

WELLNESS POLICY AND PROCEDURES

St. Mary Parish School District

CHILD NUTRITION
474 Hwy. 317, Centerville, LA 70522

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Preamble

St. Mary Parish School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{i, ii, iii, iv, v, vi, vii}

Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{viii, ix, x} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{xi, xii, xiii, xiv} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15, 16, 17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific, measurable goals and outcomes are identified within each section below.

District Wellness Committee

The District will convene a representative district wellness committee that assist in implementation, periodic review, and updating of the St. Mary Parish District Wellness Policy (heretofore referred as “wellness policy”).

The District Wellness Committee membership shall include representation from all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program, physical education teachers; school health professionals, school administrators, school board members; and the general public.

Leadership

The Superintendent or his/her designee shall be responsible for assuring compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee shall oversee compliance with those policies in his/her school and shall report on the school’s compliance to the Superintendent or his/her designee.

School child nutrition staff, at the school or district level, shall assess compliance with nutrition policies within school food service areas and report on this matter to the Superintendent (or if done at the school level, to the school principal).

The designated official for oversight is the Human Resource Director for St. Mary Parish, Suzanne Bergeron. Contact information: subergeron@stmaryk12.net

Wellness Policy Implementation, Monitoring, Triennial Assessment, Recordkeeping, and Public Involvement

Implementation

Each school will establish a School Health Council (SHC) composed of a minimum of five members including but not limited to:

- Principal/ or Principal Designee
- Teacher
- Nurse and/or P.E. Teacher
- Parent Representative (PTA)
- Cafeteria Manager
- Community Representative

Monitoring

The SHC will be responsible for assessing the level of implementation of the St. Mary Parish School District Local Wellness Policy by reviewing site-based nutrition education, physical activity, and other school-based activities that are designed to promote student wellness at each school site.

Triennial Assessment

The SHC will conduct a review during the Fall Semester every three years. Areas to address for health and nutrition promotion include school meals, a la carte cafeteria sales, vending machines, student stores, concession stands, classroom parties/ special events, and fundraising events. In addition to examining student food sources, the SHC will also review how wellness education is incorporated into the school's curriculum and school environment. Emphasis will also be placed on utilizing the cafeteria as a classroom and community resources.

A plan of action for the school's wellness program will be developed by the SHC and submitted to the district designee.

The district level designee will compile and analyze the report from the SHC and report the findings to the District Wellness Committee (DWC). If needed, revisions will be made to the St. Mary Parish Wellness Policy.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy in the Child Nutrition Department at the St. Mary Parish Central Office Complex. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Public Involvement

The District will actively inform families and the public each year of basic information about the St. Mary Parish District Wellness Policy by making the information available on the district homepage: www.stmaryk12.net.

The District will invite the public to attend the District Wellness Committee meeting when reviewing the triennial assessment and making revisions to the St. Mary Parish District Wellness Policy if needed.

Federal and State Requirements

The St. Mary Parish School District will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
2. Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and Louisiana Department of Education, Office School and Community Support.
3. Encourage school staff and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with child nutrition staff who are qualified according to current standards.
5. Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
6. Follow State Board of Education policies on **competitive food** and extra food sales (refer to Appendix A).
7. Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity (see "Other School Policies").

School District Policies

The St. Mary Parish School District will provide:

1. Adequate time for breakfast and the recommended 30 minutes for lunch.
2. Whole grain products that are high in fiber, no trans fats, and low in sugars, and served in appropriate portion sizes consistent with the current USDA standards.
3. Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.
4. Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat, reduced fat and/or low-fat real cheese.
5. Healthy food preparation techniques for lean meat, poultry, and fish.
6. School meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go meals, or alternate eating sites.
7. A cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

Other School Policies

The St. Mary Parish school district will:

1. Discourage the use of foods as **rewards** for student accomplishment. (See appendix B for reward alternatives.)
2. Encourage serving healthy food at school **parties**. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See appendix C for healthy school parties.)
3. Strongly discourage selling food items of limited nutritional value as **fundraisers**, such as candy, cupcakes, or sugar beverages. (See appendix D for healthy fundraising alternatives.)
4. Strongly encourage nutritious and appealing options (such as fruits, vegetables, nuts, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered **after school** at sporting and academic events, celebrations, social events, after school care, and other school functions.
5. Follow the USDA Smart Snacks in School nutrition standards for all foods sold outside the school meal programs, on the school campus of public schools, at any time during the school day. (See appendix E.)

