

In furtherance of its commitment to fostering healthy nutritional and physical activities that support student achievement and that promote the development of lifelong wellness practices, the Board endorses the following programs, practices, and activities:

**A. NUTRITION EDUCATION AND PROMOTION:**

Nutrition education that teaches the knowledge, skills, and values needed to develop healthy eating behaviors and nutrition promotion that promotes and reinforces student health will be integrated into the curriculum and offered throughout school campuses, including school dining areas and classrooms, by appropriately trained personnel.

***Guidelines for Implementation:***

1. Ensure that all students receive nutrition education that promotes healthy eating both at school and outside of school. For example, use healthy food choices such as fruit and vegetables, 100% fruit juice, fat-free/1% milk, and whole grain breads in the classroom as part of nutrition education lessons. Teachers and staff will be encouraged to model healthy eating behaviors.
2. Focus on skill development so that students are able to learn and adopt healthy eating behaviors. This may be accomplished by integrating nutrition education into other areas of study such as health education, math, science, language, arts, and social studies.
3. Promote healthy eating to students, parents, and teachers. For example, include “nutrition tips” in school newsletters and/or provide nutritional website information.
4. Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and the teachers.
5. Students will be made aware of what constitutes a reimbursable meal at the beginning of the serving line on a daily basis. This is to ensure that they get a healthy, well-balanced meal daily. Also, foods will be marketed towards specific age grade groups in order to increase participation as well as encourage students to try new foods or foods that they have not eaten in the past. To accomplish this goal, food items will be placed at eye level

of the student and food service staff will encourage students to take healthy food choices, healthy food choices will be placed first on the serving line, use of age-appropriate packaging serving/size, etc.

## **B. NUTRITION STANDARDS AND GUIDELINES:**

The Board will ensure that reimbursable school meals meet the program requirements and nutritional standards established by applicable state and federal regulations. The Board will encourage students to make nutritious food choices and will monitor all food and beverages sold or served to students, including those available outside federally regulated child nutrition programs. The Board will consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

### ***Guidelines for Implementation:***

#### **1. Eating Environment Standards:**

- a. Students will be provided an adequate time to eat breakfast and lunch, at least 15 minutes for breakfast and 20 minutes for lunch. Principals will arrange school schedules to accommodate adequate time for breakfast and lunch.
- b. Every effort will be made by cafeteria staff to process students, in a timely manner, as they come through the serving line to reduce waiting time. This will be accomplished by utilizing the point-of-sale system for processing students in an efficient manner.
- c. Lunch periods are scheduled as near to the middle of the school day as possible. Principals will arrange school schedules accordingly. Dining areas are clean, attractive, safe, and have enough space for seating all students. This will be maintained by Child Nutrition Program personnel at the local and county level as well as school staff. Teachers will be encouraged to monitor student's behavior while in the cafeteria.
- d. Drinking water is available for students at meals. For example, water fountains, water dispensers, or cups of water are available in all cafeterias at no cost. Bottled water will be available for purchase. Food will not be used as a reward or as a punishment for student behaviors.

#### **2. Child Nutrition Operating Standards:**

- a. The Child Nutrition Program will aim to be financially self-supporting. However, the program is an essential education support activity. Budget neutrality or profit

generation will not take precedence over the nutritional needs of the students. If subsidy of the Child Nutrition Program fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with the program meals. This will be insured by the principal, Child Nutrition Program Director, and the school system's Superintendent.

b. The Child Nutrition Program will ensure that all students have affordable access to nutritious foods they need to stay healthy and learn well. Prices for breakfast and lunch will be priced no lower than the cost of providing them so that the school food program can remain self-supporting, but will not be priced in such a manner as to cause hardship. Family Free/Reduced applications will be made available to every student. Family Meal Eligibility Applications will be given to all students on the first day of school. Applications will be available through the cafeteria manager, school guidance office, or the Superintendent's office for disbursement to students and/or parent's as necessary thereafter. Public newspaper ads and school newsletters will make application information available. Phone numbers will be provided for parents seeking assistance completing the application and/or that may have questions. Principals will make the participation and the return of the applications a high priority.

c. Employ a Child Nutrition Program Director, who is properly qualified, certified, and/or credentialed according to current professional standards, to administer the Child Nutrition Program and satisfy reporting requirements. This will be ensured by the Superintendent employing personnel per the standards set forth in Federal and State code. All food service personnel shall have adequate pre-service training in food service, safety, and sanitation operations. This will be maintained through yearly professional development under the supervision of a qualified Child Nutrition Program Director.

d. Students will be encouraged to start each day with a healthy breakfast. This will be accomplished through promotion of the breakfast program via newsletters to parents and inter-school promotion via health education in the classroom. The Board will encourage all school administrators to offer alternative breakfast programs including Breakfast in the Classroom and Second Chance Breakfast (offered after first period).

