

Salinas City Elementary School District

Students

Policy #5030

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

DISTRICT WELLNESS COMMITTEE

The Governing Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31).

The Superintendent or designee will convene a wellness committee representing the District that meets at least four times a year to assist in further developing this wellness policy. Topics will include, but are not limited to: developing goals, nutritional updates, health and safety programs, implementation, annual review and updates.

Committee membership will represent all school levels and shall be open to the community to join, such as but not limited to: parents, teachers/administrators, health professionals, school staff, students, and community members.

To become a member of the wellness committee, please contact Salinas City Elementary School District Food Service Department at 831-753-5618.

NUTRITION SCHOOL MEALS

Salinas City Elementary School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, fat-free and low-fat milk, and other non-dairy alternatives that meet nutritional requirements. Meals are to be moderate in sodium, low in saturated fat, with zero grams trans fat per serving (nutrition label or manufacturer's specification), and are to meet the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. Nutrition information for meals and snacks can be found on the District's website.

All school meals follow the below meal patterns for breakfast and lunch as dictated by USDA standards for K-8.

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Breakfast Meal Pattern

Calories	400-500
Fruit	1 oz per day minimum, 8 oz per week
Grains	1 cup per day (8 fluid oz)
Sodium	<485 mg
Saturated Fat	<10% of calories

Lunch Meal Pattern

Calories	600-650
Fruit	½ cup per day
Saturated Fat	<10% of calories
Sodium	<935 mg
Grains	1 oz per day minimum, 8 oz per week
Meat/Meat Alternative	1 oz per day minimum, 9 oz per week
Vegetables	¾ cup per day. Weekly offerings must include dark green, red/orange vegetables and legumes.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Under these program guidelines, the offer versus serve model is used where students shall receive three of the five daily offered food components (meat or meat alternative, grains, dairy, fruits, vegetables) where one of the three components must be a 1/2-cup of fruit and/or vegetables. CACFP will use the traditional model where all components will have to be taken. Additional guidelines for the program stipulate for meals not to leave the premises and for students not to share their meal with others.

MILK

To comply with Federal and State requirements, school food authorities must offer at least two milk choices. All milk offerings (including non-dairy substitutions) must meet Federal regulation 7 CFR 226.20 for nutritional standards. Pasteurized, fluid types of milk that meet state and local standards and contain vitamins A and D at levels specified by the Food and Drug Administration must be offered. All milk must either be fat-free or low fat. Milk with. Fat-free and low fat (1%) fluid milk may be flavored or unflavored. Lactose-free fluid milk may also be offered with a valid medical statement form.

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WHOLE GRAINS-RICH FOOD ITEMS

Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100- percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent wholegrains and the remaining grain, if any, must be enriched.

FLEXIBILITIES

Effective July 1, 2019, USDA provided school food authorities to the following three flexibilities; first, it will broaden the milk options in the National School Lunch Program and School Breakfast Program by allowing local operators to permanently offer flavored, low-fat milk. For consistency across nutrition programs, it will also allow flavored, low-fat milk in the Special Milk Program for Children and in the Child and Adult Care Food Program for participants ages 6 and older. Second, this final rule will require that half of the weekly grains in the school lunch and breakfast menu be whole grain-rich, thus ending the need for the exemption process.

Third, it will provide schools in the lunch and breakfast programs more time for gradual sodium reduction by retaining Sodium Target 1 through the end of school year (SY) 2023- 2024, continuing to Target 2 in SY 2024-2025, and eliminating the Final Target that would have gone into effect in SY 2022-2023.

FREE AND REDUCED PRICED MEALS

Free & Reduced Priced Meals are federally subsidized programs where a child may be eligible to receive free or reduced-priced meals based on family income level. Parents or guardians may apply for the program by completing a Free & Reduced-Price Meal Application at your child's school office or cafeteria, or at the Food Service office located at 39 Clark Street in Salinas. The process and status of children are always confidential.

The District also offers some sites with the Community Eligibility Provision (CEP) offering meals to all students at no charge at all of the District's schools, regardless of income.

Schools covered under this provision are Boronda Meadows, Boronda Dias, El Gabilan, Kammann, Laurel Wood, Lincoln, Loma Vista, Mission Park, Monterey Park, Los Padres, Natividad, Roosevelt, Sherwood, and University Park.

