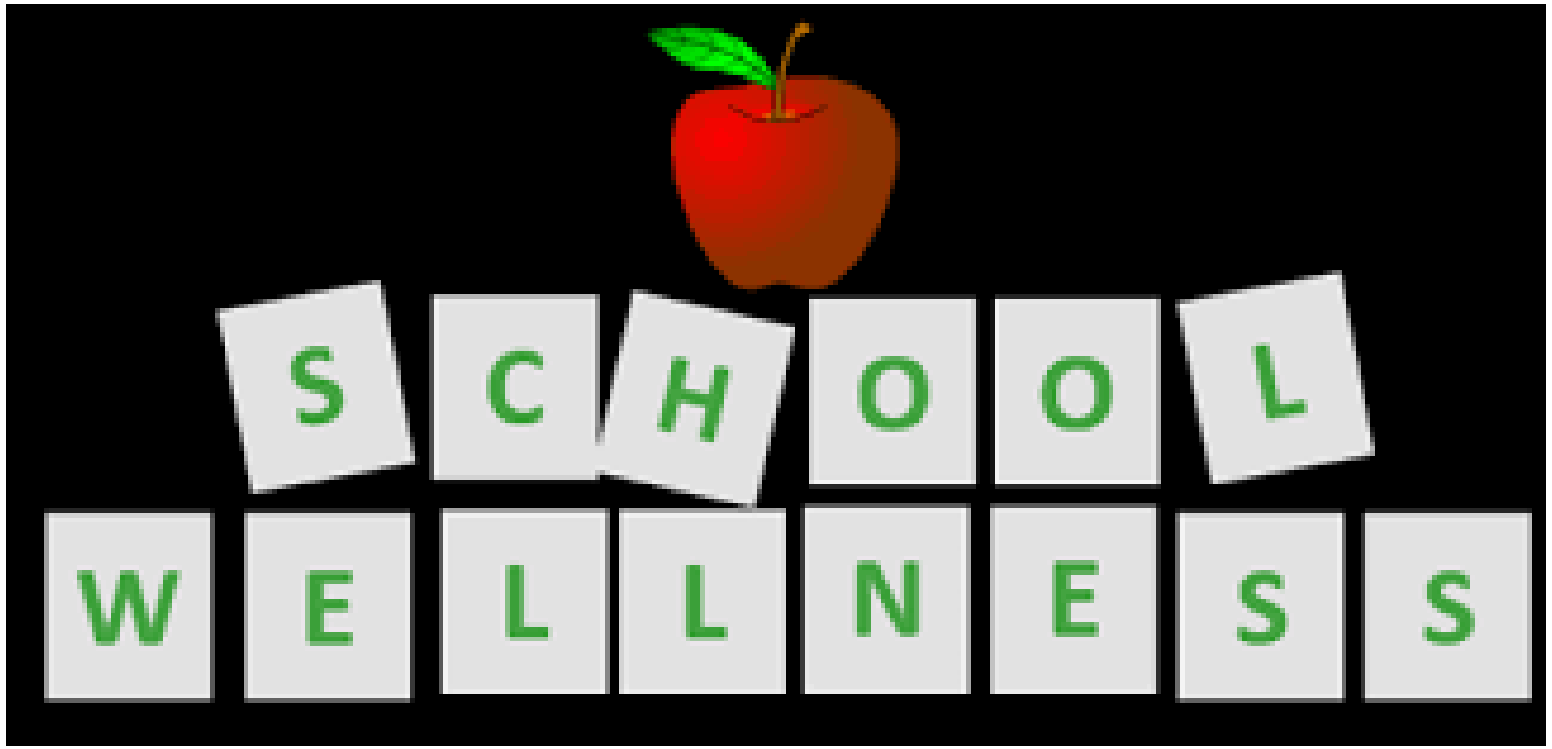


# GCASD
# Wellness Committee Meeting

**April 21, 2021**

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*Jennifer Reiser, RD, LDN*

*Director of Food & Nutrition Services*

# Wellness Committee Agenda

- Welcome, Introductions & Sign in
- School Café Updates
- PA Harvest of the Month Grant
- School Building Updates
- Resources for wellness
- Break Out Groups- by building to complete the tri-annual wellness assessment
- Next Meeting Date: _____ at 3:15 pm.


GROVE CITY AREA SCHOOL DISTRICT

# Food & Nutrition SERVICES Updates

The Café Staff have been providing breakfast and lunch to our students via curbside pick up, delivered to the classroom, in the café and even delivered to homes since March 2020.

We have served a total of 135,926 lunches and 77,510 breakfast meals as of March 2021.

**School Meals are Free for all students until June 2022!**

Guidelines permit bulk meal distribution, parent /guardian meal pick up.  We will provide 5 breakfast & lunch meals at time of pick up.

Offer Summer Meals to Go Program starting June 9th

# Overview & Background

- In August  2020– GCASD Food & Nutrition Services Department received a Grant from Project PA to implement the PA Harvest of the Month Program
  - Only 2 Schools in PA received this grant
- Funded by a 2019 USDA Farm to School grant
- Being developed through a partnership between the Pennsylvania Department of Education and Penn State University (Project PA)
- Promote the use of seasonally available PA products in schools, child-care centers, and summer feeding sites
- Highlight a PA product each month and develop promotional materials for each item
- Provide students with local and healthy products
- Support PA farmers and producers

# Pennsylvania Harvest of the Month | Calendar

| | |
|---|---|
| January | Sweet Potatoes |
| February | Mushrooms |
| March | Dairy |
| April | Leafy Greens |
| May | Asparagus |
| June | Strawberries |
| July | Beets |
| August | Tomatoes |
| September | Peppers |
| October | Apples |
| November | Winter Squash |
| December | Cabbage |
| Alternates | Broccoli, Eggs, Potatoes |

# Featured Fruits & Veggie Recipes at GCASD

| Month | Harvest of the Month | Recipe Offered | Recipe Offered |
|---|---|---|---|
| August | Tomatoes | Cucumber Salad with Tomatoes | Fresh Salsa |
| September | Peppers | Mediterranean Quinoa Salad | Confetti Corn Salad |
| October | Apples | Local PA Apples Featured | Apple Cashew Salad |
| November | Winter Squash | Roasted Butternut Squash | Butternut Squash Soup |
| December | Cabbage | Cabbage & Noodles | Chinese Cabbage tossed in Vinaigrette |
| January | Sweet Potatoes | Baked Sweet Potatoes | Mashed Sweet Potatoes |
| February | Mushrooms | Hungarian Mushroom Soup | Roasted Veggies |
| March | Dairy | Yogurt Parfait | |
| April | Leafy Greens | Spinach Berry Salad | Spring Mix Salad |
| May | Asparagus | Fresh Sauteed Asparagus | Roasted Asparagus |
| June | Strawberries | Strawberry Vinaigrette Spinach Salad | Strawberry Pretzel Parfait |

# Tomatoes

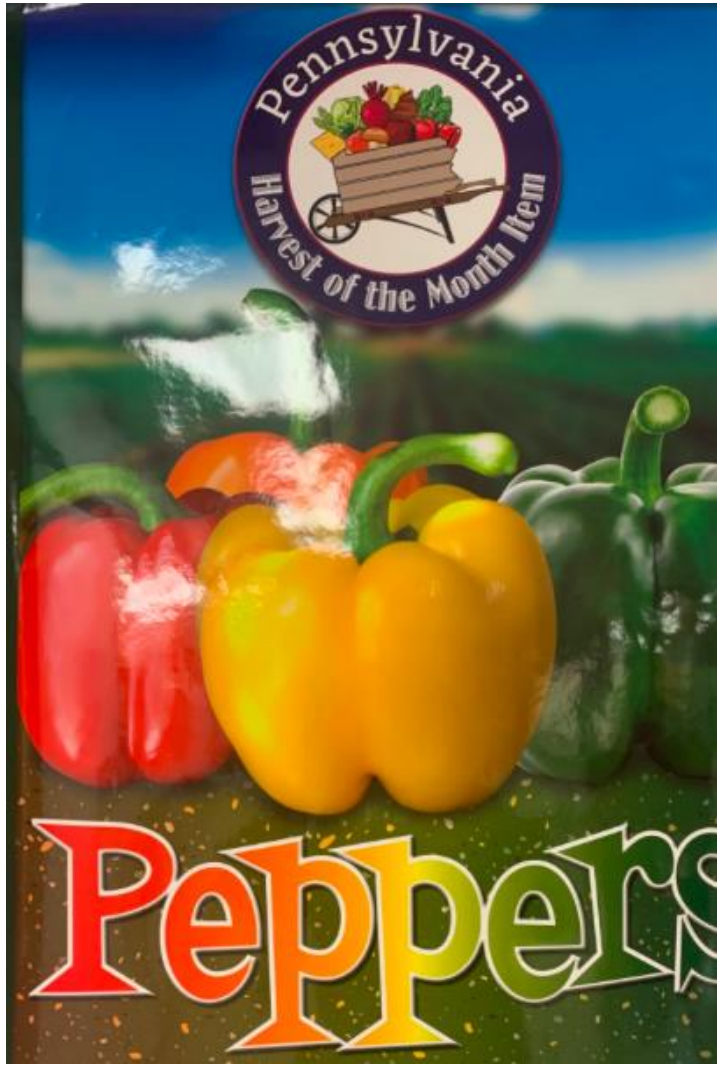
Cucumber Salad with Tomatoes and Fresh Basil