Food Marketing

Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing often include an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. School-based marketing should be consistent with nutrition education and health promotion. As such, 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, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. Marketing of non-compliant food and beverages is not permitted during the school day; but, may be present at events that happen 30 minutes after the school day. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy foods is encouraged.

Marketing activities that promote healthful behaviors include vending machine covers promoting water or milk; pricing structures that promote healthy options in vending machines, and sales of fruit for fundraisers.

Items, such as scoreboards, that are already in place do not need to be replaced; however, marketing guidelines should be considered when replacing these items over time.

Nutrition Education

The Centers for Disease Control (CDC) advocates the need for school-based nutrition education. Because a high percent of all children and adolescents are enrolled in school, the classroom environment is ideally suited to give students the skills and support needed to adopt healthful eating behaviors for life. Teachers, child nutrition personnel, and other staff can offer their expertise and model appropriate eating behaviors. Additionally, students have opportunities to practice healthful eating behaviors at school. Collaboration among school child nutrition staff, teachers, the community, families and institutional services is necessary.

There are two broad approaches to school-based nutrition education – traditional classroom lessons that address general knowledge, attitude, and behavior – and behavioral change programs based on social learning theory. Using both venues is recommended for optimal impact. Nutrition education can be integrated into content area instruction across the curriculum including science, mathematics, English/language arts, and social studies. The alignment of nutrition lessons with standards and benchmarks provides for easy integration of the information into routine instructional planning. Integration of nutrition information into teaching content areas should use the resources of the classroom, the school, and the community. Nutrition education also is part of health education, which enables students to acquire knowledge and skills needed to practice good health. A planned, sequential curriculum is essential.

Behavior change can be enhanced through social learning theory, as well. Social learning theory may include a parent component for younger students and peer involvement for older students.

The St. Mary School District will:

1. Promote and implement nutrition education programs that promotes lifelong healthful eating practices;
2. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant;
3. Use lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations;
4. Provide hands-on activities that are fun;
5. Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber;
6. Focus on positive aspects of healthful eating behaviors; and
7. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting.
8. Strive toward hiring qualified, certified health education teachers.
9. Provide staff development for teachers, faculty and staff.

Physical Education

Both regular physical activity and nutrition mutually contribute to healthy citizens and reduce the incidence of diabetes, cardiovascular diseases, depression, obesity, and other chronic health problems. Federal Dietary Guidelines for Americans recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity.

When examining Physical Education programs, ask the question, “Does the physical education program help every student attain the knowledge, skills and attitudes needed for them to lead an active, productive life and maintain a health-enhancing level of physical fitness?” Quality physical education programs include the following components:

1. Emphasizes knowledge and skills that promote a lifetime of physical activity.
2. Is based on standards that define what students should know and be able to do.
3. Keep students active for most of the class time.
4. Provides many different physical activity choices.
5. Meets needs of **all** students, especially those who are not athletically gifted.
6. Features cooperative, as well as competitive games.
7. Develops students’ self-confidence and eliminates practices that humiliate students.
8. Assesses students on their progress in reaching goals, not on whether they achieve an absolute standard.
9. Promotes physical activity outside of school.
10. Teaches self-management skills, such as goal-setting and self-monitoring.
11. Actively teaches cooperation, fair play, and responsible participation in physical activity and is an enjoyable experience for students.
12. Focuses, at high school level, on helping adolescents make the transition to a physically active adult lifestyle.

In Louisiana, Act 814 passed in 2003 to require that public schools for grades K-6 provide 30 minutes each day of quality activity. **Act 734**, passed in 2004, revised Act 814 wording to require 30 minutes each day of *quality, moderate to vigorous physical activity for students*. Implementation of Act 734 requirements began with the 2004-2005 school year.

The St. Mary Parish School District will:

1. Promote and implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. Provide students in grades K-8 with a minimum of 150 minutes per week of health and physical education.

3. Ensure that students in grades K-6 participate in planned, organized, moderate to vigorous physical activity for a minimum of 30 minutes each school day.
4. Strive toward having qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
5. Provide staff development on standard implementation for physical education instructors.
6. Ensure that adequate safety policies and provisions are in place for physical education programs.
7. Strive toward ensuring that adequate equipment is in place to guarantee that all students are able to be active for a minimum of 30 minutes per school day.
8. Provide a variety of fitness training, motor skills, and team work modules in the 270 hours of physical education required at the high school level for graduation.
9. Use a recognized instrument on program such as *Fitnessgram*®, to evaluate student's physical fitness.
10. Provide age-appropriate equipment and facilities for implementing quality physical education programs.