3. **Food Safety/Security Standards:**

a. All foods made available on campus comply with the state and local food safety and sanitation regulations. This is accomplished utilizing the Hazard Analysis Critical Control Points (HACCP) plan and guidelines that are implemented to prevent food illness in schools. Each school is required to maintain appropriate control measures/logs as outlined in their school's plan.

b. For the safety and security of the food and facility, accesses to the food service operations are limited to the Child Nutrition staff and authorized personnel. This will be

maintained by local Child Nutrition Program personnel. Signs are posted outlining restricted areas (e.g. kitchen).

4. **Nutrition Standards:** Foods of minimal nutritional value may not be sold in schools. Please refer to the USDA and Alabama implementation of Smart Snacks in School and Fundraising Activities, which is published by the Alabama State Department of Education Child Nutrition Program, for further guidance.
  - a. ***Cafeteria:*** The school cafeteria should reflect a healthy nutrition environment.
    - Schools will ensure that all students have daily access to meals offered. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals. To ensure the Child Nutrition Program personnel will maintain a clean, healthy environment, they will follow the guidelines established by the State Health Department as well as their local HACCP plan. Principals will arrange school schedules and/or bus schedules in order to provide students access to all meals offered. Principals will allow students access to breakfast if for some reason a bus is late arriving at school.
    - Serving sizes will comply with the meal pattern requirements as described by the United States Department of Agriculture (USDA) regulations. Foods served and/or sold through the National School Lunch and Breakfast Programs shall meet at a minimum, nutrition requirements established by local, state, and Federal statutes and regulations. Each cafeteria is provided with the appropriate serving size utensils and/or food is portioned according to the correct age-appropriate serving size. Every effort will be made to assist students in selecting the appropriate amount of food. All cafeteria serving lines are monitored by Child Nutrition Program staff for compliance. School meals must meet daily, and weekly requirements set forth by USDA school meal guidelines.
    - Food items sold in the cafeteria will be purchased through the established contract with the State Department of Education's statewide purchasing agreement. This is achieved by the county Child Nutrition Program personnel purchasing from the State Department of Education's website.
    - Focus will be placed on serving whole grains and more fresh fruits and vegetables. For example, half of the grains served will be whole grain rich, fresh fruits and vegetables are purchased through a reputable vendor to ensure product quality. Milk served shall meet the criteria established by USDA. Milk should be unflavored or flavored 1% or fat-free milk. Milk may not contain artificial sweeteners. Liquid milk will be made available with every reimbursable meal

offered in school in accordance with USDA and SDE meal pattern requirements. Child Nutrition Program personnel will be responsible for milk bid specifications.

- Beverages other than liquid milk water will include sports drinks, 100% fruit juice, and tea. 100% juice may not exceed 12 oz. serving size. Sports drinks and teas may only be served high schools and cannot exceed 12 oz. Beverage guidelines follow USDA Smart Snack criteria and are monitored by the local and county Child Nutrition Program personnel for compliance.
  - All other items sold or served as part of a meal or as a la carte shall adhere to the nutritional standards established by the Alabama State Department of Education Child Nutrition Program. This will be monitored for compliance at both the local school and county levels by Child Nutrition Program personnel.
  - Cooking techniques should provide fiber, reduced sugar, reduced salt, and eliminate fried foods. Equipment has been purchased to enable foods to be prepared in a healthier method (e.g. eliminating the use of fryers). Child Nutrition Program funds will not be used to purchase fryers.
  - Portion sizes identified by USDA meal pattern for the National School Lunch Program and the School Breakfast Program shall be adhered to. For example, portion sizes will be established by either pre-portioning items or ensuring that the correct portion size utensil is available and in place for use.
  - Concessions, canteens, snack bars, vending machines, or other food sales may not be operated during the breakfast or lunch service time. Principals will ensure that competitive foods are not available during time allotted for meal service. Under no circumstance can food in competition be sold to children in food service areas during breakfast and lunch period(s). Principals will be responsible for monitoring and maintaining this standard.
  - Food and/or beverages from outside restaurants may not be brought into the cafeteria in their original packages/bags/wrappers/cans/bottles/cups. These foods must be placed in an unmarked bag and/or cups.
  - Please refer to the USDA Smart Snacks in School, which is published by the Alabama State Department of Education Child Nutrition Program, for further guidance (this document follows the local wellness policy).
- b. ***Outside the Cafeteria:*** A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires healthy food choices be available outside of school cafeterias.

