



WELLNESS GUIDE & POLICY

Est. 2015 | Rev. 8.09.2025

AUGUST 2024



WELLNESS GUIDE

As required by law, the Board of School Trustees establishes the following wellness policy for Elkhart Community Schools as a part of a comprehensive wellness initiative.

BOARD POLICY

The Board understands that good nutrition and regular exercise are important for students' health and well-being. Studies show that healthy students are better learners. Schools can help students develop good eating and exercise habits by offering healthy meals and snacks, encouraging good eating practices, and promoting more physical activity both during and outside of school. However, schools can't do this alone. Teachers, parents, and the community need to work together to promote and model healthy behaviors.

WELLNESS COMMITTEE:

Pam Melcher | John McClure
Kate Glick | Wendy Wood | Sharon Stout
Todd Dowiat | Tony Gianesi | Jason Inman
Shelley Manthey | Anthony England
Kelly Carmichael | Kellie Mullins | Jeff Hemmerlein



School Breakfast Program

Grades K-12	
Meal Component	Amount of Food Per Week (Minimum Per Day)
Fruits (cups) b,c	5(l)
Vegetables (cups) b,c	0
Dark Green d	0
Red/Orange d	0
Beans/Peas (Legumes) d	0
Starchy d	0
Other d	0
Additional Veg to Reach Total	0
Grains (oz eq) e	9 (l)
Meats/Meat Alternates (oz eq) f	0
FluidMilk(cups) g	5 (l)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week	
Min-maxcalories(kcal) h,i	450-500
Saturated fat (% of total calories) i	<10
Transfat i	Nutrition labels must indicate zero grams of trans fat per serving.
Sodium i, j	Targetl- ≤540

a Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅓ cup.

b One-quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

c Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or “Other vegetables” subgroups, as defined in §210.10(c)(2)(iii).

d Larger amounts of these vegetables may be served.

e At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

f There is no separate meat/meat alternate component in the SBP. Sponsors may substitute 1 oz. eq. of meat/meat alternate for grains after the minimum daily grains has been met, or if sponsors choose, they can offer meat/meat alternate as an extra item that will not count towards the grains component.

g Fluid milk must be low-fat (1%) or fat-free. Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

h The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

i Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

j Sodium Target 1 as the sodium limit for school lunch and breakfast in SY 2022-2023 as proposed.

This institution is an equal opportunity provider.

National School Lunch Program

	GradesK-8	Grades9-12
Meal Pattern	Amount of Food per Week (Minimum per Day)	
Fruit (cups) b Vegetables	2 ½ (1/2)	5(1)
(cups) b	3 ¾ (3/4)	5(1)
Dark Green c	½	
Red/Orange c	¾	1 ¼
Beans/Peas c	½	
Starchy c	½	
Other c,d	½	¾
Additional Veg to Reach Total e	1	1½
Grains (oz eq) f	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	9 (1)	10 (2)
Fluid Milk (cups) g	5(1)	
Other Specifications: Daily Amount Based on Average for 5-Day Week		
Min-Max Calories (kcal) h	600-650	750-850
Saturated Fat (% of total kcals) h	<10	
Sodium Interim Target 1 (mg) h	≤1,230	≤1,420
Sodium Interim Target 1A (mg) h	≤1,110	≤1,280
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	

a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

b One-quarter cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

c Larger amounts of these vegetables may be served.

d This category consists of “Other vegetables” as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.

e Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

f At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched.

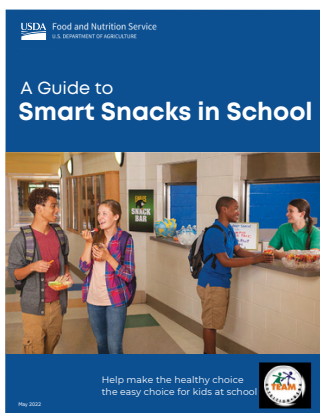
g All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

i Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024).

This institution is an equal opportunity provider.

Smart Snacks in School



USDA Guide to Smart snacks in School

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

What are the Smart Snacks Standards for beverages?

