

# GRANADA HILLS CHARTER

## STUDENT WELLNESS POLICY

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*The Governing Board of Granada Hills Charter (the "Board") recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for Granada Hills Charter ("GHC") students. The school, in collaboration with parents and appropriate community members, shall build a coordinated approach that supports and reinforces student wellness through health education, physical education and activity, health services, nutrition services, and services which promote the overall health of students. In doing so, the school shall promote a safe, positive school environment by prohibiting bullying and harassment of all students, including on the basis of weight or health condition.*

### **NUTRITION EDUCATION**

Nutrition education shall be provided as part of the school's health education program and/or science program in grades TK-12 and shall be integrated as appropriate into core academic subjects.

The school's nutrition education and physical education programs shall be based on research that supports the state's curriculum frameworks and is designed to guide students in developing and maintaining a healthy lifestyle.

### **PHYSICAL EDUCATION AND ACTIVITY**

All students in grades TK-12 will be provided opportunities to be physically active on a regular basis in areas such as physical education classes, sports, recess, and wider integration into the classroom setting.

### **HEALTH PROMOTION**

GHC will promote the adoption of health-enhancing behaviors through nutrition activities, extracurricular and recreational physical activity programs, making school spaces and facilities available for use, and partnering with parents to meet physical activity recommendations.

### **STAFF AS ROLE MODELS**

GHC shall encourage staff to serve as positive role models and, as appropriate, shall support professional development that includes instructional strategies that assess health knowledge and promote healthy behaviors.

### **DISSEMINATION OF HEALTH INFORMATION**

To encourage consistent health messages between the home and school environment, GHC may disseminate health information to parents/guardians through school communications, school lunch menus, or other appropriate venues. Such communication should emphasize the relationship between student health and academic performance.

## **NUTRITION GUIDELINES FOR FOODS OFFERED TO STUDENTS**

GHC offers free breakfast and lunch to all students under the Universal Meals Program. California *EC* Section 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal eligibility.

Cafeteria Services shall meet or exceed established state and federal guidelines for all foods served by the program during the school day. Such guidelines shall be implemented with the objective of promoting student health and reducing childhood obesity.

The Board believes that foods and beverages available to students at the school should support the health curriculum and promote optimal health. GHC shall encourage staff, students, and parents to use healthy food items or non-food items as part of classroom parties and fundraising activities. Foods and beverages served during fundraisers shall at a minimum comply with state and federal regulations, and food used as a reward for student behavior shall be discouraged.

## **GUIDELINES FOR REIMBURSABLE MEALS**

Foods and beverages provided through reimbursable school meal programs shall meet or exceed federal and state regulations. In order to maximize the school's ability to provide nutritious meals and snacks, GHC shall participate in available government school nutrition programs including the National School Lunch and School Breakfast Programs to the extent possible. The school shall promote participation in these programs among students, and make applications as accessible as possible.

## **PROGRAM IMPLEMENTATION AND EVALUATION**

Appropriate departments have been designated to be responsible for each area specified by the policy. A biannual assessment shall include the extent to which the school is in compliance with the wellness policy, a description of the progress made in attaining wellness policy goals, and the extent to which this policy compares to model wellness policies available from the USDA, and will be posted on the Cafeteria services Website.

Policy Adopted:  
Granada Hills Charter

## GRANADA HILLS CHARTER STUDENT WELLNESS POLICY

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*Granada Hills Charter is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The purpose of the following Administrative Regulations is to provide guidelines for achieving the goals stated in the Board Policy.*

### WELLNESS COMMITTEE

- 1) A Wellness Committee may be formed to develop and monitor implementation of the Student Wellness Policy.
  - a) The Committee may include school nutrition staff members, students, administrators, instructional staff, child nutrition professionals/school health professionals, and other educational partners.
  - b) The Committee will meet as needed to evaluate implementation of the Student Wellness Policy.
  - c) Proposed amendments to the policy will be submitted to the Board for approval.
  - d) School employees will be strongly encouraged to participate in the Wellness Committee.
  - e) The Wellness Committee will be encouraged to explore the possibility of grant applications in order to help secure funding for school wellness initiatives.

