& Conservation** Students shall be encouraged to recycle, conserve materials, water and energy, use biodegradable materials when possible, and dispose of waste in an environmentally sound way at school, in the cafeteria, in the school garden and kitchen classroom, and in all classroom-based activities. Where possible, all campuses will utilize recycling opportunities such as Terra Cycle.

Fundraising Activities

To support children’s health and school nutrition-education efforts, it is recommended that school fundraising activities should not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

- All fundraising activities involving food and/or beverages must:
 1. Be approved by Superintendent or designee to ensure compliance of all State and Federal food/beverage regulations for foods and beverages to be served before, during and after school. (**E5030(a)**)

Modeling Healthy Eating Behaviors

Parent and Community Involvement and Outreach

To encourage consistent health messages between the home and school environment, the superintendent or designee will disseminate health information to parents/guardians through district or school newsletters,

handouts, parent/guardian meetings, the district or school website, and other communications at least twice a year.

Ensure that outreach to parents/guardians emphasizes the relationship between student health and academic performance with a goal toward recruiting parental support and participation in the implementation of the Wellness Board Policy.

Staff Wellness

Provide opportunities for school staff to improve their health status through activities such as health education and health related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the schools' overall coordinated health program. The Superintendent or designee shall encourage staff to serve as positive role models, demonstrating healthy eating choices and an active lifestyle. Staff wellness programs should support employees' efforts to improve their personal health and fitness. Professional development shall include instructional strategies that assess health knowledge and skills and promotes healthy behaviors. The Superintendent or designee will promote increased utilization of staff health wellness programs.

Beverage and snack machines in staff offices or break rooms available to staff will contain only beverages and foods that meet federal/state nutrition guidelines for competitive foods (**E5030 (a)**).

Physical Activity and Physical Education

The primary goal for a school's physical activity program is to provide opportunities for every student to develop the concepts, knowledge and skills to maintain, and understand the short-and-long-term benefits of a physically active, healthy lifestyle and support life-long fitness.

- A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to:
 - Physical education
 - Recess
 - School fitness enrichment programs i.e. Cross-country skiing, snow shoeing, swimming etc.
 - Before-and-after-school physical activity programs
 - Health education that includes physical activity as a main component, and physical activity within the classroom

To support wellness, the goal is to integrate physical activity across curricula and throughout the school day.

Schools will provide the appropriate amount of time for physical education classes (at least 200 minutes every 10 days for elementary school students and at least 200 minutes per week for middle and high school students for the school year) exclusive of recesses and lunch periods. (Education Code 51210, 51222, 51223)

District staff and teachers will do the following:

- Base instruction on the state framework and standards for Physical Education.
- Schools should protect recess time from disciplinary measure and from any school activities that would impinge upon recess time. Research shows that providing recess breaks throughout the day can improve students' classroom behavior and attentiveness and that students can accumulate up to 40 percent of their total daily physical activity during recess.

- Integrate current and scientifically accurate physical activity content into classroom instruction and TTUSD before-and-after-school programs across the curriculum and throughout the school day.
- Support professional preparation and/or ongoing professional development for district teachers related to physical education and physical activity.
- Model healthy physical activity behaviors.

Program Implementation and Evaluation

The Superintendent or designee will ensure that a thorough implementation plan is developed and conducted, including timelines and professional development.

By November 15th of each year, school site administrators are responsible for:

- Reviewing the student wellness policy and regulations with teachers, parents, parent organizations, and other individuals and groups who provide food at school or school-related events.
- Openly designate a person (or persons) at each school site as a “Wellness Coordinator.” This person will be responsible for collaborating with staff to set goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness. These goals will be integrated into the “School Accountability Plan” and monitored as such.

Getting the **Facts** Straight Elementary Schools

Calories

Check here to be sure the calories are within the appropriate limits: \leq **175** calories per food item.

Saturated Fat

Less than **10%** of total calories should come from saturated fat, but the label lists saturated fat in grams. A simple trick for converting grams to calories is to remember that 1 gram of fat contains 9 calories.

Grams saturated fat \times calories per gram = calories from saturated fat.

$$0.5 \times 9 = 4.5 \text{ calories}$$

But now we need to know if that is 10% or less of the total calories:

(Calories from saturated fat \div total calories) \times 100 = % calories from saturated fat.

$$(4.5/150) \times 100 = 3\% \text{ calories from saturated fat.}$$

Nutrition Facts	
Serving Size 1/2 cup dry (40 g) Servings Per container: 13	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	4%
Saturated Fat 0.5 g	2%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 27 g	9%
Dietary Fiber 4 g	15%
Sugars 1 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g

Trans Fat

All food items should have no more than **0.5** grams of trans fat per serving.

What about Whole Grains?

Check that meals and snacks are whole grain by scanning the ingredient list. The first item should be some type of **whole grain**, such as whole wheat flour.

Calories from Fat

No more than **35%** of calories should be from fat. So how do we figure this out? The equation goes like this: calories from fat/total calories

$$25 \div 150 = 0.17$$

To form a percent, we multiply this number by 100

$$0.17 \times 100 = 17$$

This means that 17% of the calories are from fat.

Sodium

The sodium should be \leq **230** mg.

Sugars

Item should be no more than **35%** sugar by weight.