Physical Activity Opportunities

In order to improve health and fitness of our students and to prevent childhood obesity, we must put increased emphasis on the importance of physical activity for students. The following recommendations are made in the best interest of students recognizing that schools, parents and communities will need to be creative in finding additional opportunities and resources for physical activity outside physical education classes.

The St. Mary Parish School District will provide opportunities for physical activity:

1. Recognize that daily physical activity is essential to student welfare and academic performance.
2. Encourage physical activity during recess for elementary students, intramural programs, integration in the academic curriculum, and clubs as well as in physical education programs.
3. Provide daily recess for all children in K-8th grade.
4. Work with the community to create ways for students to walk, bike, skateboard, roller-skate, play soft ball, basketball, baseball, or participate in other physical activities in a safe location at times other than the school day.
5. Encourage parents and guardians to support students' participation in physical activities, to be physically active role-models, and to include physical activities in family plans.
6. Encourage school staff to participate in physical activities to serve as role models.
7. Support community-based physical activity programs.

Definitions

The following definitions apply to the St. Mary Parish School District Wellness Policy:

- A. Competitive Foods:** Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program or School Breakfast Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in schools stores or a part of in-school fundraisers. In-school fundraisers include food items sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization. These items may be sold at school *only* if they meet the requirements of the "Smart Snacks" guidelines.
- B. Elementary School:** School with grade 9 and one or more lower grades, but not grades 10, 11, or 12; schools with any single grade or combination of grades below grade 9.
- C. FMNV:** Foods of Minimal Nutritional Value – refers to the four categories of foods and beverages (soft drinks, water ices, chewing gum, and certain candies) that are restricted by the U.S. Department of Agriculture under the child nutrition programs. (See section on FMNV.)
- D. Food Service:** Refers to the school's operation of the National School Lunch Program and School Breakfast Program and includes all food service operation conducted by the school principally for the benefit of school children, all of the revenue from which is used solely for the operation or improvement of such food services.
- E. Fruit or Vegetable Drink:** Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent.
- F. Fruit or Vegetable Juice:** Beverages labeled as containing 100 percent fruit or vegetable juice.
- G. High School:** Any school whose grade structure falls within the 6 through 12 range and includes grades in the 10 to 12 range, or any school that contains only grade 9.
- H. School Campus:** All areas of the property under jurisdiction of the school that are accessible to students during the school day.
- I. School Day:** The time between midnight the night before to 30 minutes after the end of the instructional day.
- J. Schools Meals:** Meals provided under the National School Lunch Program and School Breakfast Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.

APPENDIX A

RS 17:197.1 – Foods and Beverages other than School Breakfast or Lunch in Public Elementary and Secondary School; Legislative Findings; Restrictions

197.1. Foods and beverages other than school breakfast or lunch in public elementary and secondary schools; legislative findings; restrictions

A. The legislature finds that:

1. The rate of obesity in school children has significantly increased in recent years.
2. The United States Department of Agriculture relates childhood obesity in part to poor nutritional resources with little or no nutritional value available to children.
3. Providing healthier alternatives at school promotes healthier eating habits and reduces obesity and future health problems.

B. Except for beverages sold as part of the school food program operated pursuant to Subpart B of Part III of Chapter 1 of this Title, only the following types of beverages which, except for milk and water, may not exceed sixteen ounces in size, may be sold to students at public elementary and secondary schools or on the grounds of such schools at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day:

- i. Fruit juices or drinks that are composed of one hundred percent fruit juice or vegetable juice and that do not contain added natural or artificial sweeteners.
 - ii. Unsweetened flavored drinking water or unflavored drinking water.
 - iii. Low-fat milk, skim milk, flavored milk, and non-dairy milk.
2. Notwithstanding any provision of law to the contrary, beginning the last ten minutes of each lunch period and except for beverages sold as part of the school food program operated pursuant to Subpart B of Part III of Chapter 1 of this Title, the selection of beverages offered for sale to students in public high schools, shall be comprised of the following:
- i. Bottled water.
 - ii. No-calorie or low-calorie beverages that contain up to ten calories per eight ounces.
 - iii. Up to twelve-ounce servings of beverages that contain one hundred percent fruit juice with no added sweeteners and up to one hundred twenty calories per eight ounces.
 - iv. Up to twelve-ounce servings of beverages that contains no more than sixty-six calories per eight ounces.
 - v. At least fifty percent of non-milk beverages shall be water and no-calorie or low-calorie options that contain up to ten calories per eight ounces.
 - vi. Low-fat milk skim milk, and nondairy milk.

