

Federal regulation states: Class parties held in individual classrooms by a single class may be exempt from the nutritional regulations. Common areas are not exempt. Multiple classrooms participating in a combined party or event are subject to nutrition standards. Field days, group recognitions, etc., are not considered classroom parties and are not exempt. Class parties held in an individual classroom by a single class may be exempt by teacher's discretion to celebrate birthdays, class achievement, holiday, etc. Parent(s) may provide food items not meeting nutritional standards (food items must come from a commercial kitchen – cannot be homemade) or parent/teacher may use the option of MUSD food services providing healthier food items.

- The normal school day includes before, during and after school, but does not include special events, such as athletic contests or performances held outside the normal school day. The normal school day is considered midnight to 30 minutes after the last bell.
- No outside food items will be allowed during breakfast and lunch serving times.
- Fundraising activities should support healthy eating and wellness following the nutrition standards. For the sale of food and/or beverages that do not meet the smart snack rule standards, a revision was made in April 2015. Per memo HNS#4-2015 – all exemption requests for fundraisers by Local Education Agencies (LEAs) will be approved by the Arizona Department of Education. ADE will track the number of exemptions granted and only take action to alter this policy if one or more LEAs abuse the policy. While ADE recognizes the importance of nutrition at our schools, we do not wish to have a deterrent effect on those wishing to raise funds for school functions. Per ADE, any fundraiser should be a single event of duration not exceeding one week. A school principal or designated representative of the school will submit the request for the fundraiser. However, per USDA, the State agency must specify to USDA the number

of exemptions they may grant. If the State agency doesn't respond – USDA will assume the State agency is electing to prohibit any exempt fundraisers.

- Our district food service program will comply with the federal and state nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, consistent with calorie requirements and served in appropriate portion size. This will be consistent with USDA standards and shall be established for all foods offered by MUSD's nutrition services department.
- In our district food service program, all grains will be at least 51% whole grain.
- Our district will not use food as a reward. All "treasure box" items must meet guidelines.
- Our district will prohibit soda and allow only water and beverages that are at least 50% juice K-8.
- Our district will sell only diet soda to high school students, 20 oz. max. Soda will not be available at any other campus.
- Our district will only sell low fat white and skim milk flavored.
- Students and staff will have access to free, safe and fresh drinking water throughout the school day. All drinking fountains will be maintained and kept in good working order.
- All our school sites have drinking fountains but some are not accessible to all students during meal time. For those sites that do not have nearby drinking fountains in the eating area – due to the eating area also being used for physical education class and safety concerns – a table with drinking water and small cups will be made available to the students during their meal time near the serving line.

ACTIVITIES TO PROMOTE STUDENT WELLNESS

- MUSD will promote healthy choices and will have consistency of nutrition messages throughout the school.
- MUSD will consider policies that will encourage physical activity such as increasing access to the gym or creating safer routes to bike or walk to school.