(Grams of sugar \div grams per serving) \times 100 = % sugar by weight.

$$(1 \div 40) \times 100 = 2.5\% \text{ sugar by weight.}$$

Getting the **Facts** Straight

Middle Schools and High Schools

Calories

Check here to be sure the calories are within the appropriate limits: ≤ 350 calories if the food is meant for an **entrée**, ≤ 200 calories if it is meant for a **snack**.

Saturated Fat

Less than **10%** of total calories should come from saturated fat, but the label lists saturated fat in grams. A simple trick for converting grams to calories is to remember that 1 gram of fat contains 9 calories.

Grams saturated fat \times calories per gram = calories from saturated fat.

$$0.5 \times 9 = 4.5 \text{ calories}$$

But now we need to know if that is 10% or less of the total calories:

(Calories from saturated fat \div total calories) $\times 100 = \%$ calories from saturated fat.

$$(4.5/150) \times 100 = 3\% \text{ calories from saturated fat.}$$

Nutrition Facts	
Serving Size 1/2 cup dry (40 g)	
Servings Per container: 13	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	4%
Saturated Fat 0.5 g	2%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 27 g	9%
Dietary Fiber 4 g	15%
Sugars 1 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g

Calories from Fat

No more than **35%** of calories should be from fat. So how do we figure this out? The equation goes like this: calories from fat/total calories

$$25 \div 150 = 0.17$$

To form a percent, we multiply this number by 100

$$0.17 \times 100 = 17$$

This means that 17% of the calories are from fat.

Sodium

For **entrees**, the sodium should be ≤ 480 mg and for **snacks** it should be ≤ 230 mg.

Sugars

Item should be no more than **35%** sugar by weight.

(Grams of sugar \div grams per serving) $\times 100 = \%$ sugar by weight.

$$(1 \div 40) \times 100 = 2.5\% \text{ sugar by weight.}$$

Trans Fat

All food items should have no more than **0.5** grams of trans fat per serving.

What about Whole Grains?

Check that meals and snacks are whole grain by scanning the ingredient list. The first item should be some type of **whole grain**, such as whole wheat flour.

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

Compliant foods:

1. MUST meet the following:
 - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), **and**
 - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), **and**
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), **and**
 - d. < 0.5 grams trans fat per serving (no exceptions), **and**
 - e. ≤ 200 milligrams sodium (no exceptions), **and**
 - f. ≤ 175 calories per item/container (no exceptions)

AND

2. MUST meet **ONE** of the following:
 - a. Fruit
 - b. Non-fried vegetable
 - c. Dairy food
 - d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
 - e. Whole grain item**

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- b. A whole grain as the first ingredient, **or**
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- d. At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 8 fl. oz. serving size
2. Milk:
 - a. Cow’s or goat’s milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - ≥ 276 mg calcium
 - ≥ 8 g protein
 - ≥ 500 IU Vit A
 - ≥ 100 IU Vit D
 - ≥ 24 mg magnesium
 - ≥ 222 mg phosphorus
 - ≥ 349 mg potassium
 - ≥ 0.44 mg riboflavin
 - ≥ 1.1 mcg Vit B12, **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Effective from midnight to one-half hour after school.

Applies to food and beverage sales by student organizations.

Student organization sales must meet **all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the lunch period** has ended.
4. The food or beverage item **cannot be prepared on campus.**
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to **ALL** foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

Compliant foods:

1. **“Snack”** food items must be:
 - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
 - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), **and**
 - d. < 0.5 grams trans fat per serving (no exceptions), **and**
 - e. ≤ 200 milligrams sodium (no exceptions), **and**
 - f. ≤ 200 calories per item/container (no exceptions)

AND must meet one of the following

 - g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), **or**
 - h. Be a combination food containing at least ¼ cup fruit or vegetable.
2. **“Entrée”** food items must be:
 - a. Meat/meat alternate and whole grain rich food; **or**
 - b. Meat/meat alternate and fruit or non-fried vegetable; **or**
 - c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”),

AND

An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- a. ≤ 400 calories, **and**
- b. ≤ 4 grams of fat per 100 calories
- c. < 0.5 grams trans fat per serving

An entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:

- a. ≤ 35% calories from fat, **and**
- b. < 10% calories from saturated fat, **and**
- c. ≤ 35% sugar by weight, **and**
- d. < 0.5 grams trans fat per serving, **and**
- e. ≤ 480 milligrams sodium, **and**
- f. ≤ 350 calories

AND must meet one of the following

- g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- h. Be a combination food containing at least ¼ cup fruit or vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” or
- b. A whole grain as the first ingredient, or
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- d. At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to **ALL** beverages sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow’s or goat’s milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. No-calorie Electrolyte Replacement Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size
6. Low-calorie Electrolyte Replacement Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 40 calories/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 12 fl. oz. serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Effective from midnight to one-half hour after school.

Applies ONLY to food and beverage sales by student organizations.

1. Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **pre-approved** by governing board of school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **cannot** be **prepared on the campus**.
5. The food or beverage categories sold **cannot** be the same as the categories **sold in the food service program** at that school during the same school day.
6. In addition to one student organization sale each day, any and **all student organizations** may sell on the **same four designated days** per year. School administration may set these dates.