### NUTRITION EDUCATION

*Nutrition education is any combination of educational strategies designed to facilitate voluntary adoption of food choices and other food and nutrition related behaviors conducive to health and well-being.*

- 1) GHC will teach, encourage, and support healthy eating by students through nutrition education.
  - a) Classroom teachers will be encouraged to incorporate nutrition education not only into health education classes, but also into instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
  - b) Adequate and ongoing nutrition education for faculty will be provided to focus on teaching strategies that assess health knowledge and skills, and promote healthy behaviors.
  - c) Education reinforcing messages on healthy eating by linking with school meal programs, other school foods, and nutrition-related community services will be encouraged.

*Responsible:* School Site Administration

*Monitoring:* Education Services

*Evaluation:* Wellness Committee will evaluate at a minimum semiannually.

## PHYSICAL EDUCATION AND ACTIVITY

**Physical education** is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.

**Physical activity** refers to teacher-led and student-initiated physical activities throughout the day. Physical activities may include but are not limited to the following: physical education classes, games, sports, walk to school programs, dance, and movement breaks.

- 1) GHC will encourage integration of physical activity into the classroom setting in order for students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior.
  - a) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
  - b) Classroom teachers will be encouraged to provide time for physical activity at the beginning of class or during breaks, or incorporated into other subject lessons (i.e. learning games that involve movement) as appropriate.
- 2) All students will receive physical education as designated in Education Codes 51210, 51222, 51223.
  - a) All physical education will be overseen by a certificated teacher.
  - b) Students will be encouraged to spend at least 50% of physical education time participating in moderate to vigorous physical activity.
  - c) Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program, per Education Code 51241.
  - d) Physical education and assessment will be designed to promote motor skills and physical fitness, and to help students understand, improve, and/or maintain their physical well-being.
- 3) GHC will review curriculum to ensure continuity and consistency of instruction across all content areas in which fitness, health and wellness are taught. The relevant California Content standards for Physical Education, Health and Science will be identified and brought to Curriculum Council for consideration as part of an effort to ensure students receive current and research-based information.
  - a) Professional development opportunities for Physical Education, Health and Science teachers will be identified for teachers to update their content knowledge and to share best practices.
- 4) Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment, per Education Code 49001.
- 5) Faculty will observe hot weather guidelines for athletic practice and supervised recess.

## GHC Student Wellness Policy

*Responsible:* School Site Administration

*Monitoring:* Education Services

*Evaluation:* Wellness Committee will evaluate at a minimum semiannually

### **HEALTH PROMOTION**

***Health Promotion*** is the encouragement of the voluntary adoption of health-enhancing behaviors through modeling, activities, and alliances with the community and media.

- 1) Nutrition promotion will include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as Wellness Awareness Month, contests, taste testing, farm visits, and school gardens. Such activities may be incorporated into nutrition education.
- 2) Fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices will be promoted.
- 3) To reinforce nutrition promotion and education, marketing and advertising of noncompliant foods and beverages will be prohibited through signage, vending machine fronts, coupon or incentive programs, or other means (Appendix E: Competitive Food Regulations Summary).
- 4) GHC will encourage extracurricular and recreational physical activity programs, such as physical activity clubs or intramural programs.
  - a) GHC will offer a range of activities with a goal towards meeting the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- 5) GHC will encourage utilization of safe routes for students to walk and bike to school.
  - a) When appropriate, the school will work together with local public works, public safety, and/or sheriff's department to accomplish this.
- 6) GHC will make available for parents and students a list of suggested activities and resources so that they may partner with schools to help meet physical activity recommendations.
  - a) The list will be posted on the GHC website.

