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## **Procedure Nutrition, Health, and Physical Education**

These procedures will be consistent with district educational and budgetary goals and are designed to optimize students' ability to make health-enhancing choices and fulfill the requirements of The Healthy, Hunger-Free Kids Act of 2010.

### **1. Nutritional Standards for Food and Beverages/Federal Competitive Food Rule**

All foods served in school from midnight through 30 minutes after school dismissal will conform to The Health, Hunger-free Kids Act of 2010 and the Competitive Food Rule of 2013.

### **2. School Meals and Ala Carte Program**

All district Child Nutrition Services programs, including the National School Lunch Program, the School Breakfast Program, the After School Snack Program, and the Summer Food Service Program, will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; including but not limited to the USDA's Health Hunger-free Kids Act of 2010. Schools will offer varied and nutritious food choices that are consistent with the federal government's current dietary Guidelines for Americans.

### **3. Free and Reduced-price Food Services**

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. If meal applications are required, the district will inform parents of the eligibility standards for free or reduced-price meals. Schools will make every effort to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to their application for free or reduced-price food services to the superintendent or designee.

### **4. USDA Foods**

The district will use foods made available under the USDA Food Program for school menus.

### **5. Qualifications of Child Nutrition Staff**

- a. Qualified child nutrition staff shall administer the school meal programs.
- b. Appropriate training shall be provided for all child nutrition staff including continuing education, professional development, and certification training.

### **6. Water Access**

The district requires that water cups are available in the cafeteria if a drinking fountain is not present. Students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus. All water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards.

### **7. Competitive Foods and Beverages**

All competitive foods offered in Auburn School District schools will comply with the USDA Nutrition Standards for all foods sold in school as required by the Healthy, Hunger-free Kids Act of 2010, also designated "Smart Snacks in Schools" or "USDA Rule for Competitive Foods."

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables, and whole grains. The *Smart Snacks in School* standards build upon those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

*Smart Snacks in School* also supports efforts by school food service staff, school administrators, teachers, parents, and the school community, all working hard to instill healthy habits in students.

### **Nutrition Standards for Foods**

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable.

Foods must also meet several nutrient requirements:

#### Calorie limits

- Snack items: < 200 calories
- Entree items: < 350 calories

#### Sodium limits

- Snack items: < 200mg
- Entree items: < 480 mg

#### Fat limits

- Total fat: < 35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

#### Sugar limit

- < 35% of weight from total sugars in foods

### **Nutrition Standards for Beverages**

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or < 10 calories per 20 fluid ounces

- No more than 12 ounce portions of beverages with < 40 calories per 8 fluid ounces, or < 60 calories per 12 fluid ounces.

**Other Requirements:**

**Fundraisers**

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the *Smart Snacks in Schools* standards.
- The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.

**Accompaniments**

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

**ASB, Vending Machine Sales, and School-based Enterprises:** School-based marketing will be consistent with nutrition education and health promotion. Consistent with this goal, schools and Associated Student Bodies (ASB) will increase availability of nutritious foods and beverages available through vending machines, DECA stores, and other ASB-sponsored events so as to provide students with healthy choices. All foods sold will comply with “Smart Snacks in Schools” as published by USDA. Training on “Smart Snacks in Schools” will be provided to ASB, DECA, and Culinary Arts programs.

**8. Food Safety**

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with The Healthy Hunger-free Kids Act of 2010, the district follows a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles and staff are trained accordingly.

For students with known food allergies that may interfere with or limit their ability to participate in the educational program, the child nutrition services will work with parents to provide reasonable accommodations in accordance with district policies and federal law.

**9. Farm to School Program**

When practical, child nutrition services will purchase locally grown or raised products from local farmers in order to serve the freshest food and support the local economy.

**10. Health and Physical Education Program**

The Auburn School District will provide instruction to meet the state standards for health and fitness and promote skills to maintain an active and healthy life.

Current nutrition education information will be prominently displayed in serving areas, in cafeterias, on menus, and on the website.

As a best practice and subject to available funding, the district will strive to ensure:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All schools will have certificated physical education teachers providing instruction.

- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
- All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.

The District will ensure that state physical education requirements are met and will conduct an annual review of physical education programs as required.

In addition to required physical education, students at the elementary level will have the opportunity to participate daily in recess and physical activity. Daily recess is provided for elementary school students featuring time for supervised active play. Schools are not to withhold physical activity as discipline.

The district provides co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

### **11. Physical Activity**

Students will be encouraged to participate in regularly scheduled physical activities outside of the school day. As best practice and subject to available funding, all schools will participate in a multi-component approach by which schools use all opportunities for students to be physically active, such as the Comprehensive School Physical Activity Program (CSPAP) recommended by the Centers for Disease Control and Prevention.

The district will work collaboratively with community organizations to increase student awareness and promote family and community involvement in supporting and reinforcing activity/athletic programs in the schools, and student participation in community sport and activity programs.

### **12. Parent Education**

Schools will provide information to parents to support and reinforce nutrition and physical education at home. Resources may be supplied by the District Wellness Committee.

### **13. Social-Emotional Climate**

The district will promote a positive social-emotional climate.

### **14. Other School-Based Activities to Promote Student Wellness**

Fundraising Activities: Schools shall encourage fundraising activities that promote physical activity. During the school day, fundraising activities will comply with nutritional standards. After school fundraising activities are exempt. School staff should not use food as an incentive, reward, or punishment. Staff should use non-food alternatives as student rewards. School staff will not withhold physical activity as a punishment.

### **15. Healthy School Environment**

The District Wellness Committee will distribute information so staff are aware of the Wellness Policy and Procedures and will post the policy and procedures on the district website.

The district will encourage healthy celebrations and provide resources to schools and families through the Wellness Committee and the child nutrition website.

### **16. Employee Wellness**

The district will support employee health and well-being.

### **17. Wellness Advisory Committee**

The District Wellness Committee will meet periodically to assist in evaluation of the implementation of

the wellness policy.

The committee may include child nutrition professionals and staff, parents/guardians, building-level administrators, students, nutritionists, health care professionals, health and physical education staff, educators, and interested community members.

The Wellness Advisory Committee, will, as necessary, revise the Wellness Policy and Procedures and develop work plans to facilitate the implementation. Reviews may be used to help determine policy compliance, assess progress, and determine areas of improvement.

**18. Policy Monitoring, Reporting, Evaluation, and Policy Review**

Implementation and Monitoring: The superintendent or designee provides oversight to the implementation of wellness policies. The principal or designee at each school provides oversight to the policies in their school.

Child nutrition services administrators will monitor and report, as needed, compliance with nutrition policies within school food service areas. In addition, they will report on the OSPI review and recommendations. To assist with the implementation of the wellness policy, school assessments should be completed as needed and submitted to the Wellness Committee.

OSPI assessment will take place every four years as part of the Administrative Review.