Water



Plain water, with or without carbonation.

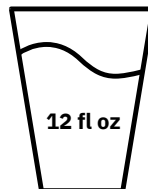
All Grades

Milk

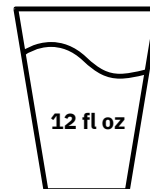
Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.*



Elementary School



Middle School



High School

Juice

100% fruit or vegetable juice, with or without carbonation.



Elementary School



Middle School



High School

* In accordance with the Transitional Standards for Milk, Whole Grains, and Sodium Final Rule: <https://www.fns.usda.gov/cn/fr-020722>

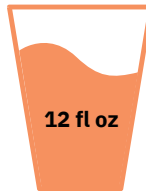
What are the Smart Snacks Standards for beverages? (continued)

Diluted Juice

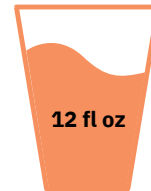
100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.



Elementary School



Middle School



High School

Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.

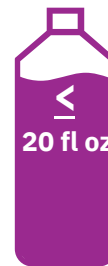


Low Calorie Maximums:*

40 calories/8 fl oz

60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*

10 calories/20 fl oz

*Less than 5 calories per 8 fluid ounces.



Do you have questions about Smart Snacks Standards?

Contact your state agency that administers the National School Lunch Program (<https://www.fns.usda.gov/contacts>).

How do the Smart Snacks Standards affect school fundraisers?

- Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
- Fundraising activities that occur during nonschool hours, on weekends, or at off-campus events are not limited under the Federal policy.
- Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
- Some state agencies allow a certain number of in-school fundraisers to be exempt from the Smart Snacks Standards. Contact your state agency for more information.



1. Fundraising activities will support healthy eating and wellness.
2. All food or beverage items that are sold as a fundraiser to students during the school day must meet the approved nutrition standards. When selling food or beverages for a fundraiser during the school day, you must first contact the Director of Food Services at 574-262-5551 to ensure the item is Smart Snack compliant.
3. Fundraisers must be submitted for board approval prior to sale.

Examples: Water bottles with school logo on them, candles, gift wrap, calendars, plants/flowers/bulbs, car washes, peelers, mattress sales, etc.

Classroom Celebrations

Classroom celebrations will focus on non food items such as pencils, erasers and stickers.

When food items are a part of a celebration Elkhart Community Schools encourages meeting the USDA nutrition standards.

Some examples of Smart Snack Compliant items are:

- **Fruits or Vegetables/Cereal Bars:** Nutri-grain bar, Cocoa Krispie bar, granola bar, Golden Grahams Cereal Bar
- **Cereal On the Go:** Cinnamon Toast Crunch, Golden Grahams, Fruity Cheerios
- **Snacks:** *(All snacks must be whole grain or low fat)* Apple chips, raisins, Raisels, cran-raisins, Cheez Its, Goldfish, pretzels, Reduced Fat Doritos, Chex Mix, animal crackers, Chocolate Elf Grahams, graham crackers, sherbet, Griptz, Mini Rice Krispie Treats, Betty Crocker Strawberry Fruit Roll Up, crazy color fruit snack, Hot Colors Fruit Roll Up, yogurt

DUE TO ALLERGIES PLEASE PROVIDE INGREDIENTS LABEL WITH PRODUCT

If you have any questions or concerns, please call Food Services at (574)-262-5551. You can also email pmelcher@elkhart.k12.in.us to see if product meets the USDA standards.

When providing food items, you MUST contact the classroom teacher for individual allergies.

Food as a reward or punishment

Teachers and Staff will not use food as a form of punishment and recommends the consideration of both food and non-food items as rewards.

K-12 A LA CARTE, SCHOOL VENDING MACHINES, AND OTHER BEVERAGES OUTSIDE OF SCHOOL MEALS

Vending machines at an elementary or middle school that dispense food or beverage items may not be accessible to students.