*Responsible:* School Site Administration

*Monitoring:* Education Services

*Evaluation:* Wellness Committee will evaluate at a minimum semiannually

## **DISSEMINATION OF HEALTH INFORMATION**

- 1) Relevant nutrition and food safety information shall be made publicly available.
  - a) Breakfast and lunch menus, nutrition information, nutrition and food safety tips for parents, and other relevant information will be made available on the GHC website.
  - b) Communication with parents will be given a high priority. Modes for disseminating nutrition and food safety information may include email.
  - c) Contact information for Cafeteria services staff will be made available on the school website.
  
- 2) The Wellness Policy and related updates shall be made publicly available.
  - a) The Wellness Policy and Wellness Resources will be posted on the GHC website.
  - b) The Wellness Policy will be provided to all parents as part of the Legal Notification Handbook
  - c) The Wellness Policy will be visibly posted in the cafeteria.
  - d) Announcements of revisions, Wellness Committee meeting notes, evaluations, and related information will be posted on the GHC website.

*Responsible: Cafeteria Manager*

*Monitoring: Food Services Manager*

*Evaluation: Wellness Committee will evaluate at a minimum semiannually*

- 3) Important health updates shall be made publicly available.
  - a) Information regarding vaccinations, disease outbreaks, and other health issues will be available on the GHC website and disseminated to parents via all-calls and email, as appropriate.
  - b) Contact information for the school nurses will be made available on the GHC website.
  
- 4) Students shall have access to information about relevant health topics, including proper hygiene, adequate hydration, and stress management.
  - a) Students may receive education through nurses, handouts, posters, classes, workshops, or other means.
  - b) Nurses and staff will encourage hand washing at the appropriate times, and will remind students to cough into elbows, not hands, to avoid the spread of contagious diseases.
  - c) Nurses and staff will encourage water consumption, especially during warm weather and during exercise.

*Responsible: School Nurses*

*Monitoring: School Nurses*

*Evaluation: Wellness Committee will evaluate at a minimum semiannually*

## **GUIDELINES FOR REIMBURSABLE MEALS**

- 1) Granada Hills Charter shall participate in available school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible GHC will encourage students to eat breakfast/nutrition.
  - a) Laws affecting Child Nutrition programs may be found at:  
<https://www.fns.usda.gov/school-meals/program-legislation-regulations>
- 2) GHC shall comply with all requirements for verification of qualification for free and reduced-price meals.
  - a) Requirements may be found at: <https://www.fns.usda.gov/2017-edition-eligibility-manual-school-meals>
  - b) GHC shall make participation and application return for federal school nutrition programs a high priority.
  - c) GHC may use increased parent communications, registration checklists, online applications, or other strategies to increase access to applications.
- 3) Students shall be made aware of all food choices available and what a reimbursable meal consists of.
  - a) Posters or menu boards in the serving areas may be used to communicate all food choices that are part of a reimbursable meal.
  - b) Reimbursable meal components, including milk, fruits, vegetables, meat/meat alternates, and grains, may be prominently labeled in the cafeteria to help students identify food groups and choose balanced meals.
- 4) Cafeteria staff shall ensure that students receive reimbursable meals.
  - a) Staff training will include education on reimbursable meal components and strategies for ensuring that students take appropriate food items.
- 5) GHC shall ensure that there will be no overt identification of students eligible for free and reduced price meals, as specified in 7 CFR 245.6(b)(10).
  - a) Requirements may be found at: <https://fns-prod.azureedge.net/sites/default/files/cn/SP45-2012os.pdf>

*Responsible: Cafeteria Services*

*Monitoring: Food Services Manager*

*Evaluation: Independent Auditors*

**GUIDELINES FOR FOODS AND BEVERAGES SOLD IN SCHOOL BY CAFETERIA SERVICES AND STUDENT STORE**  
**ELEMENTARY SCHOOL – FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

- An **elementary school** contains no grade higher than grade 6.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** foods sold to students by any entity.
- **Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**Compliant foods**

**Must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable.

**Must meet the following nutrition standards:**

- Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, eggs, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except fruit\*\*, non-fried vegetables, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per item/container (no exceptions), and
- Less than or equal to 200 calories per item/container (no exceptions)

**Paired foods**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.



**ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS**

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

- An **elementary school** contains no grade higher than grade 6.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** beverages sold to students by any entity.
- **Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water **and** meet all criteria under that specific category.