Fresh Homemade Salsa


# Peppers

Mediterranean Quinoa Salad

Confetti Corn Salad




# Peppers

Key Lime Fiesta Chicken

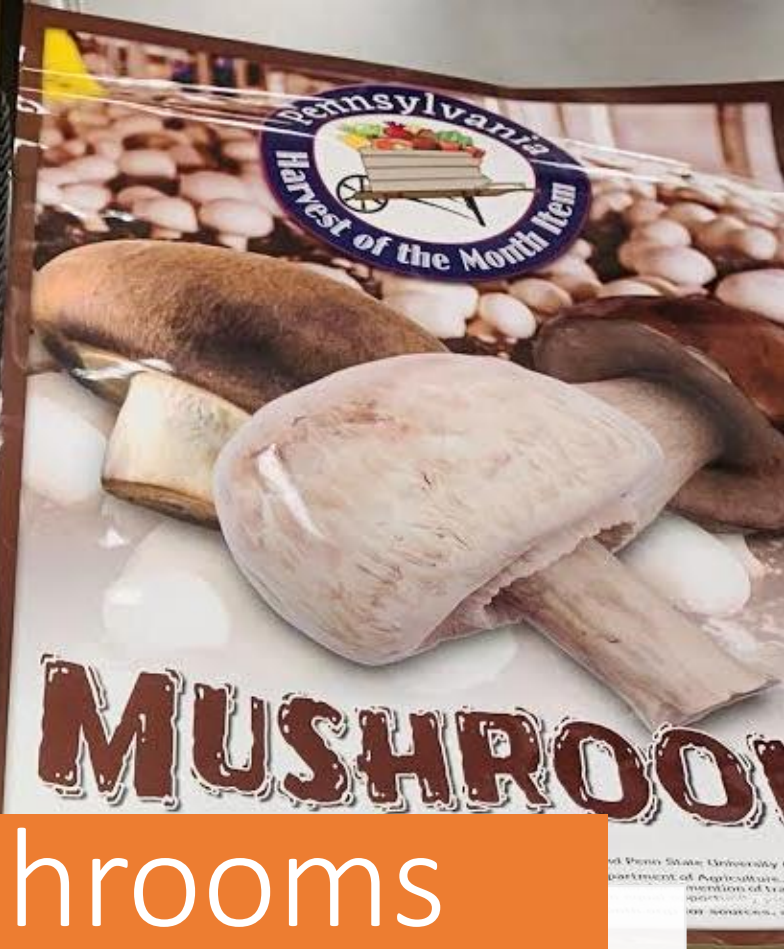
**GCASD Food and Nutrition Services** @GCASDNUT... · Oct 1, 2020 ···

#PAHarvestofthemonth #Peppers students and our Assistant Superintendent Josh weaver enjoyed the new recipe prepared by Kelly Beach, our lead head cook at GCASD HS, Key West Chicken Rice Bowl!

# Apples

Apple Cranberry Coleslaw

Romaine Apple Spinach Salad


# Mushrooms

## Hungarian Mushroom Soup

# Mushrooms

Oven Roasted Mushrooms

Hungarian Mushroom Soup



**Food and Nutrition Services** @GCASDNUTRITION · Feb

vest of the month- Mushrooms: Oven Roasted Veggies se
ASD MS! Surprise! Your kids will eat them! They loved the
Cafe Team! #Paharvestofthemonth

# Mushrooms

## Oven Roasted Veggies


# Oven Roasted Veggies


of the Month


APTAIN
22


MUSHROOMS
Pennsylvania
Harvest of the Month




# Dairy

Yogurt Parfait

Fruit Yogurt Smoothies

# Yogurt Bark

**Turner's Dairy – Local PA Dairy**

- **Strawberry Yogurt**
- **Vanilla Yogurt**
- **Peach Yogurt**
- **Blueberry Yogurt**

Add- Vanilla, Lemon Juice,

Place on a Sheet Tray add Fresh Fruit

And Freeze overnight.


# Yogurt Bark Sampling

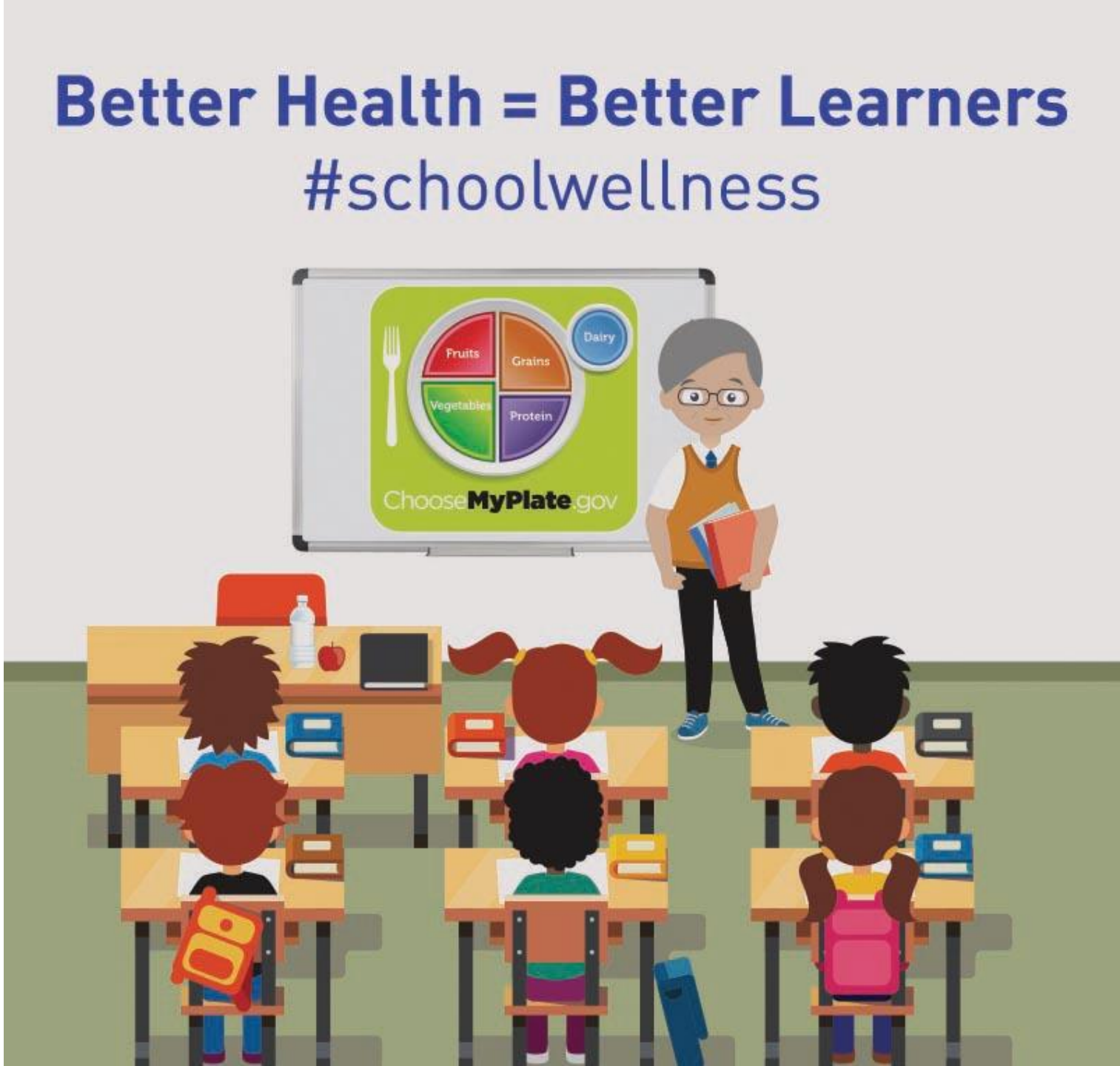
# Leafy Greens

Spinach Berry Salad

Spring Mix Salad

# What is your School doing to promote Wellness?

Please share anything new you are doing to promote Wellness in Your School




11 Ways
TO CREATE HEALTHY SCHOOLS
1. Staff role model healthy behaviors.
2. Families support school wellness goals.
3. Restrict marketing of unhealthy choices.
4. Assure healthy options in vending machines, school stores & à la carte.
5. Reduce or avoid use of food as a reward.
6. Regulate food served at class parties and other school celebrations.
7. Ensure adequate time to eat.
8. Regulate food sold for fundraising at all times (not only during the school day).
9. Provide regular physical activity breaks for students during classroom time (in addition to recess and PE).
10. Stop taking away students' physical activity times as punishment.
11. Provide adequate daily recess time for elementary grades.
Health Care Foundation


