

bullying or inappropriate play, and promote peer to peer socialization.

- Athletics, recess, and/or other classes may not take the place of physical education.

NUTRITIONAL EDUCATION

- Nutrition education shall be integrated within the comprehensive health education curriculum and taught at every grade level.
- The entire school environment, not just the classroom, shall support the nutrition education program and be linked to the school meal program – reaching classroom, cafeteria and community.
- All students shall have the skills necessary to make nutritious choices.
- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Each school in MUSD will encourage staff to model healthy eating and physical activity as a valuable part of life. Our schools will strive toward integrating a coordinated school health approach.
- Parents will be provided the opportunity to give feedback on wellness goals through our website, email, parent conferences and family engagement events.
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NUTRITION PROMOTION

- All school meals promote fresh fruits, vegetables, whole grains, and low-fat items, including low-fat and fat-free milk.
- School meals shall be made attractive to students. To the extent possible, school and transportation schedules shall be designed to encourage participation in the school meal programs.
- After obtaining food, students will be provided adequate time (minimum of 20 minutes) to eat lunch.
- All food service personnel will have adequate training in food service operations including professional development in the area of food and nutrition. Food service personnel will also be following the New Professional Standards requirement from USDA which is effective July 1, 2015. The standards, another key provision of the Health, Hunger-Free Kids Act of 2010 (HHFKA), aim to institute minimum education standards for local school nutrition directors as well as annual training standards for all school nutrition

professionals. These standards will ensure school nutrition personnel have the knowledge, training, and tools they need to plan, prepare, and purchase health products to create nutritious, safe and enjoyable school meals. This final rule will create minimum hiring standards for new school food authority (SFA) directors based on a school district's size and require minimum annual training for all new and current school nutrition professionals.

- Students shall be provided a pleasant environment in which to eat lunch.
- MUSD will share and publicize information about the nutritional content of meals with students and parents.
- Our district will provide peanut free zones and comply with special dietary needs for students as defined in the ADE special dietary needs manual.

NUTRITIONAL GUIDELINES FOR ALL FOODS ON CAMPUS

- MUSD is a peanut restricted/peanut aware district. Food service staff are not responsible for unknown allergens.
- MUSD will regulate all food items sold including foods and beverages sold through vending machines, school stores and concessions, and will be consistent with federal and state nutrition guidelines, following the Smart Snack Rule that was effective July 1, 2014. This includes all PTO food and beverage sales during school hours.
- Food and Drug Administration Requirements for Vending Machines CACF-09-2016 published December 1, 2014; final rule NSLP institutions must comply by December 1, 2016. Items in vending machines will be required to have calorie labels so consumers have clear and regular nutrition information, allowing them to make informed and healthy choices when purchasing.
- Our district will regulate the nutritional quality of ALL a la carte items sold; regulating calorie, sugar, or saturated fat content of ALL items sold.
- Our school district will provide a specific and restricted list of food items allowed to be served/distributed. Consumption of food and beverages during the normal school day will follow USDA nutrition standards. Any class party will be held after lunch if possible.