**Compliant beverages**

- Fruit or Vegetable juice:
  - At least 50 percent juice, and
  - No added sweeteners, and
  - Less than or equal to 8 fluid ounce serving size
- Milk:
  - Cow’s or goat’s milk, and
  - 1 percent (unflavored), nonfat (flavored, unflavored), and
  - Contains Vitamins A and D, and
  - At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
  - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
  - Less than or equal to 8 fluid ounce serving size
- Non-dairy milk:
  - Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fluid ounces:
    - At least 276 milligrams calcium
    - At least 8 grams protein
    - At least 500 IU Vitamin A
    - At least 100 IU Vitamin D
    - At least 24 milligrams magnesium
    - At least 222 milligrams phosphorus
    - At least 349 milligrams potassium
    - At least 0.44 milligrams riboflavin
    - At least 1.1 micrograms Vitamin B12, and
    - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
    - Less than or equal to 5 grams fat per 8 fluid ounces, and
    - Less than or equal to 8 fluid ounce serving size
- Water:
  - No added sweeteners
  - No serving size limit

All beverages must be caffeine-free (trace amounts are allowable).

**Elementary School – Student Organizations**

Reference: *California Code of Regulations* Section 15500

Student organization is defined as a group of students that are **not** associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **and** all of the following:

- Only one food or beverage item per sale.
- The food or beverage item must be pre-approved by the governing board of the school district.
- The sale must occur after the last lunch period has ended.
- The food or beverage item cannot be prepared on campus.
- Each school is allowed four sales per year.
- The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

**Middle/High School – Food Restrictions**

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

- A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.
- A **high school** contains any of grades 10 to 12.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** foods sold to students by any entity.
- **Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**"Snack" foods must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable.

**Must meet the following nutrition standards:**

- Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except fruit\*\*, non-fried vegetables, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per item/container (no exceptions), and
- Less than or equal to 200 calories per item/container (no exceptions).

**Paired foods**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

**“Entree” foods must be intended as the main dish and be a:**

- Meat/meat alternate and whole grain rich food; or
- Meat/meat alternate and fruit or non-fried vegetable; or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food),

**A competitive entree sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:**

- Less than or equal to 400 calories, and
- Less than or equal to 35 percent calories from fat, and
- Less than 0.5 grams trans fat per serving

**A competitive entree sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

**And meet the following nutrition standards:**

- Less than or equal to 35 percent calories from fat, and
- Less than 10 percent calories from saturated fat, and
- Less than or equal to 35 percent sugar by weight, and
- Less than 0.5 grams trans fat per serving, and
- Less than or equal to 480 milligrams sodium, and
- Less than or equal to 350 calories

Check your district’s wellness policy for stricter rules.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

**Middle/High School – Beverage Restrictions**

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

- A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.
- A **high school** contains any of grades 10 to 12.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** beverages sold to students by any entity.
- **Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water **and** meet all criteria under that specific category.

Compliant beverages:

- Fruit or Vegetable juice:
  - At least 50 percent juice, and
  - No added sweeteners, and
  - Less than or equal to 12 fluid ounce serving size
- Milk:
  - Cow's or goat's milk, and
  - 1 percent (unflavored), nonfat (flavored, unflavored), and
  - Contains Vitamins A and D, and
  - At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
  - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
  - Less than or equal to 12 fluid ounce serving size
- Non-dairy milk:
  - Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), and
  - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
  - Less than or equal to 5 grams fat per 8 fluid ounces, and
  - Less than or equal to 12 fluid ounce serving size
- Water:
  - No added sweeteners
  - No serving size limit
- Electrolyte Replacement Beverages (**High Schools Only**):
  - Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
  - OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
  - Water as the first ingredient, and
  - Less than or equal to 16.8 grams added sweetener per 8 fluid ounces, and

