

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

WELLNESS

Nutrition Education:

The Douglas County School District will provide nutrition and wellness education through an integrated and comprehensive approach by addressing health standards in a variety of curricular areas including:

- Family Life, Sex Education, AIDS
- Science
- Physical Education
- Counseling lessons
- Health course at the ninth grade
- School Nurse lessons
- Informational text selections
- Food & Nutrition/Home & Career/Culinary Arts Classes

The topics addressed in these areas include:

- Knowledge about healthy lifestyles
- Nutrition
- Fitness and wellness goals

Physical Activity:

- ****Time allotted throughout the day for the opportunity of physical activity must be a minimum of 30 minutes moderate to vigorous per day in addition to physical education, marching band, and extra-curricular activities. It is recommended students be given physical activity opportunities in bouts of 10 minutes at a minimum. Passing periods do not qualify as physical activity time.**
- Teachers, school personnel and community personnel will not use physical activity or withhold opportunities for physical activity (e.g.) recess physical education) as punishment.

Nutrition Guidelines:

- **Foods made available to students on campus during the school day, with the exception of the two designated exemption days, must comply with the current Statewide Wellness Policy and smart snack standards which could include, but are not limited to the following:**
 - Vending machines
 - A la carte and snack sales

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- Beverage contracts
- Fundraisers
- Classroom snacks
- Student stores
- School parties/celebrations (except as otherwise exempted)
- Incentives and rewards **
- Marketing

If Food is used as an Incentive or Reward, it must meet Smart Snack Nutrition Standards **

The following guidelines govern the nutritional quality and portion sizes of foods and beverages allowed. Only foods and beverages meeting the requirements may be made available to students. Foods made available to students shall incorporate the following minimum nutrition standards:

Specific Nutrients Standards for Food and Smart Snacks:

All foods and beverages available for sale or given away to students on the school campus during the school day must meet the minimum nutritional standards. These food standards apply to all grade levels unless otherwise specified:

To be allowable a snack or entrée must meet the general nutrition standards:

- Be a grain product that contains >50% whole grains by weight or have whole grains listed as the first ingredient on the food label;
- Have listed as the first ingredient on the food label, one of the non-grain main food groups, fruit, dairy, vegetable or protein foods;
- Be a combination food that contains at least ¼ cup fruit and/or vegetable

* If water is the first ingredient, the second ingredient must meet one of the previous criteria.

In addition to the above standards, the food must meet the nutrient standards for calories, sodium, fat and total sugars:

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Nutrient	Entree	Snack
Calories*	350 calories or less	200 calories or less
Sodium	480 mg or less	200 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 grams	0 grams
Total Sugars	35% by weight or less	35% by weight or less

**Calories are per item served and include any accompaniments (condiments, toppings, etc.)*

The Smart Snack Calculator can be used to determine if a snack meets the Smart Snack Nutrition standards. It can be found at:

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

Beverages:

Allowable beverages may vary by grade level and container size. There are no restrictions on the sale of any allowable beverages at any grade level, during the school day anywhere on the school campus.

Beverages for all grades:

Water – Plain, no size Limit

Flavored Water – Zero calories, carbonated or uncarbonated, with no added sugar or sweeteners (artificial or otherwise).

Allowable sizes: Up to 8 fl. oz. per serving for elementary school; Up to 12 fl. oz. per serving for middle and high school.

Milk – Unflavored or flavored, unflavored low-fat, or flavored nonfat milk.

Allowable sizes: Up to 8 fl. oz. for elementary school;

Up to 12 fl. oz. per serving for middle and high school.

Juice – 100% fruit and/or vegetable juice, 100% juice diluted with plain water, with no added sweeteners, 100% fruit and/or vegetable juice may be carbonated or uncarbonated.

Allowable Sizes: Up to 8 fl. oz. per serving for elementary school; Up to 12 fl. oz. per serving for middle and high school.

It is recommended that juice is offered in smaller portion sizes of 4-6 fl. oz. servings for elementary school and 8 fl. oz. servings for middle and high school.

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Other Allowable Beverages in High Schools Only.

Caffeinated beverages such as coffees and teas at the high school are at the discretion of the principal of the high school **

No calorie and low-calorie beverages as listed on pages 8 & 9 **

Exemptions:

Reimbursable meals provided to students under the National School Lunch and Breakfast Programs are exempt from this policy since they are governed by Federal Regulation 7 CFR, parts 210 and 220.

Schools are permitted two exemption days per month which must be determined at the beginning of each year and submitted to the School Nutrition Office on the designated form.