- Foods sold will follow the policy for sale of competitive foods as outlined in the most recent publication by the Alabama State Department of Education. Schools are prohibited from selling or providing free of charge any food or meal that is in competition with the scheduled school meal. Schools are required to eliminate student access to concessions, extra sales, vending machines, and fundraisers during the meal periods. Schools may not schedule sales one hour before or one hour after meals that would compete with the meal service. If sales should occur that are in competition with the meal, then all income generated from such sales will be required to be deposited into the Child Nutrition account. The policy is not intended to restrict access to healthy snacks during recess or at any time other than meal service.
  - The principal at each school will be responsible for monitoring and maintaining this regulation. Teachers and staff will be made aware and advised to comply with this regulation via school faculty/staff meeting.
  - Please refer to the USDA Smart Snacks in Schools, which is published by the Alabama State Department of Education Child Nutrition Program. For further guidance, please note guidelines listed at the end of this wellness policy.
- c. ***School Parties:***
- With respect to school parties, food or beverage items served should meet the criteria for food items found in USDA Smart Snacks in Schools for Foods and Beverages at School.
  - Foods of minimal nutritional value should not be offered. However, some items such as birthday cakes and/or cupcakes may be allowed on an infrequent basis. Schools have the discretion to prohibit any specific items at their own discretion.
  - Persons responsible for this compliance include school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company, or organization.
  - Please refer to the USDA Smart Snacks in Schools Standards for Foods and Beverages as School, which is published by the Alabama State Department of Education Child Nutrition Program, for further guidance (this document follows the local wellness policy).
- d. ***Fundraising Standards:***
- All fundraising activities shall comply with the State of Alabama's implementation of the Smart Snacks in School and Fundraising Activities. School Day means, for the purpose of competitive food standards

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

- Fundraising activities that involve the selling of food should reinforce food choices that promote good health.
- Allowable Fundraising on School Campuses:
  - Foods that meet the USDA Smart Snacks in School standards, but are not sold in competition with school meals. Example: Fruit
  - Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school. Example: Cookie Dough/Fast Food Sales
  - Non-food items. Example: School Supplies
  - Food fundraisers which meet exempt fundraising definition.

### **C. PHYSICAL EDUCATION AND ACTIVITY OPPORTUNITIES:**

The Board will offer physical education opportunities that include the components of a sound physical education program. Physical education will equip students with the knowledge, skills, and values necessary to maintain healthful lifelong physical activity. Physical education instruction will be aligned with the Alabama Course of Study. All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle.

#### ***Guidelines for Implementation:***

1. Ensure that state-certified physical education instructors teach all physical education classes. This is ensured by employing only certified physical education teachers and providing professional development on a yearly basis.
2. Ensure PE classes adhere to the Alabama Course of Study for Physical Education. One way to assess if classes are following the course of study will be to assess the PE programs with regard to their effectiveness and their adherence to the Alabama Course of Study for Physical Education by utilizing the Alabama Physical Fitness Assessment (APFA). The APFA, (revised 9/1/17) will be utilized to establish a base-line assessment for each student; progress of each student will be monitored throughout the year and a reassessment, via the physical fitness test, will be administered at the end of the school year. Both Fall and Spring Assessments will be submitted to the Alabama State Department of Education for review.
3. Schedule PE in all grades. This is accomplished by providing students with opportunities for physical activity during the school day. This is established by offering PE class time requirements that provide, at a minimum, of 150 minutes of PE per week for students in

kindergarten through eight. Increase PE class time requirement to the equivalent of 1 unit of high school credit in grades nine through twelve.

4. Provide age-appropriate equipment and safe facilities. This is accomplished by providing safe age-appropriate playground and sport equipment. Access to gym facilities will be provided to all age groups.
5. Information will be provided to families to help them incorporate physical activity into their student's lives. For example, include information regarding the benefits of physical activity in school newsletters and also provide helpful website information.