C. Except for items sold as part of the school food program operated pursuant to Subpart B of Part III of Chapter 1 of this Title, food items which meet any of the following criteria shall not be sold to students at public elementary and secondary

schools or on the grounds of public elementary and secondary schools at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day:

- i. Food of minimal nutritional value as defined in Section 220.2 of Title 7 of the Code of Federal Regulation.
 - ii. Snacks or desserts that exceed one hundred fifty calories per serving, have more than thirty-five percent of their calories from fat, or have more than thirty grams of sugar per serving, except for unsweetened or uncoated seeds or nuts.
 2. Beginning the last ten minutes of each lunch period and except for food items sold as part of the school food program operated pursuant to Subpart B of Part III of Chapter 1 of this Title, the selection of food items offered for sale to students in public high schools shall be comprised of no more than fifty percent of the food items which meet any of the criteria listed in Paragraph (1) of this Subsection.
- D. Except for items sold as part of the school food program operated pursuant to Subpart B of Part III of Chapter 1 of this Title, fresh pastries shall not be sold to students at public elementary and secondary schools or on the grounds of public elementary and secondary schools at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. For purposes of this Section, "fresh pastries" shall be defined by rules promulgated by the State Board of Elementary and Secondary Education in accordance with the Administrative Procedure Act.
- E. Each public elementary or secondary school principal shall determine if students shall be allowed to possess drinking water in classrooms during classes.
- F. The Pennington Biomedical Research Center is authorized to develop and provide to interested persons, schools, or school systems publications relating to foods which can be sold on public elementary and secondary school grounds in compliance with the provisions of this Section. The Pennington Biomedical Research Center may provide assessments of nutritional value of individual food items contemplated for sale on public school grounds.
- G. If on May 15, 2005, a public school or school system has an existing contract with a company to provide vending services which would be breached by compliance with this Section, the provisions of this Section shall be applicable to the schools in that system on the day following the end of the current term of that contract, or the date on which the contract is terminated, whichever is earlier.
- H. The State Board of Elementary and Secondary Education shall provide by rule for the placement of competitive foods in public elementary and secondary schools and provide for the enforcement of those rules.
- I. Nothing in this Section shall be construed to prohibit or limit the sale or distribution of any food or beverage item through fund-raisers by students, teachers, or groups when the items are intended for sale off the school campus.
- J. The provisions of this Section shall be effective for public schools and school systems, beginning with the 2005-2006 school year and thereafter.
- K. Beginning in the 2006-2007 school year and thereafter, each public elementary and secondary school shall comply with all of the following:

1. Encourage and motivate children of all physical abilities to participate in physical activity for the purpose of allowing all children to reach their full potential as individuals.
 2. Improve physical activity and fitness in schools by encouraging innovative physical education programs that consist of physical exertion of a moderate to vigorous intensity level.
 3. Improve nutrition in children by making available during the day snacks with higher nutritional values.
 4. Increase the awareness of children about the importance of physical activity and improved nutrition and the effects of both on improving health.
 5. Encourage increased parental awareness of the positive impact on health and fitness of increasing the activity level of children and of improving nutrition.
 6. Encourage daily physical activity and the development of lifelong patterns of physical activity.
 7. Encourage the enjoyment of physical activity and the improvement of nutritional and eating habits.
- L. For purposes of this Section, “public high school” shall mean any school whose grade structure falls within the six through twelve range and includes grades in the ten to twelve range, or any school that contains only grade nine.
Acts 2005, No. 331, §1; Acts 2009, No. 306, §1, eff. July 1, 2009.

APPENDIX B

Alternatives to Using Food as a Reward

At school, home, and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many **disadvantages** to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over-consumption of foods high in added sugar and fat.
- It teaches kids to eat when they’re not hungry as a reward to themselves.