Salinas City Elementary School District will serve students a meal that meets U.S. Department of Agriculture (USDA) guidelines regardless of whether the student has money to pay or owes money. Schools may not throw away a meal after it has been served to a student because the student does not have the money to pay or owes money. Schools may not identify or stigmatize children who cannot pay for a meal, including using stickers or hand stamps, or require them to do chores or work. The District will contact the family and make an effort to provide options for either applying for benefits to receive meals at no cost or payment plans to facilitate the burden of any students with unpaid meals. No students should be harassed about owing any money for school meals.

WATER

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and across every school campus. The District will make drinking water available where school meals are served during mealtimes. Federal Law (Section 203 of the Healthy, Hunger-Free Kids Act of 2010

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[HHFKA]), Federal Policy (USDA Policy Memorandum SP 28-2011 Revised, and Federal Regulation 7 CFR 210.10[a] [I] [i])

NUTRITION EDUCATION, PROMOTION AND MARKETING

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks; and information on allowable snacks on campus can be determined by using the following nutritional calculator: <https://foodplanner.healthiergeneration.org/calculator/>

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students and parents with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, or dairy free alternatives and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education for parents, teachers, and other staff.

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about

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nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

ALLERGENS/DIETARY RESTRICTIONS

The Salinas City Elementary School District (SCESD) tries to avoid products having peanuts or other tree nuts as an ingredient, but SCESD cannot guarantee that foods purchased have not been in contact with peanuts or other tree nuts during manufacturing or that food served in the general lunch program is allergen free.

The most current CDE Medical Statement form CNP 925 or a written medical statement (i.e. prescription) is required for each child that has a disability, dietary restriction or allergy and must be completed and signed by a licensed physician, a physician assistant, or a nurse practitioner. This written medical statement must clearly identify the child's:

- Disability, dietary restriction or allergy
- Major life activity or bodily function affected
- Diet prescription or request
- Food or foods to be omitted from his or her diet
- Food or choice of foods that must be substituted in his or her meals

HOME MEALS FOR STUDENTS

Students may bring their own meals to be consumed at school, however, the following guidelines must adhere: (1) food and/or beverages may not be shared with other students unless they have the same household address, (2) meals must be consumed during meal dedicated times and areas, (3) meals should have nutritional value similar to the guidelines in this policy.

COMPETITIVE FOODS

Competitive foods that are not approved by the board to meet USDA and State Snack Program nutritional standards are prohibited in all District campuses. A competitive food is a food or beverage in which the following five criteria must be met in order to have a competitive food sale:

- 1) Sold,
- 2) to a student,
- 3) on the school campus,
- 4) during the school day (midnight before to 30 minutes after end of the school day)
- 5) outside of the federal reimbursable meal programs (7 CFR 210.11[a][2]).

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* If all five criteria are not met, it is not a competitive food sale and the competitive food rules do not apply.

Vending machines, a la carte items or other types of competitive foods sold on campus are not allowed unless they are in compliance with the competitive foods regulation. Staff lounges or other areas where students are not allowed are exempt.

Furthermore, the city of Salinas code of ordinances (Article XVI, Sec.20-205 (f)) prohibits the sale, display, or permit or authorize the sale, display or dispersal of any food, beverage or other product or item of merchandise from any catering vehicle within three hundred feet of any elementary school. The distance shall be measured from the property line of the school, which is closest to the catering vehicle.

CELEBRATIONS AND REWARDS

At the discretion of the Superintendent, group celebrations and rewards may only take place after the school site scheduled lunch; however, if food and/or beverages are to be offered, they should meet or exceed the same nutrition standards mandated by the USDA. A few healthy options for parties may include pretzels, air popped popcorn, raw vegetables, fresh fruits, cheese sticks and hummus. Staff is encouraged to stop using food as a reward.

Homemade offerings are not allowed, only commercial items may be offered when it will be shared among students (fruits and vegetables are ok). In addition, classroom celebrations, such as birthday parties for students are to be limited to once a month. Non-food items such as: stickers, pencils, erasers, crayons, stamps, bookmarks and other inexpensive party favors are highly encouraged at birthday parties.