**D. OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS:**

**HEALTH EDUCATION:**

The goal of Health Education is to provide students with a working knowledge on health issues which will enable them to become health-literate citizens.

***Guidelines for Implementation:***

1. Ensure that state-certified teachers instruct all health classes. This is ensured by employing only certificated health education teachers and providing professional development on a yearly basis.
2. Schedule health education in all grades. This is accomplished by providing students class time requirements that provide, at a minimum, 60 minutes of health education per week for grades K-six and 250 minutes per week for grades seven through twelve.
3. Information will be provided to families to help them incorporate health education into their student's lives. For example, include information regarding the benefits of a healthy lifestyle in school newsletters and also provide helpful website information

**E. ADMINISTRATIVE IMPLEMENTATION:**

The Superintendent is authorized to develop and implement administrative rules and directives that are consistent with this policy and to oversee the implementation and triennial review and update of the wellness policy based on input from teachers (including specialists in health and physical education), school nurses, parents and guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

The Superintendent will report to the Board, as requested, on programs and efforts that are designed to meet the purpose and intent of this policy and will inform and update the public regarding the content and



implementation of the wellness program. The Superintendent will ensure each local schools' compliance with the wellness policy and will measure triennially, and make available to the public an assessment of the implementation of the wellness policy, including the extent to which schools are in compliance with the policy, the extent to which the policy compares to model policy and to describe the progress made in attaining the goals of the policy.

### ***Guidelines for Implementation:***

1. **Community Involvement:** Those involved with the development of the wellness program include parents, students, the school board, the Child Nutrition Director, school administration, physical education teachers, school health professionals, and the public.
2. **District Wellness Committee:** The Superintendent of St Clair County Schools shall appoint a District Wellness Committee. One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions and achievement of goals on an annual basis or more frequently if needed.
3. **Monitoring:** Each school must assign one or more local school officers or school officials to ensure that each school is in compliance with the local wellness policy. The school officers or school officials will be determined by the school principal.
4. **Public Awareness:** The Board must inform and update the public about the content and implementation of the local wellness policy via local school newsletters or school website, etc. on a yearly basis. The information provided to the public includes: the extent to which schools are in compliance with the local wellness policy, the extent to which the local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy. Only items that meet the Smart Snack Standards in Schools may be marketed and/or advertised by the LEA.

### **USDA Smart Snacks in School**

USDA Smart Snacks in Schools and Fundraising Activities standards were established as part of the Healthy and Hunger-Free Kids Act of 2010.

#### **All food items sold in schools must:**

- Be a “whole grain-rich” product; OR (Grain products must include 50% or more whole grains by weight or have whole grain as the first ingredient
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; OR

- Be a combination food that contains at least ¼ cup of fruit or vegetable; OR
- 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) \* Beginning July 1, 2016, the 10% DV criteria will not be allowed

### **Calorie, Sodium, Sugar, and Fat limitations**

**Calories limits:**           Snack Items: ≤ 200 calories  
   Entrée Items: ≤ 350 calories

**Sodium limits:**            Snack Items: ≤ 230 mg  
   Entrée Items: ≤ 480 mg

**Fat limits:**                Total fat: ≤ 35% of calories  
   Saturated Fat: ≤ 10% of calories  
   Trans fat: Zero Grams

**Sugar limits:**             ≤ 35% of weight from total sugars in foods

**\*\*\*Beginning July 1, 2016, snack items must contain ≤ 200 mg sodium per item**

### **Nutrition Standards for Beverages**

#### **All schools may sell:**

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water with no added sweeteners (with or without carbonation)

Elementary Schools may sell up to 8 ounce portions of milk and juice while Middle Schools and High Schools may sell up to 12 ounce portions of milk and juice. There is no portion limit on plain water.

Only High Schools may sell 20 ounce portions of calorie-free flavored water

High Schools may also sell caffeine beverages if they meet these specifications:

- 8 ounce portions must be ≤ 40 calories
- 12 ounce portions must be ≤ 60 calories

**REFERENCE(S):**

**CODE OF ALABAMA  
16-8-9, PUBLIC LAW 108-265 SECTION 204**

**HISTORY:**

**ADOPTED: JUNE 26, 2006  
REVISED: FEBRUARY 22, 2010, MARCH 18, 2019  
FORMERLY: IDB**