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- 10-150 milligrams sodium per 8 fluid ounces, and
  - 10-90 milligrams potassium per 8 fluid ounces, and
  - No added caffeine, and
  - Less than or equal to 20 fluid ounce serving size (no calorie)
  - OR less than or equal to 12 fluid ounces per serving size (low calorie)
- **Flavored Water (High Schools Only):**
    - Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
    - OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
    - No added sweetener, and
    - No added caffeine, and
    - Less than or equal to 20 fluid ounce serving size (no calorie)
    - OR less than or equal to 12 fluid ounce serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

## GUIDELINES FOR FOODS SERVED DURING SCHOOL-RELATED ACTIVITIES

### HIGH SCHOOL – SMART SNACKS STUDENTS ORGANIZATIONS

*Reference: California Code of Regulations Section 15501*

**Effective** during or after school hours.

**Applies** ONLY to food and beverage sales by student organizations.

- 1) Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
- 2) Food or beverage item(s) must be **pre-approved** by governing board of school district.
- 3) Only **one student organization** *may* be allowed to sell each day.
- 4) Food(s) or beverage(s) **cannot be prepared on the campus.**
- 5) The food or beverage categories sold **cannot** be the same as the categories **sold in the food service program** at that school during the same school day.
- 6) In addition to one student organization sale each day, any and **all student organizations** may sell on the **same four designated days** per year. School administration may set these dates.

*Responsible:* Student Store

*Monitoring:* Student Store Manager

*Evaluation:* Student Store Manager

## GENERAL CONDITIONS

- 1) Preference shall be given to local businesses to support our community.
  - a) Collaboration with local food establishments shall be pursued. Child Nutrition will continue to develop healthy recipes with vendors. Collaboration provides students with freshly prepared foods from local sources that also meet state and federal regulations.
- 2) Preference shall be given to minimally processed foods.
  - a) Foods shall be prepared from whole foods in school kitchen when feasible.
- 3) Preference shall be given to avoiding foods exposed to potentially harmful food additives and processes and to toxic agricultural chemicals whenever possible.
  - a) Organic foods may be purchased when practical. Production of organic crops may not involve irradiation, sewage sludge, synthetic fertilizers, prohibited pesticides, or genetically modified organisms. Organic livestock producers must meet animal health and welfare standards, use no antibiotics or growth hormones, use 100% organic feed, and provide animals with access to the outdoors. More information on the National Organic Program may be found at:

<http://www.ams.usda.gov/AMSV1.0/nop>.

- 4) Every attempt shall be made to have all food served be appealing to students.
  - a) Foodservice staff will be trained to ensure that food is prepared and arranged in a way that is neat and attractive to students.
  - b) Food shall be served to students in a safe, clean, and pleasant environment.
- 5) Students shall be provided adequate time to eat meals as noted by the California Department of Education. Recommendations on adequate time may be found at:  
<https://www.cde.ca.gov/nr/el/le/yr13ltr0125b.asp>
  - a) Meals shall be served during appropriate mealtimes as noted by the California Department of Education. Scheduling of activities such as assemblies, tutoring, and student club/organization meetings during school mealtimes should be avoided unless students may eat during such activities. Recommendations on appropriate mealtimes may be found at:  
<https://www.cde.ca.gov/ls/nu/sn/timetoeat.asp>
- 6) The cafeterias shall undergo Health Department inspections biannually.
- 7) All staff shall maintain current food handler certification.
  - a) Cafeteria Services will provide staff re-certification opportunities annually.
- 8) Student feedback and parent participation shall be used to improve menu choices and service.
- 9) Surveys, food demos, taste-testing, and other methods may be used to solicit feedback from students. Surveys may be used to identify favorite menu items and student concerns.
  - a) Recipe contests and other activities may be used to solicit participation from parents and students.
- 10) Free, fresh drinking water is made available during meal times in school food service areas at all district schools, per Education Code 38086 and 42 USC 1758.

*Responsible:* Cafeteria Services, Plants and Operations

*Monitoring:* Health Department Certificate of Inspection, Food Handler Certification

*Evaluation:* Food Services Manager

Approved by the GHC Governing Board October 14, 2024

*David Bensinger*

Board Secretary