Processed foods MAKE UP CLOSE TO 70% OF THE U.S. diet.
Americans spend 10% OF THEIR DISPOSABLE INCOME ON fast food.
THE AVERAGE American CONSUMES 130 lbs OF sugar PER YEAR.
MORE THAN 1/3 OF U.S. ADULTS ARE obese.
In the early 2000s, 60% OF ALL MIDDLE SCHOOLS AND HIGH SCHOOLS sold soft drinks in vending machines.
SODA

# Triennial Wellness Assessment

- On April 23, 2020, USDA issued the Nationwide Waiver of Local School Wellness Policy Triennial Assessments in the National School Lunch and School Breakfast Programs. The waiver allows local education agencies (LEAs) to receive a one-year extension, upon request, to complete their first triennial assessment of the local school wellness policy, as a result of school closures due to COVID-19.
- The new deadline of **June 30, 2021** for the first triennial assessment **which will be evaluated during the next scheduled Administrative Review.**

pennsylvania
DEPARTMENT OF EDUCATION

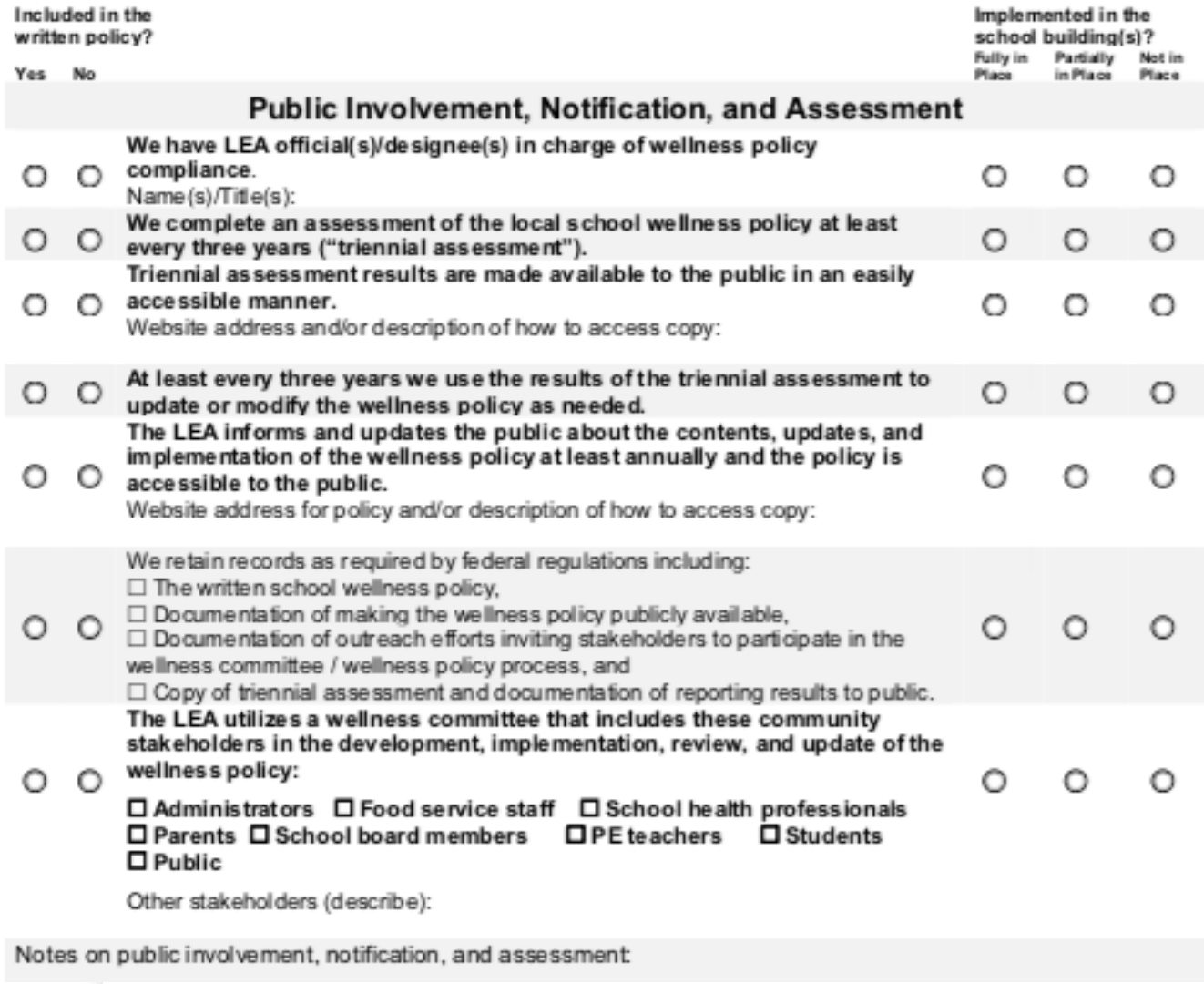
# Local School Wellness Policy Checklist

Each Local Education Agency (LEA) sponsoring the National School Lunch Program or School Breakfast Program is required to develop and implement a local school wellness policy. LEAs may use this checklist to ensure their written local school wellness policy includes the minimum elements required for compliance with federal regulations under the Healthy, Hunger-Free Kids Act of 2010. For additional information on local school wellness policies, visit the Pennsylvania Department of Education, Division of Food and Nutrition's webpage.

