

Johnson County Schools Wellness Policy

NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

During the school day, all foods and beverages sold to students shall adhere to all federal and state guidelines, the State Board of Education's Minimum Nutritional Standards for Individual Food Items Sold or Offered for Sale to Pupils in Pre K – 8th grade, and local regulations and guidelines, as well as the current Dietary Guidelines for Americans. This includes vending, concessions, a la carte sales, school stores, and fundraising. Packed lunches from home are allowed in the school cafeteria. Carbonated beverages or other foods, such as restaurant foods are not allowed in the school cafeteria.

Johnson County Schools Party and Snack Policy

Please allow your class to choose one item from each category for class parties.

- * Two parties are allowed per year for Holidays.
- * Please celebrate once a month for all birthdays that are in that particular month unless parent would like to provide the treats in place of snack for their child's particular day. Arrangements should be made with the teacher in advance so he/she can notify parents not to send snacks.
- * No carbonated beverages are allowed.

The following categories and food items were chosen by each school and compiled by the Johnson County Wellness Committee. All foods need to be prepackaged to comply with the food safety requirements.

Sweets---Choose one---Cupcakes, ice cream, cookies, brownies, snack cakes, donuts, fruit sorbet, frozen yogurt, muffins, Popsicles.

Crunchy---Choose one--Potato chips, popcorn, crackers/cheese, Chex Mix, cheese twists, nachos, pretzels, pizza, nuts, sunflower seeds, graham crackers, animal crackers, trail mix and soft pretzels.

Beverages---Choose One--Bottled water, flavored water, 100% fruit juice, CapriSun, Gatorade, Sunny D., fruit punch, lemonade, hot chocolate, milk, and apple cider.

Fruit/Vegetables--- Choose one --Fruit tray w/dip, vegetable tray w/dip, peanut butter/celery, fruit kabobs, fruit pizza and dried fruit.

2026-2027 School Nutrition Program

Mrs. Kathy McCulloch, School Nutrition Director

School Nutrition Program Office: 727-2657

Menus are available on the Johnson County Schools web site at www.jocoed.net. Johnson County School System offers healthy, nutritious meals each day. Poor nutrition and lack of physical activity are not only root causes of obesity, but they are also factors associated with lower academic achievement. Studies demonstrate that when children's basic nutritional and fitness needs are met, they attain higher achievement levels. Families and schools have critical roles in helping students learn and practice healthy eating habits, and in providing the knowledge, motivation, and skills children need for lifelong physical activity.

1. School breakfast and lunch meals are available each day for your child to eat at no charge through CEP (Community Eligibility Provision).
2. The student's cafeteria pin number will be given to the student when the student is registered in Johnson County School System. At the keypad in the cafeteria, the student enters the pin number and presses ENTER. Students keep the same pin number until they graduate.
3. Meals are offer vs. serve, but students must take at least 1/2 cup of fruit or vegetable. Students may select 3, 4 or 5 items. Choices are: one serving of meat, one serving of fruit or 2-3 servings of vegetables, a serving of bread, and a serving of milk. Extra items that may be purchased are:

Vegetable/fruit .75
Juice .50
Bottled water 1.00
Ice cream 1.00
Sandwiches/pizza 1.50
Chips .75

Milk .75
Cookie .50

Mini Rice Krispy treat .25

Adult Price List:
Breakfast: 2.50
Lunch: 4.25
Lunch Entrée: 2.50

4. Parents/guardians of students who have food allergies are required to complete a food substitution form. Forms are available in the center of this handbook and available in your child's registration forms in Skyward. **THIS FORM MUST BE SIGNED BY A DOCTOR.**

Johnson County School System is an equal opportunity provider.

COMMUNITY ELIGIBILITY PROVISION FOR 2026-2027 SCHOOL NUTRITION

Parents and Guardians,

We are pleased to announce that Johnson County School System is implementing an option available to select schools in Tennessee that participate in the National School Lunch and School Breakfast Programs. It is called the Community Eligibility Provision (CEP) and it began in school year 2014-2015.

What does CEP mean for my children who attend Johnson County Schools?

In a CEP school, all students receive a nutritious breakfast and lunch at no cost, regardless of family income.

What if my child changes schools?

Your child is eligible for free meals at the school where he/she is currently enrolled. If your child transfers schools in the district, your child's account will transfer with them.

What if I have additional questions?

If you have additional questions, please call the School Nutrition Office at 727-2657.

LOCAL SCHOOL WELLNESS POLICY

The Board recognizes the link between nutrition, physical activity, and learning. This policy outlines the schools approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

SCHOOL HEALTH ADVISORY COMMITTEE

An advisory committee shall be established to serve as a resource to school sites for implementing policies and will provide an ongoing review and evaluation of the wellness policy. The committee shall meet no less than once every three years to assess and review, and make recommendations for changes to the wellness policy. This committee will consist of individuals representing the school and community, including parent, student, teacher, school administrator, health professional, coordinated school health representative, school nutrition representative and member of the public. An assessment will be conducted every three years to determine the following:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

The Local School Wellness Policy will be contained in the Parent/Student Handbook each new school year. Any parent wishing to be a part of the School Health Advisory Committee may contact either the Coordinated School Health Director or School Nutrition Director.

NUTRITION STANDARDS FOR ALL FOODS

The school is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns and support healthy choices.

Standards and Guidelines for School Meals

The school is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010
- All meals are accessible to all students
- All meals are appealing and attractive and served in clean and pleasant settings
- Drinking water is available for students during mealtimes

In addition, the school's nutrition services

Foods and Beverages Sold Outside of the School Meals Program

All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day, including vending machines.

No restrictions are placed on the sale of food/beverages items sold outside of the school day, at least 30 minutes after the school day.

Standards for all foods and beverages provided, but not sold, to students

- Two parties are allowed per school year for holidays
- Please celebrate once a month for all birthdays within that month, unless parent would like to provide the treat instead of snack for their child's particular day
- Arrangements should be made with the teacher in advance so he/she can notify parents not to send snacks
- No carbonated beverages are allowed

MARKETING

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, foodservice equipment, and school equipment (e.g. message boards, scoreboards) advertisements in school publications/maillings; sponsorship of school activities, fundraisers, or sports teams.

PHYSICAL ACTIVITY

The school shall provide students with age and grade appropriate opportunities to engage in physical activity, that may include the following components: physical education, recess, classroom-based physical activity, and out of school time activities.

In accordance with Federal civil rights law and the U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail: US Department of Agriculture-Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW, Washington DC 20250-9410, or
2. Fax: (833) 256-1665 or (202) 690-7442 or
3. Email: Program.Intake@usda.gov

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