Remember:

- Kids learn preferences for foods made available to them, including those that are unhealthy.
- Poor food choices and inadequate physical activity contribute to overweight and obesity.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

Sit by friends
Watch a video
Read outdoors
Teach the class
Have an extra art time
Enjoy class outdoors
Have an extra recess
Play a computer game
Read to a younger class
Get a no homework pass
Make deliveries to the office
Listen to music while working
Play a favorite game or puzzle
Earn play money for privileges
Walk with a teacher during lunch
Eat lunch outdoors with class
Be a helper in another classroom
Eat lunch with a teacher or principal
Get “free choice” time at the end of the day
Listen with a headset to a book on audiotape
Have a teacher perform special skills (i.e. sing)
Have a teacher read a special book to the class
Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

Select a paperback book
Enter a drawing for donated prizes
Take a trip to the treasure box (non-food items)
Get stickers, pencils, and other school supplies
Receive a video store or movie theatre coupon. Get a set of flash cards printed from a computer
Receive a “mystery pack” (notepad, folder, sports cards, etc.)

APPENDIX C

Healthy School Parties

School can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools-which have a great impact on children-to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words. Lead by example.

Fresh fruit and vegetables (buy locally when possible)

Baby carrots and other vegetables with low-fat dip

Yogurt - Trail mix* - Nuts and seeds* - Fig cookies

Animal crackers - Baked chips - Low-fat popcorn

Granola bars

Bagel with low-fat cream cheese

Soft pretzels and mustard

Pizza (no extra cheese and no more than one meat)

Pudding

String cheese

Cereal bar

Single-serve low-fat or fat free milk (regular or flavored)

Bottled water (including unsweetened flavored water)

100% fruit juice (small single serves)

*May be allergens and/or a choking risk for some people. Please check with a health care provider.

Adapted from: Tips and Tools to Help Implement Michigan's Food and Beverage Policy,

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

APPENDIX D

Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser call also is an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in "school fundraisers" to access 112,000+ sites: A few of these sites follow:

www.afrds.org/homeframe.html

Association of Fund-Raising Distributors and Suppliers, Site includes a Toolbox with "Fundraising Fundamentals," a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.

www.PTOtoday.com

Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what work, what doesn't and why."

www.fundraising-ideas.com

Offers free newsletter with programs, services, and press releases. This site links to www.amazon.com with books on fundraising.

Instead of candy, schools are selling:

- Fresh and exotic fruit, like cases of citrus fruit
- High quality potatoes, onions, or other produce items (local or LA produce)
- Nuts and trail mix
- Popcorn

Smart Fundraisers for Today's Healthy Schools

Schools are also selling an ever-expanding variety of non-food items such as:

Gift wrap
Magazine subscriptions
Garden seeds
Candles
Discount coupon books
Raffles of gift baskets
Plants and flowers
School spirit items
Cookbooks

Schools are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

Car washes
Walk-a-thons, bike-a-thons, skate-at-thons, etc.
Family game nights
“Hire a student day’ for odd jobs, babysitting services
(with proceeds going to the school)
3-on-3 basketball or soccer tournaments
Silent auctions
Talent shows
Family skate nights
Monday night football “Dads Night Out”
“Moms Night Out” restaurant discounts
School Movie Night (free movies can be rented at the library)
Raffle of dinner prepared by school faculty
Fashion Show
Dinner and a Movie
Dinner Theater (students perform play)
Parent “principal of the day”
Sell VIP parking spaces

APPENDIX E

Additional Resources

United States Department of Agriculture “A Guide to Smart Snacks in Schools”

<http://cnp.doe.louisiana.gov/dnamemos/Resources/Smart%20Snacks%20Guide%202018-2019.pdf>

Pennington Biomedical Research Center in Cooperation with the Louisiana Department of Education, Nutrition Support present:

Louisiana Smart Snacks Meeting Recommended Criteria

- 150 calories or less
- 35% of total calories from fat or less
- 35% of total calories from fat or less
- 10% of total calories from saturated fat or less
- 0% trans fat
- 30 g of sugars or less (not more than 35% of weight)
- 200 mg of sodium or less per serving

Note: Pennington Biomedical is tasked with approving any item submitted by a vendor, principal, school parent, or interested person seeking to have an item considered for inclusion on this list. The list contains only those products that meet the USDA recommended criteria for Smart Snacks in Schools. This list is provided solely as a reference; there is not a legal requirement that only items on the list be sold. Pennington Biomedical does not endorse or promote any commercial item or entity.

<https://www.louisianafitkids.com/SmartSnacks/SmartSnacks>

Alliance for a Healthier Generation’s Smart Snacks Product Calculator

To determine if a snack is in compliance, enter information from the food or beverage’s Nutrition Facts panel and ingredients list into the:

<https://foodplanner.healthiergeneration.org/calculator>

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