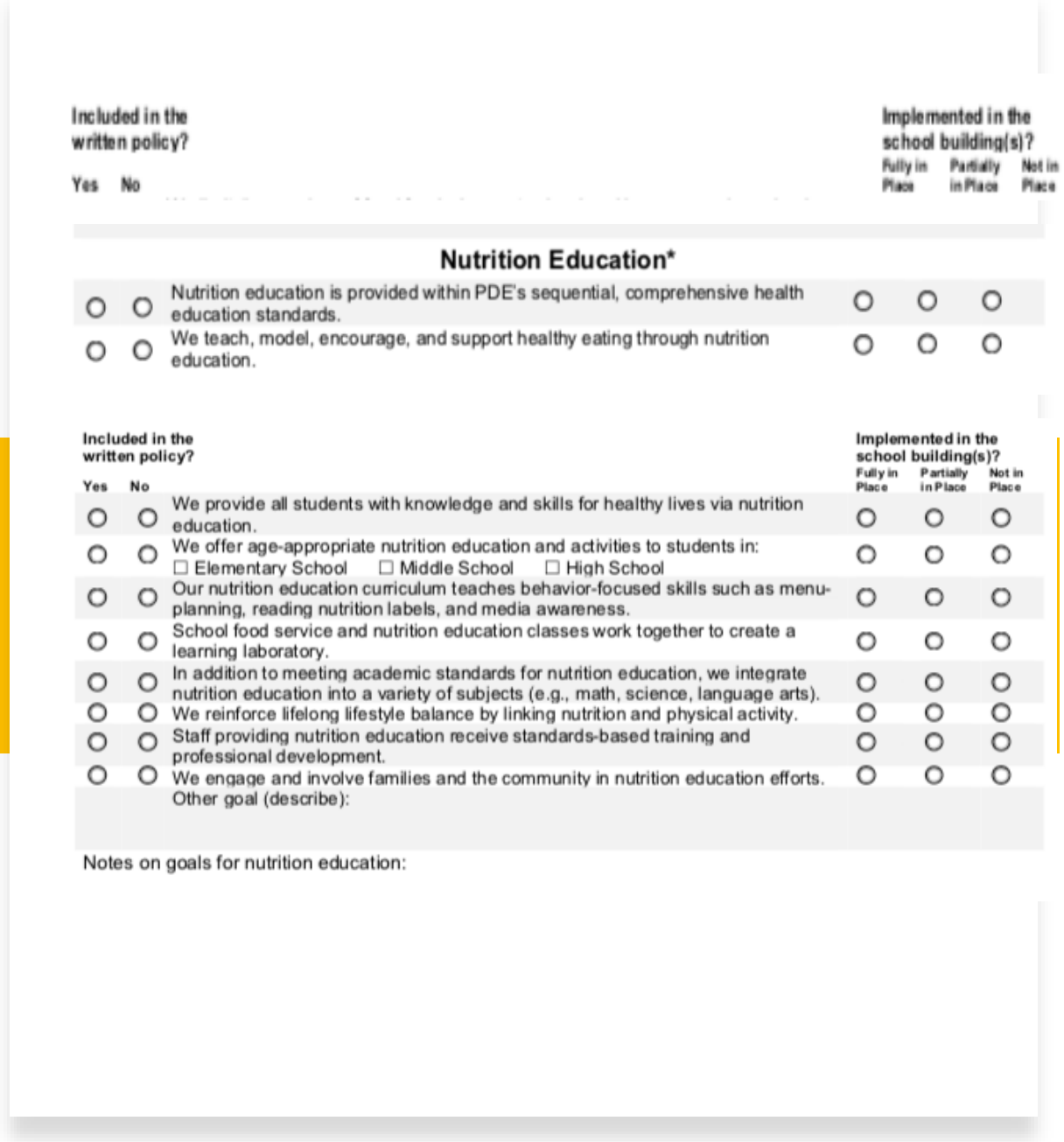
- ☐ The policy identifies by job title the LEA/school official(s) responsible to ensure each school in the LEA complies with the policy.
- ☐ The policy includes a requirement for a triennial assessment (i.e., at least every three years) of the wellness policy that is made available to the public and is used to update the local wellness policy, as needed.
- ☐ The triennial assessment is required to include the following components:
  - Compliance of participating schools with the wellness policy;
  - Comparison of the local policy to a model school wellness policy; and
  - Progress made in attaining the goals of the wellness policy.
- ☐ The policy describes how the LEA informs and updates the public about the content of the wellness policy, including any policy updates, on at least an annual basis.
- ☐ The policy describes a wellness committee or other means of permitting participation of the community (including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public) in the development, implementation, periodic review, and update of the wellness policy.
- ☐ The policy contains specific goals for nutrition education.
- ☐ The policy contains specific goals for nutrition promotion.
- ☐ The policy contains specific goals for physical activity.
- ☐ The policy contains specific goals for other school-based activities that promote student wellness.
- ☐ The policy ensures that meals offered through the school meal programs are consistent with established federal meal standards.
- ☐ The policy contains nutrition guidelines for all foods and beverages available for sale on the school campus during the school day that are consistent with federal regulations for competitive foods (Smart Snacks in School nutrition standards).
- ☐ The policy includes standards established by the LEA for non-sold foods and beverages available to students on the school campus during the school day (e.g., at classroom parties, as shared classroom snacks, and as a reward or incentive).
- ☐ The policy allows marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

# Public Involvement & Notification Assessment

GOALS:



| Included in the written policy? | | | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| | | **Public Involvement, Notification, and Assessment** | | | |
| ○ | ○ | **We have LEA official(s)/designee(s) in charge of wellness policy compliance.**<br>Name(s)/Title(s): | ○ | ○ | ○ |
| ○ | ○ | **We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").** | ○ | ○ | ○ |
| ○ | ○ | **Triennial assessment results are made available to the public in an easily accessible manner.**<br>Website address and/or description of how to access copy: | ○ | ○ | ○ |
| ○ | ○ | **At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.** | ○ | ○ | ○ |
| ○ | ○ | **The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.**<br>Website address for policy and/or description of how to access copy: | ○ | ○ | ○ |
| ○ | ○ | We retain records as required by federal regulations including:<br>☐ The written school wellness policy,<br>☐ Documentation of making the wellness policy publicly available,<br>☐ Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and<br>☐ Copy of triennial assessment and documentation of reporting results to public. | ○ | ○ | ○ |
| ○ | ○ | **The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:**<br>☐ Administrators ☐ Food service staff ☐ School health professionals<br>☐ Parents ☐ School board members ☐ PE teachers ☐ Students<br>☐ Public<br>Other stakeholders (describe): | ○ | ○ | ○ |
| Notes on public involvement, notification, and assessment: | | | | | |



| Included in the written policy? | | | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| | | **Nutrition Education*** | | | |
| ○ | ○ | Nutrition education is provided within PDE's sequential, comprehensive health education standards. | ○ | ○ | ○ |
| ○ | ○ | We teach, model, encourage, and support healthy eating through nutrition education. | ○ | ○ | ○ |

| Included in the written policy? | | | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| ○ | ○ | We provide all students with knowledge and skills for healthy lives via nutrition education. | ○ | ○ | ○ |
| ○ | ○ | We offer age-appropriate nutrition education and activities to students in: ☐ Elementary School ☐ Middle School ☐ High School | ○ | ○ | ○ |
| ○ | ○ | Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness. | ○ | ○ | ○ |
| ○ | ○ | School food service and nutrition education classes work together to create a learning laboratory. | ○ | ○ | ○ |
| ○ | ○ | In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts). | ○ | ○ | ○ |
| ○ | ○ | We reinforce lifelong lifestyle balance by linking nutrition and physical activity. | ○ | ○ | ○ |
| ○ | ○ | Staff providing nutrition education receive standards-based training and professional development. | ○ | ○ | ○ |
| ○ | ○ | We engage and involve families and the community in nutrition education efforts. | ○ | ○ | ○ |
| | | Other goal (describe): | | | |

Notes on goals for nutrition education:

# Nutrition Education Assessment

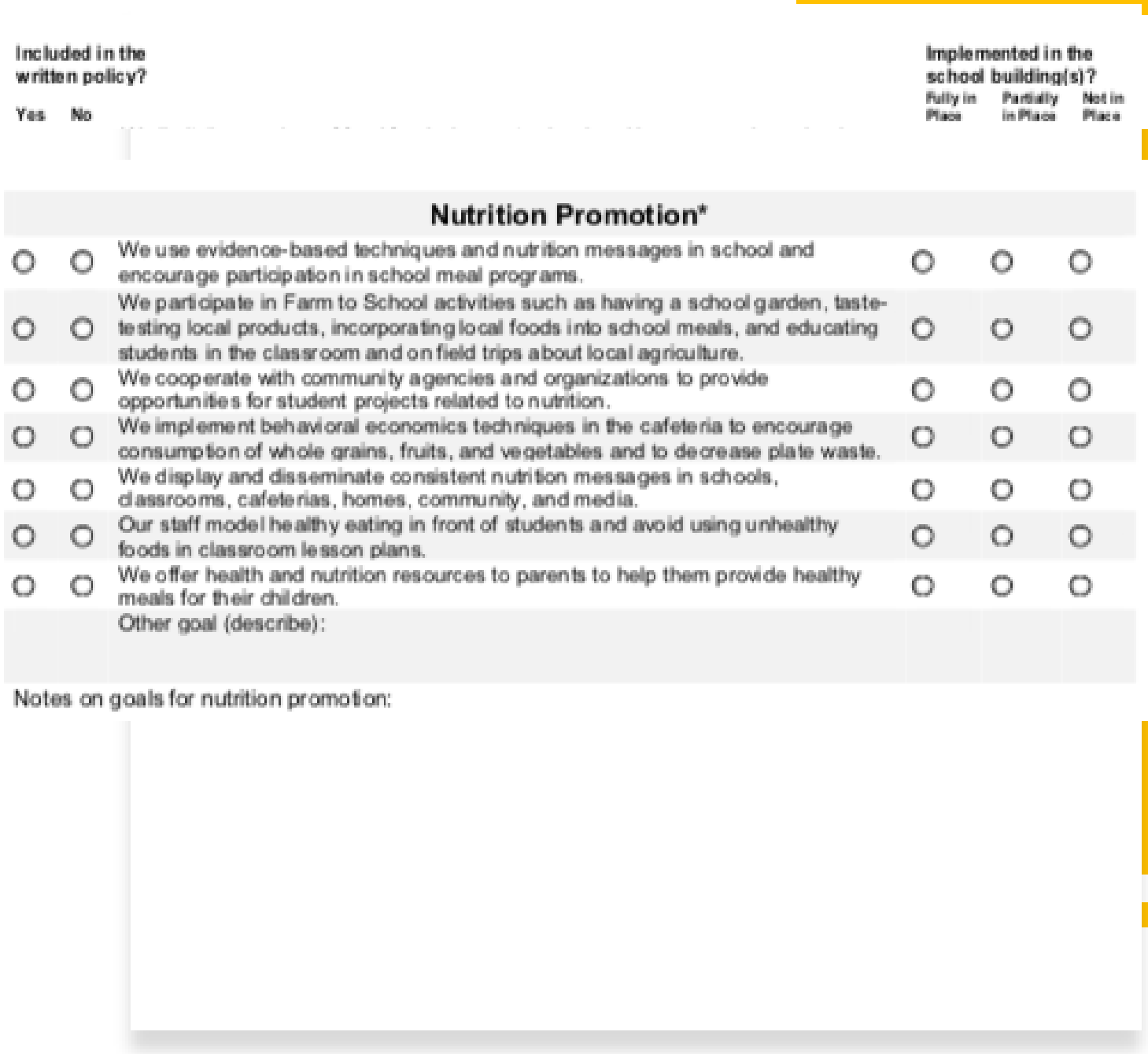
GOALS:

# Required Goals: Nutrition Education

- Activity ideas for nutrition education:
- Offer nutrition education as part of a comprehensive health education program.
- Integrate nutrition into other core subjects.
- Teach nutrition literacy and skills development.
- Reinforce lifelong lifestyle balance by linking nutrition education and physical activity.

# Nutrition Promotion Assessment

GOALS:



| Included in the written policy? | | Nutrition Promotion* | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| ○ | ○ | We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs. | ○ | ○ | ○ |
| ○ | ○ | We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture. | ○ | ○ | ○ |
| ○ | ○ | We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition. | ○ | ○ | ○ |
| ○ | ○ | We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste. | ○ | ○ | ○ |
| ○ | ○ | We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media. | ○ | ○ | ○ |
| ○ | ○ | Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans. | ○ | ○ | ○ |
| ○ | ○ | We offer health and nutrition resources to parents to help them provide healthy meals for their children. | ○ | ○ | ○ |
| | | Other goal (describe): | | | |

Notes on goals for nutrition promotion:

# Required Goals: Nutrition Promotion

**Activity ideas for nutrition promotion (New*):**

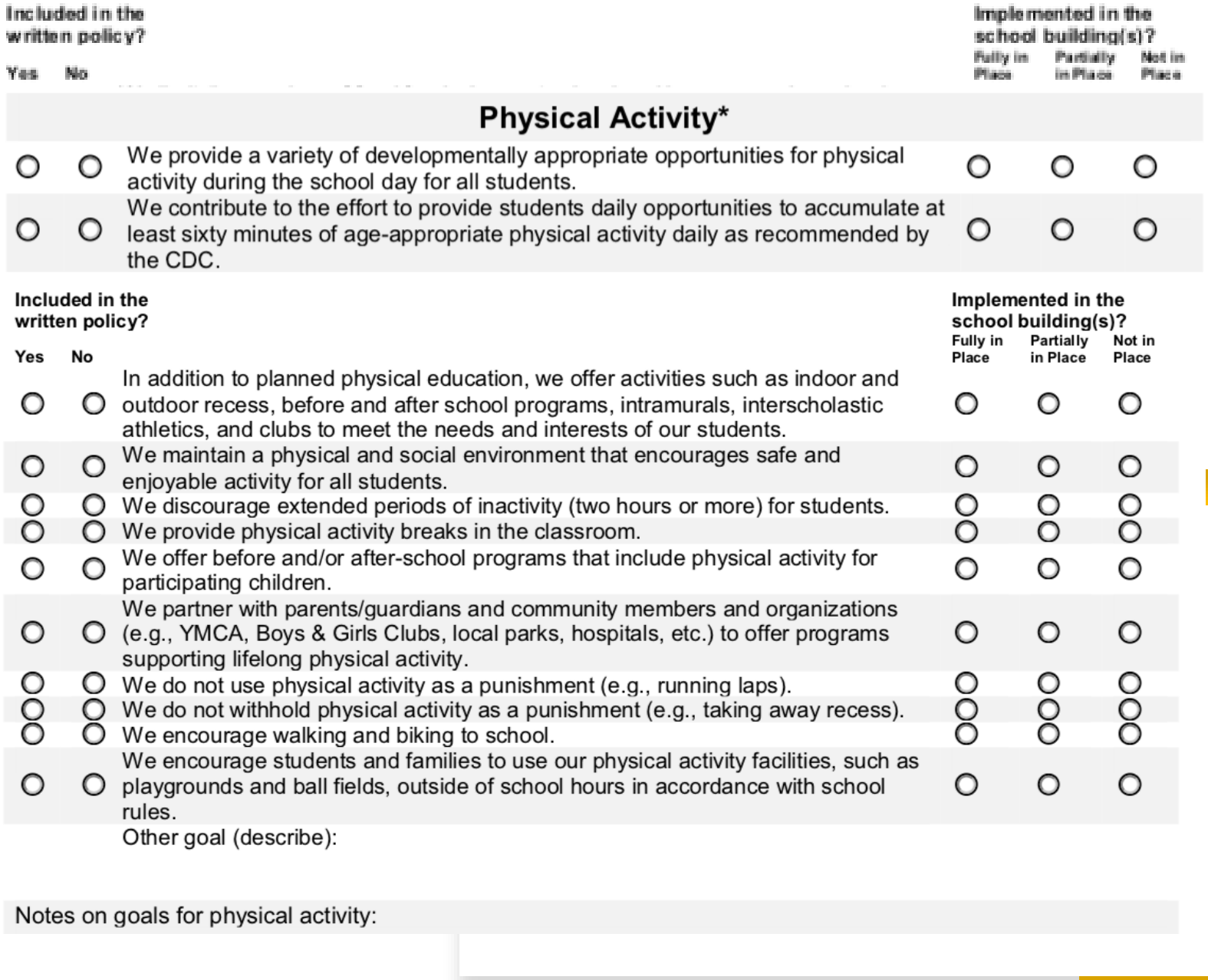
**Offer taste-testing and surveys in the cafeteria.**

**Provide health and nutrition resources to families to encourage healthy meals at home.**

**Promote consistent nutrition messages via posters, classroom lessons, and social media messages.**

# Physical Activity Assessment

GOALS:



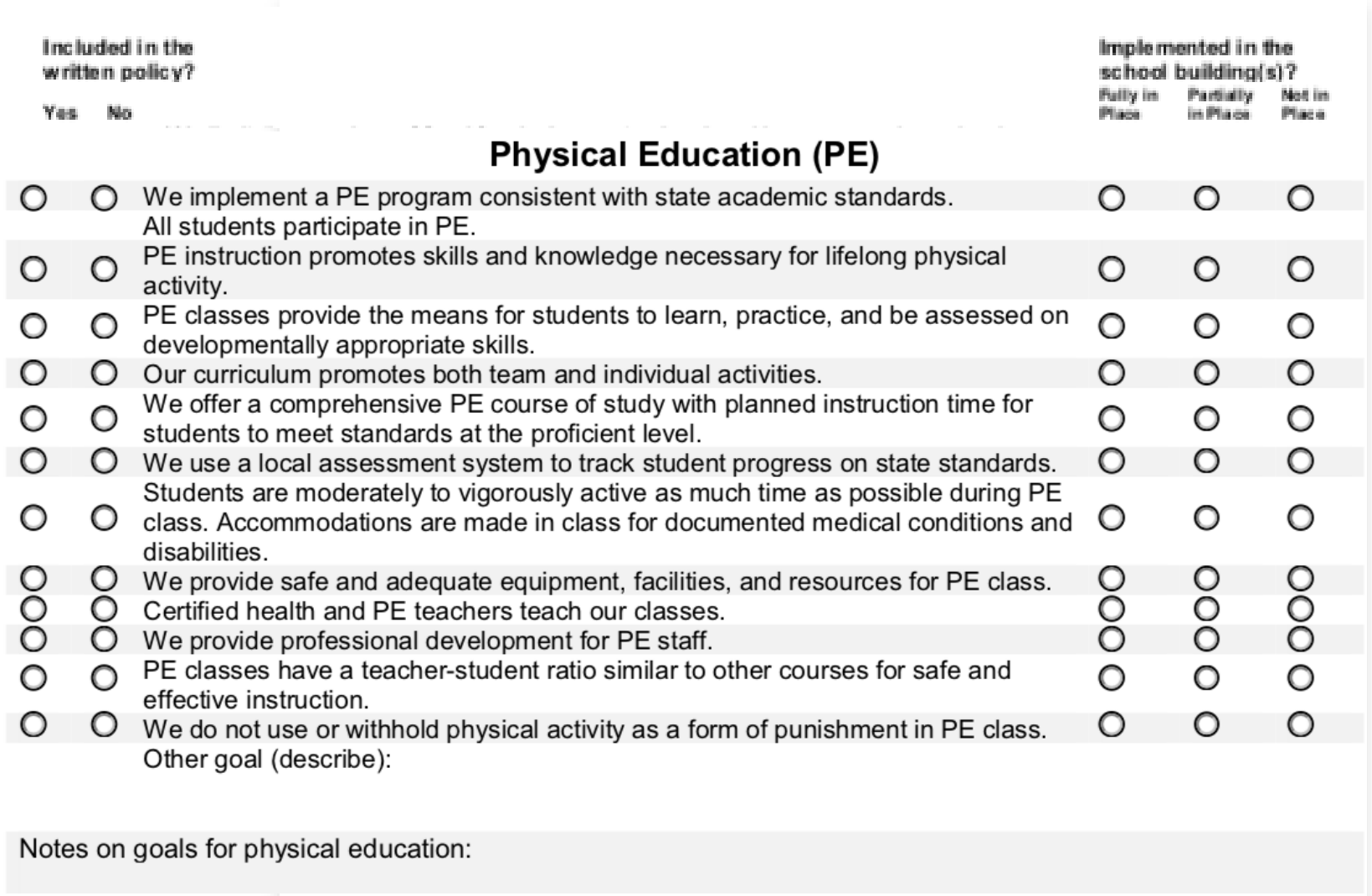
| Included in the written policy? | | Physical Activity* | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| ○ | ○ | We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students. | ○ | ○ | ○ |
| ○ | ○ | We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC. | ○ | ○ | ○ |