Vending machines in high schools:

- Only smart snack compliant vending machines will be available during the school day.
- Diet soda will be available 30 minutes after the school day ends until midnight.
- Vending machines that offer non-compliant items will be available 30 minutes after the school day ends until midnight.
- Vending machine that offer both compliant and non-compliant items will have timers on non-compliant items.
- Vending machines for school staff will not be accessible to students.
- Food and beverages will not be sold in school stores.



Concession Stands

The concession items sold at school-sponsored events to participants, fans, and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

- Fruit
- Yogurt
- Water
- Diet Soda
- Vegetables
- Salad
- Flavored Water

PHYSICAL ACTIVITY



Physical Activity and Physical Education

Elkhart Community School supports the health and wellbeing of students by promoting physical activity through physical education, recess, and other breaks throughout the school day, as well as before/after school activities and walking/bicycling to school. Additionally, Elkhart Community School provides elementary students with at least 20 of the recommended 60 minutes of physical activity per day (weather permitting). School staff are encouraged not to withhold opportunities for physical activity as punishment.

Physical Activity

- Schools shall encourage families to provide physical activity outside the school day, such as outdoor play at home, participation in sports sponsored by community organizations, and engaging in lifelong physical activities like bowling, swimming, or tennis.
- All students in grades K-6 are provided with a daily recess period.

Physical Activity Opportunities Before and After School

Include goals for promoting nutrition, physical activity, and other school activities that support wellness.

Schools will offer intramurals, clubs, Boys and Girls Club, before/after care, interscholastic sports, and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.

Activity ideas for students

- **Preschool and Kindergarten:** Balance Beam Snake, Crossover Walk, Jumping Grid, Leap Frog, Midline Jumping, Scattered Circles, Shape Grid, Stepping Stones With Letters, Zig Zag Footprints
- **Primary Grades K-3:** Ball Hop Scotch, Bean Bag Four Square, Bean Bag Toss, Crossover Walking Grid, Four Square Court, Galloping Track, Hop Scotch, Mid-Line Jumping Grid, Skipping Track, Tether Ball Court
- **Upper Elementary Grades 3-6:** Around the World Ball, Box Ball, Four Corners, Handball, Jolly Ball, Long Ball, Shuffleboard, Team Four Square, Tetherball, Twenty One, Volley Tennis Field Activities
- **Grades 1-6:** Beat the Ball, Couples Tag, Crossover, Endline Soccer, Disc Golf, Home Run, Line Soccer, Modified Soccer, One Base Kickball, Throw It And Run Softball, Touch Football, Work-Softball

PHYSICAL EDUCATION

- The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong health-enhancing physical activity.
- Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the state.
- Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- Teachers properly certificated/licensed shall provide all instruction in physical education.
- Professional development opportunities should focus on the physical education content area.
- All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
- Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.



Staff Wellness

Elkhart Community School supports the health and well-being of our staff by creating and promoting policy and environments that provide physical activity and healthy eating opportunities.

Nutrition And Physical Activity

1. Staff with the School District's insurance will have the opportunity for wellness check-ups.
4. Staff vending machines will contain at least 50 percent healthy choices as outlined in the approved nutrition standards.
5. At least 50 percent of the food options available at staff meetings will meet the approved nutrition standards. During meetings lasting longer than one hour, staff will have the opportunity to stretch and be physically active.
6. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk, in accordance with Indiana Code 22-2-14-2.

Healthy Food Options For Meetings

Low calorie and low fat foods, salads with low fat or fat free dressings, fruits, vegetables, whole grain products, and low fat dairy items

Evaluation

Policy Recommendations

Elkhart Community Schools is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress the corporation will evaluate implementation efforts and their impact on students and staff yearly.

1. The school corporation will use a physical fitness test to track the collective health of students.
 2. The Food Services Manager in each school will monitor their school's compliance with the corporation's Wellness Policy halfway through the school year, and advise the principal and
 3. Director of Food Services of such status. The Director of Food Services will provide a
 4. report to the Superintendent and School Board.
 5. The evaluation of the Wellness Policy and implementation will be managed by the Food Services Director.
 6. The Director of Food Services will review this policy annually with the Wellness Committee and make recommendations to the Board regarding any necessary changes.
-