An exemption may be made with approval from a site administrator for activities directly related to a learning experience that supports instructional standards and *established lesson plans* in the classroom. This exemption, however, does not allow for the sale of foods as part of a business enterprise or fundraising activity, nor does it allow for rewards in the classroom.

It is recommended that food be commercially prepared to minimize risks of food borne illnesses and to avoid known food allergens. (No other exemptions are allowed)

Fundraising:

- A. Foods and beverages sold on campus during the school day must adhere to the nutrition standards outlined in this policy.
- B. Foods and beverages sold on campus 30 minutes after the official school day ** are exempt from the nutrition standards outlined in this policy.
- C. Profit from the sales of foods and beverages on school grounds must directly benefit school academics and/or activities. See current Board Policy 808 and Administrative Regulation 808.
- D. Financial accounting of such sales will adhere to DCSD accounting practices and procedures.
- E. Fundraising activities, which don't meet these guidelines and are sold off campus, may be given to students within the school day for distribution at a later time. I.e., Cookie Dough **

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Vending Machines and School Stores:

- A. Foods and beverages sold in student accessed vending machines must adhere to nutrition standards outlined in this policy. Sales must adhere to the current Competitive Food Sales in Board Policy 808 and Administrative Regulation 808. (Staff only accessed vending machines are exempt from this policy.)
- B. Profit from the sales of foods and beverages sold in vending machines on school grounds must comply with Board Policy 808 and Administrative Regulation 808.
- C. Financial accounting of such sales will adhere to DCSD accounting practices and procedures.

Definitions:

School Days

For the purposes of this policy, the school day is defined as the period from the **midnight before to 30 minutes after the official school day.

School Campus

For the purposes of this policy, the school campus is defined as all school property, including the parking lots.

Eating Environment:

- The Nevada Department of Agriculture (NDA) Statewide Wellness Policy mandates that students should be provided adequate time to eat meals at least 15 minutes for breakfast and 20 minutes for lunch.
- Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before lunch.
- Food is not used as a reward, or withdrawal of food for a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Student Incentives and Rewards:

- It is strongly encouraged schools use other forms of incentives that are not food-based.

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Policy Guidance and Oversight:

The Director for the School Nutrition Program shall:

- Be solely responsible for determining if foods meet nutritional guidelines set forth in the Wellness Policy.
- Keep an ongoing list of approved foods that is made available to each school site Wellness Coordinator. This list is to be made available on the district website.
- Be responsible for communication to district Wellness Coordinators of all information relating to the Wellness Policy and Nutritional Guidelines.
- Be responsible for providing appropriate evaluation data requested by the Nevada Department of Agriculture and as directed by the DCSD Wellness Policy.

The principal or his or her designee will serve as the school site coordinator and shall:

- Ensure the implementation of the Wellness Policy and Administrative Regulations.
- Be responsible for providing appropriate evaluation data requested by the NDA ** and as directed by the DCSD Wellness Policy.

Advisory Board:

An Advisory Board consisting of representatives from the school community with a parent representative will convene as necessary to review the policy and regulation and provide guidance in development of any changes made to our Wellness Policy. Advisory Group must meet at least 2 times per year.

Addendum A

Portion Size Guidelines

Foods which are allowable must meet the "Nutritional Standards" for SMART SNACKS the DCSD Wellness Policy must not exceed the following portion sizes:

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Beverage	Elementary School	Middle School	High School
Plain water	No Size Limit	No Size Limit	No Size Limit
Flavored Water (0 Calorie, No sweeteners)	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
Low-fat milk, unflavored*	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
Non-fat milk, unflavored or flavored*	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
100% fruit/vegetable juice**	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
Low/No calorie Beverages <5 calories/8oz.; <10 calories,20 oz.	N/A	N/A	≤20 fl. oz.
Lower calorie beverages ≤40 calories/8oz.; ≤60 calories/12 oz.	N/A	N/A	≤12 fl. oz.

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with plain water & with no added sweeteners

Addendum B

Foods of Minimal Nutritional Value:

The following four categories of food are restricted from being sold, given away, used as incentives, or earned by students:

1. There are no restrictions on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.
2. Water Ices –i.e., “otter pops” No longer allowable.
3. Chewing Gum - Sugar-free chewing gum is exempt from all competitive food standards and may be sold at the discretion of the school Administration. ****
4. Caffeine is permitted at the high school level only at the discretion of the HS Principal.

GOALS: Goals for Nutrition Education and Promotion, Physical Activity and Other School Wellness Activity shall be determined with the Advisory Group at the first meeting of the school year and presented to the Board for final approval **

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[See Policy related to this Administrative Regulation](#)

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