| Included in the written policy? | | | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| ○ | ○ | In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students. | ○ | ○ | ○ |
| ○ | ○ | We maintain a physical and social environment that encourages safe and enjoyable activity for all students. | ○ | ○ | ○ |
| ○ | ○ | We discourage extended periods of inactivity (two hours or more) for students. | ○ | ○ | ○ |
| ○ | ○ | We provide physical activity breaks in the classroom. | ○ | ○ | ○ |
| ○ | ○ | We offer before and/or after-school programs that include physical activity for participating children. | ○ | ○ | ○ |
| ○ | ○ | We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity. | ○ | ○ | ○ |
| ○ | ○ | We do not use physical activity as a punishment (e.g., running laps). | ○ | ○ | ○ |
| ○ | ○ | We do not withhold physical activity as a punishment (e.g., taking away recess). | ○ | ○ | ○ |
| ○ | ○ | We encourage walking and biking to school. | ○ | ○ | ○ |
| ○ | ○ | We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules. | ○ | ○ | ○ |
| | | Other goal (describe): | | | |

Notes on goals for physical activity:

# Physical Education Assessment

GOALS:



| Included in the written policy? | | Physical Education (PE) | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| ○ | ○ | We implement a PE program consistent with state academic standards. All students participate in PE. | ○ | ○ | ○ |
| ○ | ○ | PE instruction promotes skills and knowledge necessary for lifelong physical activity. | ○ | ○ | ○ |
| ○ | ○ | PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills. | ○ | ○ | ○ |
| ○ | ○ | Our curriculum promotes both team and individual activities. | ○ | ○ | ○ |
| ○ | ○ | We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level. | ○ | ○ | ○ |
| ○ | ○ | We use a local assessment system to track student progress on state standards. | ○ | ○ | ○ |
| ○ | ○ | Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities. | ○ | ○ | ○ |
| ○ | ○ | We provide safe and adequate equipment, facilities, and resources for PE class. | ○ | ○ | ○ |
| ○ | ○ | Certified health and PE teachers teach our classes. | ○ | ○ | ○ |
| ○ | ○ | We provide professional development for PE staff. | ○ | ○ | ○ |
| ○ | ○ | PE classes have a teacher-student ratio similar to other courses for safe and effective instruction. | ○ | ○ | ○ |
| ○ | ○ | We do not use or withhold physical activity as a form of punishment in PE class. | ○ | ○ | ○ |
| | | Other goal (describe): | | | |

Notes on goals for physical education:

# Required Goals: Physical Education

Activity ideas for physical activity:

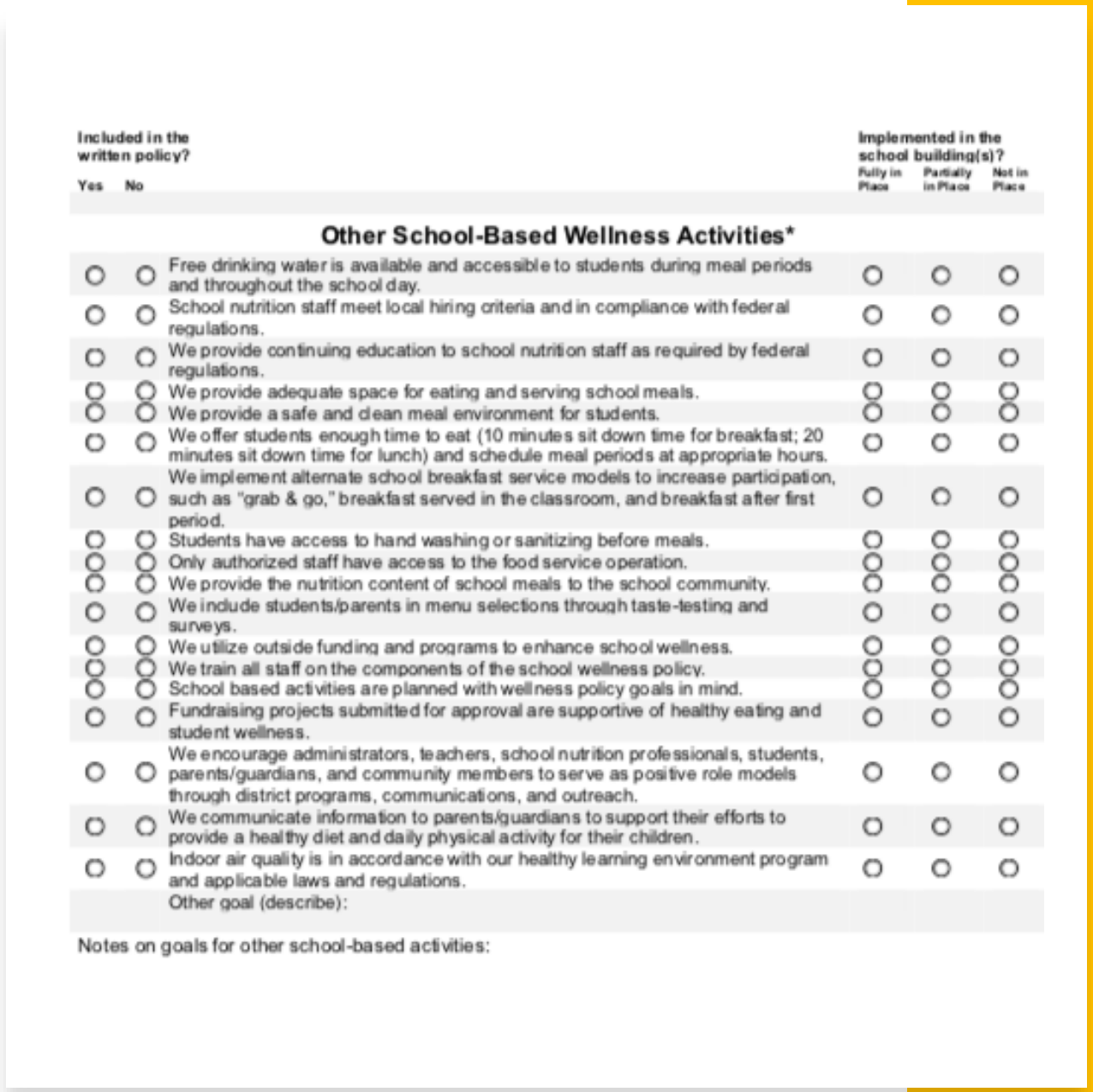
Offer opportunities for physical activity such as recess, before and after school programs, intramurals, sports, etc. to help students meet the recommended 60 minutes of physical activity daily.

Provide physical education classes on a certain number of days per week or for a specified number of minutes per week.

Neither require nor withhold physical activity as a form of punishment.

