

SOUTHWEST COOK COUNTY COOPERATIVE WELLNESS POLICY

SOUTHWEST COOK COUNTY COOPERATIVE ASSOCIATION FOR SPECIAL EDUCATION (SWCCCASE) will promote student wellness, including good nutrition, physical activity, and emotional wellness in its educational program, school activities, and meal programs consistent with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Director or designee will ensure each school building complies with this policy, the policy is available to the community on an annual basis, and that the community is informed about the progress of this policy's implementation.

SWCCCASE Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

1. Support and promote sound nutrition for students.
2. Foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn, as well as for teachers to teach the importance of good health.
3. Develop and provide appropriate health and nutrition education as part of the cooperative's education curriculum in grades K-13.
4. Include annual professional development on effective practices in health education for adaptive physical education teachers.

SWCCCASE Goals for Physical Activity

The goals for addressing physical activity include the following:

1. Support and promote an active lifestyle for students.
2. Provide adaptive physical education instruction to all students in accordance with IEP, unless exempted.
3. Participate in community partnerships with other special recreation organizations such CAEL and Special Olympics to provide students with opportunities to be active.
4. Promote safe movement breaks.
5. Include annual professional development on effective practices in physical education for physical education for teachers.

SWCCCASE Goals for Emotional Wellness

The goals for addressing emotional wellness include the following:

1. Provide a school environment that enables its community to practice mutual- and self-respect, independent thought, and self-discipline, and competent decision-making.
2. Employ programs and strategies that establish and maintain a positive school climate that is most conducive to student achievement.
3. Include annual professional development on effective practices in teaching social emotional learning.

SWCCCASE Nutrition Guidelines for Foods Available During the School Day

1. SWCCCASE will offer and promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans published jointly by the U.S. Department of Agriculture and the Department of Health and Human Services.

2. SWCCCASE will provide nutritional information for foods and beverages provided by SWCCCASE's Food Service Provider.
3. Parents and SWCCCASE staff members are recommended to offer only food and beverage choices listed below in Attachment A during the school day, including classroom snacks and school/classroom rewards.
4. SWCCCASE staff members are encouraged to be role models of healthy behaviors by consuming nutritious foods in front of students and encouraging physical activity throughout the school day.
5. SWCCCASE staff members are required to offer both non-food and food items as incentives.
6. SWCCCASE does not host fundraising activities for students within the school day, and therefore, no fundraising day exemptions for consumption of purchased foods shall be approved.

SWCCCASE Food Safety for Foods and Beverages Available on School Campus

To ensure that all food and beverages in SWCCCASE classrooms are safe for consumption by all children, and in order to comply with all City of Oak Forest food ordinances, the following policies apply:

1. All foods and beverages provided to students during the school day, including classroom parties or other incentive events must be:
 - a. commercially prepared;
 - b. ready to eat;
 - c. wrapped in the original packaging; and
 - d. with list of ingredients provided.
2. Any fruits or vegetables provided to students during the school day, including classroom parties, or other incentive events must be either:
 - a. whole and intact and, as necessary, washed/cleaned at a designated Food and Nutrition Services-approved prep sink at the school; or
 - b. commercially prepared.
3. Teachers and staff will follow food safety procedures including being aware of all of their students' food allergies, restricting allergens in the classroom, and ensuring table/desks are wiped down after the food is eaten.

None of the above policies are intended to apply to food or beverages prepared for a specific student by his/her parent/legal guardian or other responsible adult.

SWCCCASE Guidelines for Reimbursable School Meals

Reimbursable school meals served will meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.

SWCCCASE Guidelines for Food Sharing

SWCCCASE is a Community Eligibility Provision site. All students currently qualify for meals free of charge. Seconds of leftover meals will be offered to students in school in the order in which students request additional food.

Meals are not permitted on district provided transportation due to the adaptive needs of SWCCCASE students. If a family in need of additional food is identified, the family can coordinate a food

transportation plan with a student's Case Manager/Social Worker to be approved by the school principal and/or Director or designee(s).

SWCCCASE Implementation and Monitoring

1. In order to promote health, reduce childhood obesity, and eliminate income discrimination, SWCCCASE does not offer food sales at school that compete with the cooperative's non-profit food service.
2. The Director or designee(s), in collaboration with the school principals, will provide reports at a minimum of every three years to the Board of Education to enable the Board to monitor and ensure the implementation of the Cooperative's Wellness Policy. The report must include without limitation each of the following:
 - a. An assessment of the cooperative's implementation of the policy
 - b. The extent to which the cooperative is in compliance with the policy
 - c. The extent to which the policy compares to model local school wellness policies
 - d. A description of the progress made in attaining the goals of the Policy.
3. The Director or designee(s) in collaboration with the Cooperative's Wellness Committee, will review data concerning the Cooperative's Wellness Policy implementation at a minimum of every three years in order to further promote student health and wellness.

Community Input

The Director or designee(s) in collaboration with the Cooperative's Wellness Committee, will actively invite suggestions and comments concerning the implementation and improvement of the school wellness policy from parents, teachers, school administrators, students, representatives of the school food authority, school health professionals, the school board, and community.

WELLNESS COMMITTEE

The Wellness Committee is responsible for promoting health and wellness across SWCCCASE. All educators, support staff members, administrators, parents/caregivers, and community members wanting to work together to build something great for our school community are invited to participate!

Meeting dates are as follows:

MEETING DATES

2/10/2023 Time TBD

5/23/2023 Time TBD

Meetings will be held either virtually or in the Admin Conference Room.

Contact Mr. Tage Shumway, Business Manager, at tshumway@swcccase.org for more information regarding the SWCCCASE Wellness Policy or participation in the Wellness Committee.

ATTACHMENT A

HEALTHY FOOD AND BEVERAGE OPTIONS FOR SCHOOL FUNCTIONS

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious foods and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – such as cantaloupe, honey dew, watermelon, pineapple, & oranges
- Sliced fruit – such as nectarines, peaches, kiwi, star fruit, plums, pears, mangos, & apples
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut (or nut alternative) butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk/yogurt
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise)
- Pretzels (no salt) or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with light cream cheese
- Pasta salad
- Breadsticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese)
- Flavored soy milk fortified with calcium
- Pure ice-cold water
- 100 Calorie Snack packages

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet cooperative nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to*

promote student health and reduce childhood overweight. Some foods and beverage items on this list may cause allergic reactions in your child's class. Please check with teachers prior to bringing in snacks for a whole class.

Foods that are restricted include foods which provide less than 5% of the Reference Daily intakes (RDI) for each of 8 specified nutrients (protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron) per serving. Examples of products that should not be served include: soda water, water ices, chewing gum, certain candies, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn.

Recommendations for Non-Food Celebrations:

- Games or crafts
- Dance party
- Glow party
- Extra recess or playtime
- Special books
- Guest readers
- Activity time
- Stuffed animal
- Themed scavenger hunt
- Treasure chest stocked with non-food items
- Allow birthday child to wear a special ribbon sash, or crown
- Birthday children announced over intercom
- Teacher helper for the day
- Special pencils/erasers, school supplies
- Homework pass

Non-Food Incentive Ideas:

- Raffle
- Candles
- Book sale
- Car wash
- Walk-a-thon
- Student artwork
- Stuffed animals
- Stadium pillows
- Educational games
- Holiday decorations

- Shopping donation programs
- Temporary tattoos
- Growing and/or selling flowers
- Faculty and/or student talent show
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Refillable water bottles with school logo
- Glow in the dark novelties
- Greeting cards, especially those designed by students
- Sale of flowers and balloons for student graduations
- School spirit items