

## Students

### Food, Nutrition, and Physical Activity

#### I. Purpose

This policy supports a school environment that promotes student wellness, encourages physical activity, reduces childhood obesity, and assures that school meals and other food and beverages sold and otherwise made available to students on district property during the school day are consistent with applicable minimum local, state, and federal standards.

#### II. General Statement of Policy

- A. The school district recognizes that nutrition promotion and education, and physical activities that promote student wellness, are components of the educational process, and that good health fosters student attendance and learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The district encourages the involvement of students, parents and guardians, representatives of the school food authority, teachers, food service employees, district health professionals, the school board, district administrators, and the general public in the development, implementation, and periodic review and update of the district's wellness policy.
- D. Students need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. Students will have opportunities, support, and encouragement to be physically active on a regular basis.

#### III. Guidelines

##### A. Nutrition Promotion and Education

- 1. The school district will encourage and support healthy eating and hydration by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes as well as classroom instruction, when appropriate; and
  - c. enjoyable, developmentally appropriate, and culturally relevant.

2. The district will encourage all students to make age-appropriate healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte (snack) lines and vending machines.
3. The district will provide teachers and other relevant district staff a list of alternative ways to reward children. Foods and beverages should be avoided as a reward (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and should not be withheld as punishment.

#### B. Food Service Program and Personnel

1. The district will designate an appropriate person to be responsible for the district's food service program, whose duties will include:
  - a. designing menus that provide healthy food options within the United States Department of Agriculture's ("USDA") guidelines and compliance with all applicable local, state, and federal rules and regulations;
  - b. offer fresh, high-quality, minimally processed foods;
  - c. promote whole foods, natural fibers, and other natural nutrients;
  - d. minimize saturated fats and added sugars;
  - e. teach lifelong healthy eating habits that reinforce belief of moderate consumption in all food groups;
  - f. provide access to and information about a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students;
  - g. consider the religious, ethnic, and cultural diversity of the student body in meal planning; and
  - h. provide a healthy dining experience with clean, safe, and pleasant settings and adequate time for students to eat.
2. As part of the district's responsibility to operate a food service program, the district will facilitate continued professional development for food service personnel in the district.

#### C. Competitive Foods and Beverages

1. All foods and beverages sold on district grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria and from vending machines.
2. All competitive foods will meet the USDA Smart Snack nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve

student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

3. Before and Aftercare (child care) programs will comply with the district's nutrition standards unless they are reimbursable under USDA school meals program, in which case they will comply with all applicable USDA standards.
4. Marketing of the district's food service program will be consistent with nutrition education and health promotion.
5. The district will restrict food and beverages marketing to the promotion of those foods and beverages that meet the Smart Snacks nutrition standards during the school day, as per federal guidelines.

#### D. Physical Activity

Students need opportunities for physical activity and to embrace regular physical activity as a personal behavior. The district will provide opportunities to be active to reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.

#### E. Communication with Parents and Guardians

1. The district will provide information about its food service programs, physical and nutrition education, and other district-sponsored physical activity opportunities.
2. The district encourages parents and guardians to pack healthy lunches and snacks.
3. The district will provide to staff and parents and guardians a list of suggested foods and beverages that meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards for lunches, snacks, celebrations, fundraising, etc.

#### IV. Leadership and Community Involvement, Policy Implementation, and Monitoring

- A. This policy and associated practices will be implemented throughout the school district and monitored by an oversight committee consisting of administrators, parents/guardians, students, and other interested parties. The direction of the oversight committee will come from the superintendent or designee, who will serve as chair(s) of the committee.
- B. The oversight committee will meet at least twice each year, convened by the chair(s), to participate in the development, implementation, and periodic review and update of this policy. All meetings will be open to the public.
- C. District food service staff will ensure compliance within the district's food service areas, and will report concerns to the oversight committee or chair(s), as appropriate.
- D. The oversight committee chair(s) will ensure compliance with this policy and provide an annual report of policy compliance to the school board.

## V. Recordkeeping

The district will retain records to document compliance with the requirements of this policy. The records to be retained include, but are not limited to, documentation demonstrating compliance with community involvement requirements, including requirements to make the local district wellness policy and triennial assessments available to the public.

### Legal References:

Minn. Stat. § 121A.215 (Local School District Wellness Policies; Website)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

42 U.S.C. § 1751 *et seq.* (Healthy, Hunger-Free Kids Act of 2010)

42 U.S.C. § 1758b (Local School Wellness Policy)

42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)

7 C.F.R. § 210.10 (Meal Requirements for Lunches and Requirements for Afterschool Snacks)

7 C.F.R. § 220.8 (Meal Requirements for Breakfasts)

### Policy

adopted: 04/14/08

amended: 08/15/11

amended: 03/12/12

revised: 03/17/14

revised: 04/09/18

reviewed: 08/10/20

revised: 08/11/25

INDEPENDENT SCHOOL DISTRICT NO. 273

Edina, Minnesota