# Other School-Based Wellness Activities

GOALS:



| Included in the written policy? | | | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| | | **Other School-Based Wellness Activities*** | | | |
| ○ | ○ | Free drinking water is available and accessible to students during meal periods and throughout the school day. | ○ | ○ | ○ |
| ○ | ○ | School nutrition staff meet local hiring criteria and in compliance with federal regulations. | ○ | ○ | ○ |
| ○ | ○ | We provide continuing education to school nutrition staff as required by federal regulations. | ○ | ○ | ○ |
| ○ | ○ | We provide adequate space for eating and serving school meals. | ○ | ○ | ○ |
| ○ | ○ | We provide a safe and clean meal environment for students. | ○ | ○ | ○ |
| ○ | ○ | We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours. | ○ | ○ | ○ |
| ○ | ○ | We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period. | ○ | ○ | ○ |
| ○ | ○ | Students have access to hand washing or sanitizing before meals. | ○ | ○ | ○ |
| ○ | ○ | Only authorized staff have access to the food service operation. | ○ | ○ | ○ |
| ○ | ○ | We provide the nutrition content of school meals to the school community. | ○ | ○ | ○ |
| ○ | ○ | We include students/parents in menu selections through taste-testing and surveys. | ○ | ○ | ○ |
| ○ | ○ | We utilize outside funding and programs to enhance school wellness. | ○ | ○ | ○ |
| ○ | ○ | We train all staff on the components of the school wellness policy. | ○ | ○ | ○ |
| ○ | ○ | School based activities are planned with wellness policy goals in mind. | ○ | ○ | ○ |
| ○ | ○ | Fundraising projects submitted for approval are supportive of healthy eating and student wellness. | ○ | ○ | ○ |
| ○ | ○ | We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach. | ○ | ○ | ○ |
| ○ | ○ | We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children. | ○ | ○ | ○ |
| ○ | ○ | Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations. | ○ | ○ | ○ |
| | | Other goal (describe): | | | |

Notes on goals for other school-based activities:

# Required Goals: Other school Based Activities

**Activity ideas for other school-based goals that promote wellness:**

**Apply for the Healthier US School Challenge or other recognition.**

**Offer staff wellness training to inspire them to serve as role models.**

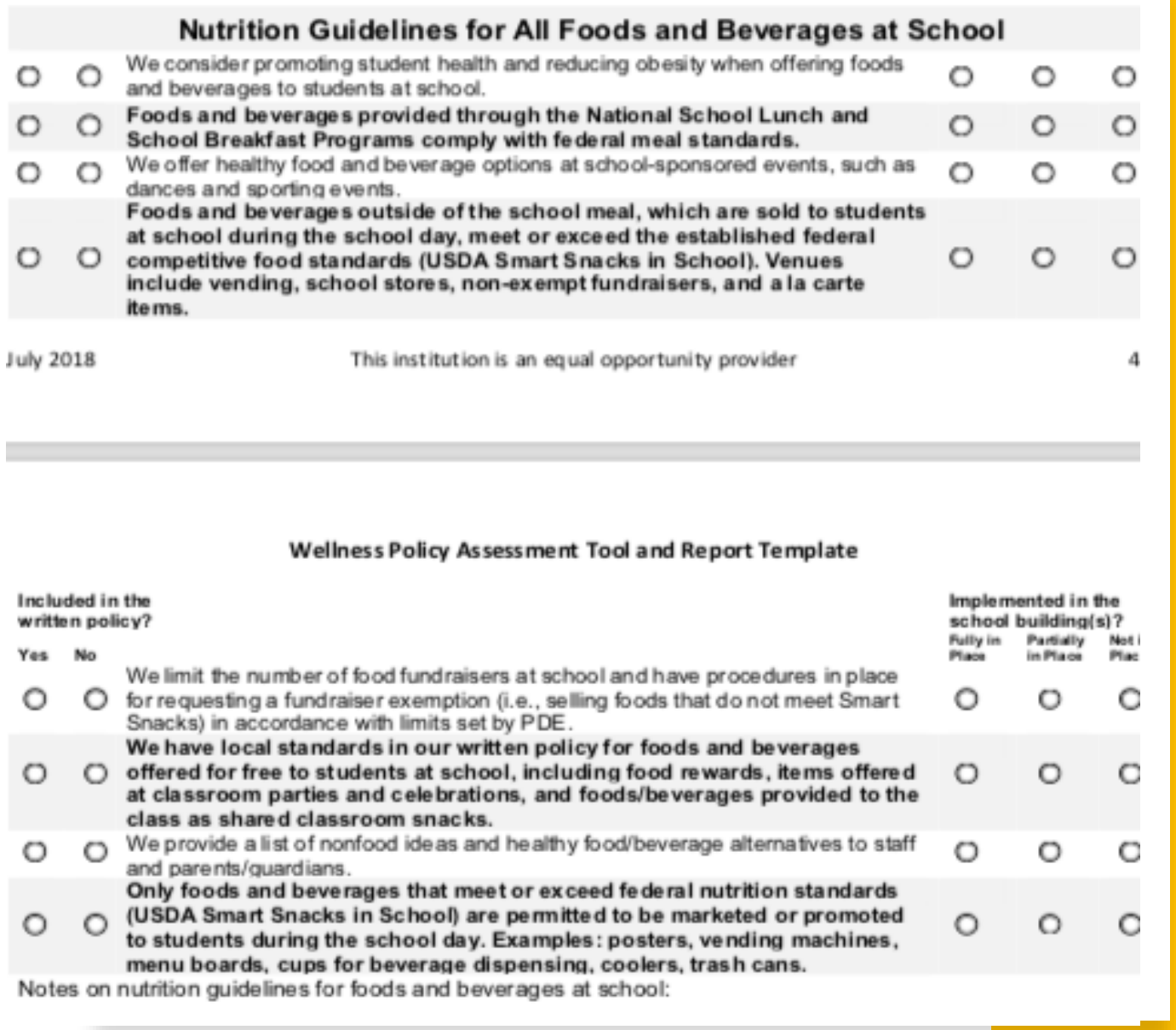
**Sponsor health fairs.**

**Incorporate school gardens and Farm to School initiatives.**

**Ensure adequate time for students to sit and eat school meals.**

# Nutrition Guidelines for All Foods & Beverages at School

GOALS:



**Nutrition Guidelines for All Foods and Beverages at School**

| | | | | | | |
|---|---|---|---|---|---|---|
| ○ | ○ | We consider promoting student health and reducing obesity when offering foods and beverages to students at school. | ○ | ○ | ○ |
| ○ | ○ | **Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.** | ○ | ○ | ○ |
| ○ | ○ | We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events. | ○ | ○ | ○ |
| ○ | ○ | **Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.** | ○ | ○ | ○ |

July 2018 This institution is an equal opportunity provider 4

**Wellness Policy Assessment Tool and Report Template**

| Included in the written policy? | | | Implemented in the school building(s)? | | |
|---|---|---|---|---|---|
| Yes | No | | Fully in Place | Partially in Place | Not in Place |
| ○ | ○ | We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE. | ○ | ○ | ○ |
| ○ | ○ | **We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.** | ○ | ○ | ○ |
| ○ | ○ | We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians. | ○ | ○ | ○ |
| ○ | ○ | **Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.** | ○ | ○ | ○ |

Notes on nutrition guidelines for foods and beverages at school:

# Nutrition Guidelines for all Foods Available in School

"School campus" means any area of property under the jurisdiction of the school that students may access during the school day.

The wellness policy must include nutrition standards for all foods and beverages available to students during the school day on each participating school campus.

"School day" means the period from midnight before school begins until 30 minutes after the end of the official school day.

# Update to Nutrition Standards: Smart Snacks

**Examples of foods and beverages that must comply with Smart Snacks nutrition standards include items available:**

- As a la carte items sold in the cafeteria
- In vending machines
- In school stores and snack carts
- At in-school fundraisers

**Nutrition standards for sold foods and beverages different from the Smart Snacks standards must be removed from your policy and replaced with a reference to Smart Snacks. (*New)**

**The Nutrition Standards for Competitive Foods in Pennsylvania Schools should not be referenced in your wellness policy. (*New)**

# Smart Snack Guidelines

Foods of Minimal Nutritional Value, or FMNV, as defined by USDA, will not be available during the school day.

Whenever a la carte foods are for sale:

At least half of grains must be whole grain.

A minimum of 3 fruits and 3 vegetables must be offered daily a la carte, and must be available in at least one vending area and in all vending areas where refrigerated vending is available.*

Foods offered through the NSLP and SBP may qualify toward this requirement if they are also for sale as a la carte items.

Vending machines must contain at least 50% of grains as whole grains.