Use the following link for the nutritional calculator to determine if snack or beverage is allowable at the school site: <https://foodplanner.healthiergeneration.org/calculator/>

COMPETITIVE SNACKS

Each snack food item served to students should meet the following standards:

- No deep, par or flash fried foods from the entity preparing the food item
- No deep, par or flash fried foods from the entity preparing the food item as part of the manufacturing process unless an acceptable oil is used, such as canola, safflower, sunflower, corn, olive, soybean or a blend of these oils typically liquid at room temperature and known for their positive cardiovascular benefit.
- No artificial trans fat >0.5 grams per food item
- No more than 35% of its total calories from fat
- No more than 10% of total calories from saturated fat
- No more than 35% of the total weight from sugar, including naturally occurring and added sugar (except fruit)
- No more than 200 milligrams of sodium per individual food item
- No more than 175 calories per individual food item
- Grain based food items must be whole grain rich (at least 51% whole grain)

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BEVERAGES

Only the following beverages may be served to students as part of the snack:

- Fruit-based drinks composed of 100 percent fruit juice and with no added sweetener
- Vegetable-based drinks composed of 100 percent vegetable juice and with no added sweetener
- Unflavored or flavored fat-free milk or unflavored 1 percent milk

Note: The above standards do not apply to individually packaged portions of nuts, nut butters, seeds, eggs, individually packaged cheese, fruit, vegetables that have not been deep-fried, and legumes. In an effort to comply with regulations, Salinas City Elementary School District Food Service Department may cater such celebrations and rewards at cost.

FUNDRAISERS

The board encourages fundraisers to be non-food related items or promote healthy eating habits in such activities. Regardless of activity, fundraisers must comply with the competitive foods policy stated in this policy. For a list of ideas for healthy fundraisers visit:

<https://www.fundraising.com/ideas/healthy-fundraisers>. If non-compliant food is sold as a fundraiser, competitive foods regulations apply and although ordering and payment of funds for the product is allowed during school hours, the actual delivery of the product has to be at least 30 minutes after the end of school day.

PHYSICAL ACTIVITY

Salinas City Elementary School District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess, and may also be provided through school athletic programs, extracurricular programs, before- and after- school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in class physical activity breaks, and other structured and unstructured activities.

The Board recognizes that a safe and positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

POLICY IMPLEMENTATION, MONITORING, AND COMMUNITY ENGAGEMENT

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

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All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities. This policy shall be posted in public view within all school cafeterias or central eating areas, school main office and via the Salinas City Elementary School District website.

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The Governing Board establishes and maintains an infrastructure for management, oversight, implementation, communication about, monitoring and annual reviews of the policy and its established goals and objectives with the community involvement. The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.30)

Director of Nutritional Services (Title or Position)

831-753-5618 (Phone Number)

cvarela@salinacity.k12.ca.us (Email Address)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30) The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

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State References	Description
5 CCR 15500-15501	<u>Food sales by student organizations</u>
5 CCR 15510	<u>Mandatory meals for needy students</u>
5 CCR 15530-15535	<u>Nutrition education</u>
5 CCR 15550-15565	<u>School lunch and breakfast programs</u>
Ed. Code 33350-33354	<u>CDE responsibilities re: physical education</u>
Ed. Code 38086	<u>Free fresh drinking water</u>
Ed. Code 49430-49434	<u>Pupil Nutrition, Health, and Achievement Act of 2001</u>
Ed. Code 49490-49494	<u>School breakfast and lunch programs</u>
Ed. Code 49500-49505	<u>School meals</u>
Ed. Code 49510-49520	<u>Nutrition</u>
Ed. Code 49530-49536	<u>Child Nutrition Act</u>
Ed. Code 49540-49546	<u>Child care food program</u>
Ed. Code 49547-49548.3	<u>Comprehensive nutrition services</u>
Ed. Code 49550-49562	<u>Meals for needy students</u>
Ed. Code 49565-49565.8	<u>California Fresh Start pilot program</u>
Ed. Code 49570	<u>National School Lunch Act</u>
Ed. Code 51210	<u>Course of study for grades 1-6</u>
Ed. Code 51210.1-51210.2	<u>Physical education, grades 1-6</u>
Ed. Code 51210.4	<u>Nutrition education</u>
Ed. Code 51220	<u>Course of study for grades 7-12</u>
Ed. Code 51222	<u>Physical education</u>
Ed. Code 51223	<u>Physical education, elementary schools</u>
Ed. Code 51795-51798	<u>School instructional gardens</u>
Ed. Code 51880-51921	<u>Comprehensive health education</u>

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Federal	Description
42 USC 1751-1769j	<u>National School Lunch Program</u>
42 USC 1758b	<u>Local wellness policy</u>
42 USC 1771-1793	<u>Child Nutrition Act</u>
42 USC 1773	<u>School Breakfast Program</u>
42 USC 1779	<u>Rules and regulations, Child Nutrition Act</u>
7 CFR 210.1-210.33	<u>National School Lunch Program</u>
7 CFR 210.31	<u>Wellness policy</u>
7 CFR 220.1-220.22	<u>National School Breakfast Program</u>