Vending for elementary students must offer only fruit, vegetables, yogurt, low-fat yogurt, and reduced-fat cheese.*

Ala carte items that are not reimbursable meal components must be packaged in single-serving sizes and meet the following criteria.

# Smart Snack Guidelines

| | |
|---|---|
| Calories | <250 Calories per serving |
| Total Fat | <35% of Total Calories |
| Saturated Fat | <10% of Total Calories |
| Trans Fats | Minimal to no trans fats |
| Sugar | <35% of weight from total sugars in foods and must not contain sugar as the first ingredient |
| Sodium | No standard |
| Other | No onsite deep fried foods, Pre & Flash Fried foods not served ala carte more than 3 times per week. |
| | |

# Updates to Nutrition Standards Fund Raisers

**Food fundraisers that occur during the school day are required to meet the federal Smart Snacks nutrition standards.**

**However, the Pennsylvania Department of Education (PDE) permits schools to allow a limited number of “exempt” fundraisers each school year that do not have to meet Smart Snacks.**

**Your policy should include information about “exempt” fundraisers.**

# Fund Raiser Exemptions

- An exempt fundraiser is a fundraiser in which foods are sold during school at a location other than the school cafeteria and where the foods being sold do not meet the requirements for foods sold in school according to the Smart Snack Standards established by the United States Department of Agriculture.
- Exempt fundraisers may not be sold in the food service area during the meal period.
- All fundraisers must be approved in advance in writing by the building Principal and may not exceed one school week in duration, or five consecutive school days.
- A maximum of five exempt fundraisers per building will be permitted at the elementary and middle school level, and a maximum of ten fundraisers will be permitted at the high school level per year.

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# Policies for Food & Beverage Marketing

**Local school wellness policies must permit the marketing of only foods and beverages that are consistent with the Smart Snacks standards. (*New)**

**Marketing that occurs at events outside of school hours is not restricted by the final rule.**

# Food & Beverage Marketing Examples

**Applies to:**

- Exterior of vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

**Does not apply to:**

- Personal clothing
- Personal items
- Packaging of products brought from home
- Educational tools

# ONE GOAL FOR EACH CATEGORY

| Wellness Category | Goal |
|---|---|
| Public Involvement, Notification & Promotion | |
| Nutrition Education | |
| Nutrition Promotion | |
| Physical Activity | |
| Physical Education | |
| Other School Based Wellness Activities | |
| Nutrition Guidelines for All Food & Beverages at School | |

# Required Goals for Evidence Based Strategies

**Must review and consider evidence-based techniques and strategies in developing goals. (*New)**

**Evidence-based strategies and techniques have been evaluated, studied and peer-reviewed.**

**Policy templates from Pennsylvania School Boards Association and Alliance for a Healthier Generation include evidence-based goals.**

# Helpful Resources

fns.usda.gov

## Local School Wellness Policy

HOME > TEAM NUTRITION

**Resource Type**
Technical Assistance & Guidance

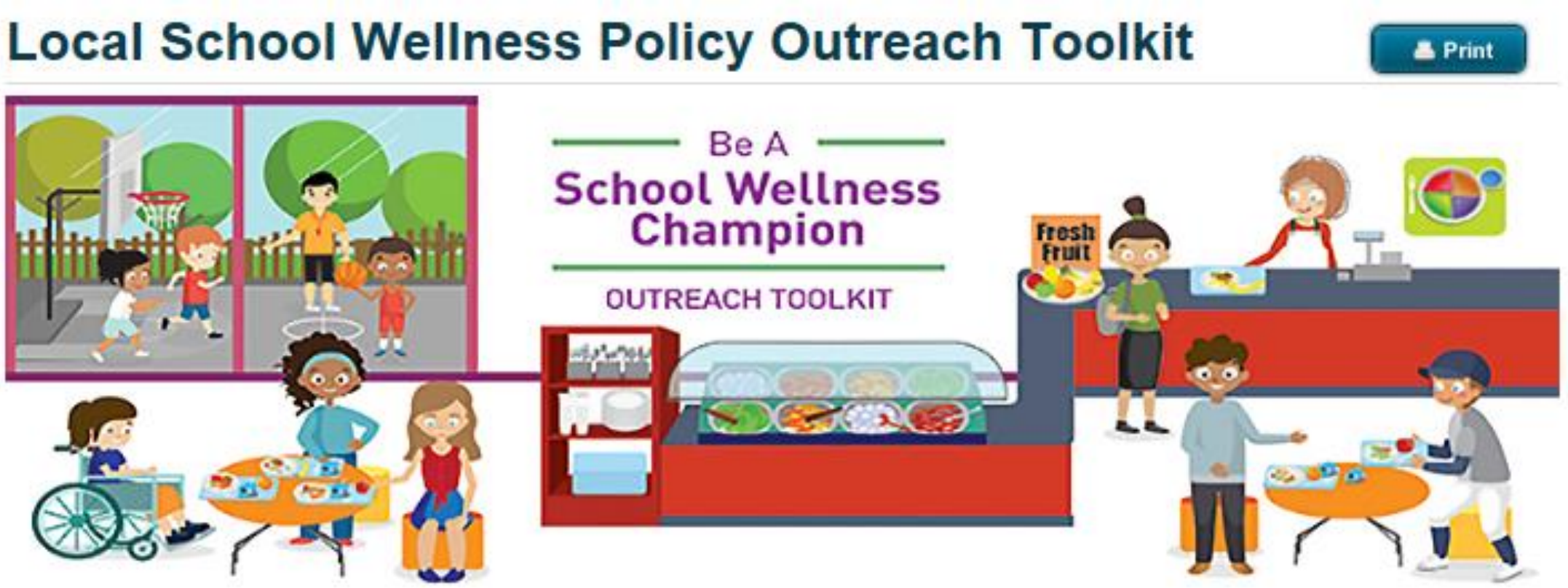
**Resource Materials**

Each local educational agency that participates in the National School Lunch Program or other federal child nutrition programs is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.

Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

### Wellness Policy - Helpful Links


- Local School Wellness Policy Outreach Toolkit
- Final Rule
- Summary of the Final Rule
- Local Process
- Tools & Resources
- Local Wellness Policy Final Rule Q&A
- Monitoring
- Funding a Wellness Policy
- ICN Local School Wellness Policy Resources



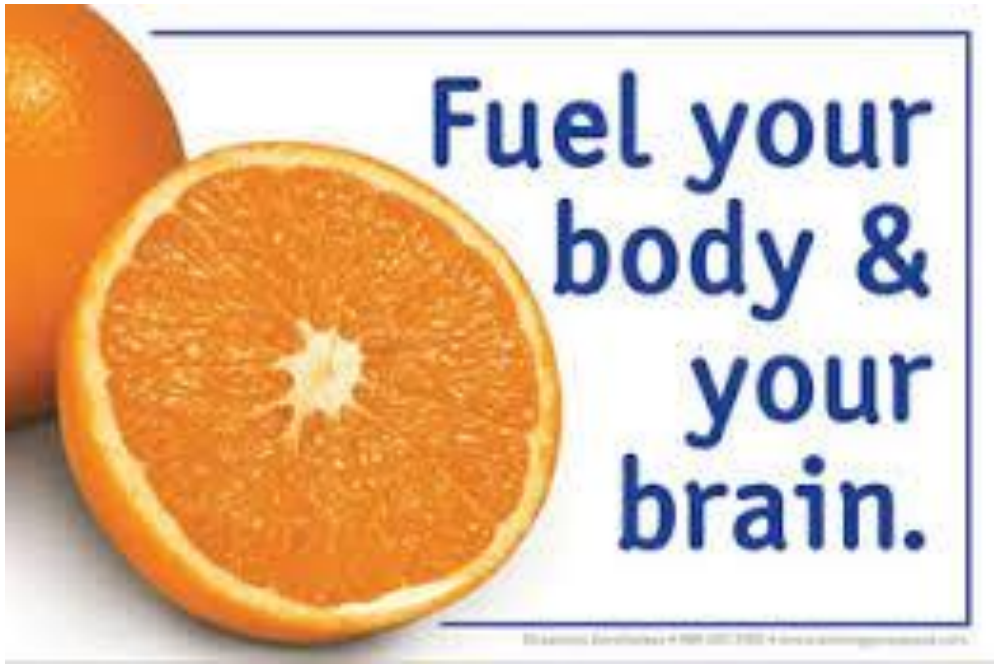

# Helpful Resources

**https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit**


Any ?s

Any Last Comments or concerns

# Fighting to promote GOOD Nutrition & Physical activity everyday!




## BE A SCHOOL WELLNESS SUPER HERO

Good Nutrition is our Mission