School Wellness Policy- Coosa County Schools

The Board is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

1. General Requirements:

   a. The school district shall engage students, parents, faculty, teachers of physical education, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.

   b. All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.

   c. Foods and beverages sold or served at school shall meet the nutritional recommendations of the Healthy Hunger-Free Kids Act of 2010.

   d. Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and shall provide clean, safe, and pleasant settings and adequate time for students to eat.

   e. To the maximum extent practicable, all schools in the district shall participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, After-School Snack Program, and Summer Feeding Program.

   f. Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs, and with related community services.

2. School Action Plan

   The Board will provide a district wellness policy that will serve as a building block for individual schools to write an action plan for improving student health that is unique to the individual needs of their school. Schools shall appoint a representative to serve on the District Wellness Committee and work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. Each school representative shall conduct annual school evaluations to identify strengths and weaknesses and prioritize changes as an action plan for improving student health. The assessment and planning steps shall

involve the District Wellness Committee, teachers, child nutrition staff or other school staff as appropriate, parents, students, and the community.

3. Nutritional Quality of Foods and Beverages Sold and Served on Campus

The school campus shall reflect a healthy nutrition environment. Students shall be allowed adequate time to eat to ensure a pleasant dining experience. Schools shall ensure that all students have daily access to meals served. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals.

a. *School Meals* – Meals served through the National School Lunch, Breakfast, Snack, and Summer Programs shall:

1. Be appealing and attractive to children and be served in clean and pleasant settings using Hazard Analysis Critical Control Point (HACCP) food safety principles to ensure the best quality of food;

2. Schools shall focus on improving meal quality and increasing the variety of fruits and vegetables, especially raw fruits and vegetables;

3. Serve only low-fat (1%) unflavored milk and fat-free flavored and unflavored milk, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);

4. Serving sizes shall comply with the meal pattern requirements as described by the United States Department of Agriculture (USDA) regulations. Foods served and/or sold through the cafeteria shall adhere to the guidelines established by the USDA and The Healthy, Hunger-Free Kids Act of 2010;

5. School meals must average, for a weekly period, meeting the standards of the "Healthy Hunger -Free Kids Act of 2010. School lunches shall meet the standard of providing 600-650 calories for grades K-8, and 750-850 calories for grades 9-12;

6. Emphasis is to be placed on increasing the quantity of whole grains served with the ultimate goal of all the grains served to be whole grain. Products are considered Whole Grain if a *whole grain product* is listed as the primary grain ingredient in the ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, yellow corn meal and oatmeal;

7. Free water will be provided to students at breakfast and lunch.

8. Schools must review the items offered as a la carte sales and evaluate the nutritional contributions of each item. Foods not meeting the criteria contained herein shall be eliminated or portion sizes reduced in order to be in compliance with the requirements.

b. *Breakfast* – All children shall be encouraged to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

1. All Coosa County Schools shall operate a School Breakfast Program.

2. School administrators shall arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

3. Schools shall notify parents and students of the availability of the School Breakfast Program.

4. School Administrators shall encourage parents to provide a healthy breakfast for their children that do not eat breakfast at school. This can be accomplished through newsletter articles, take-home materials, or other means.

c. *Breakfast and Lunch Claiming*

1. The director of CNP makes sure that all students are coded for import into POS system so that student meals are correctly claimed for reimbursement. All students enter a PIN number to protect data.

2. Coosa County Schools participates in the Community Eligibility Provision (CEP) this is a non-pricing meal service option for school districts in low-income areas. CEP allows the nation's highest poverty school and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications.

3. School Administrators are to promote the availability of school meals to all students and encourage participation in the lunch and breakfast program.

d. *Meal Times and Scheduling by School Administrators*

1. Provide adequate time for students to eat and enjoy school meals (a minimum of 10 minutes to consume breakfast and 15-20 minutes to consume lunch), after being seated.

2. Ensure school staff is assigned to monitoring duties in the lunchroom to provide supervision in the serving and dining areas.

3. Schedule meal periods at appropriate times.

4. Shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

e. *Sharing of Foods and Beverages* – Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

f. *Qualifications for Child Nutrition Director* – Any person employed as a CNP Director must meet the standards of the Code of Alabama (1975) 290-080030-05 and 06 as amended June 6, 1994. A CNP Director who does not meet the educational requirements must complete those requirements within a three-year period from the date of employment. If educational requirements are not met within the three-year period, the person cannot continue being employed as a CNP Director.

g. *Qualifications of School Food Service Staff* – Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, we shall provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. School nutrition staff development programs are available through the USDA, School Nutrition Association, and the National Food Service Management Institute.

h. *USDA and Alabama Smart Snacks Standards in Schools and Fundraising* – At the beginning of school Year 2015-2016, federal and state law required schools to provide consistent environments conducive to healthful eating behaviors during school hours. The school campus shall reflect healthy nutrition environments.

Schools must not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict access to and compete with meal schedules.

Healthy and appealing foods shall be available through cafeteria meals and a la carte items. Foods served and/or sold through the cafeteria shall adhere to the Smart Snacks in School standards established by USDA and the Healthy

Hunger-Free Kids Act of 2010. Portion sizes, calories, sodium, fat, and sugar limits must comply with the requirements as described by the USDA Smart Snacks in School Standards.

Schools must review the items offered as a la carte sales and evaluate the nutritional contribution of each item. Single items and additional portions of foods that constitute the reimbursable meal may be sold as a la carte so long as these items are also in compliance with the USDA Smart Snacks in School standards. Foods sold as the "entrée" of any single meal are exempt from the USDA Smart Snacks in School standards, and may be sold a la carte on the day of, and the day after, the item is on the menu. Except in the case of entrees, as outlined above, all foods sold a la carte during the school day must meet the USDA Smart Snacks in School standards as outlined below. Food items that do not meet these standards should be eliminated from a la carte sales, or be sold in reduced portion sizes in order to comply with the USDA requirements.

Schools should focus on improving food quality in the school meal programs by offering whole grain-rich breakfast and lunch items, having one percent or less fat milk as the standard beverage, and increasing fruit and vegetables preferably using freshly grown, Alabama produced. Preparation of foods in the cafeteria must use cooking techniques to reduce fat, sugar, and sodium in school meals. School districts must not prepare foods by deep or pan frying and should reduce the number of pre-prepared (i.e. processed) food items that are planned and served each week. Food flash-fried by the manufacturer may be served but should be prepared by a food preparation method other than frying.

Every school shall ensure that all foods sold in vending machines, school stores, and cafeterias are in compliance with the USDA Smart Snacks in Schools standards. The School Food Authority (SFA) may wish to utilize focus group(s), surveys, and other methods to evaluate and approve items that are in compliance with USDA Smart Snacks in Schools standards. Healthy products must be priced at a level to encourage students to purchase items.

Amendments made by Section 208 of the Healthy Hunger-Free Kids Act of 2010 required the Secretary of Agriculture to establish nutrition standards for all foods sold in schools, other than food sold under the school lunch and breakfast programs. Food sold will follow the Smart Snacks in School Standard, or "Nutrition Standards for All Foods Sold in School FNS-20110019." Food items in competition with the CNP scheduled meal times may not be sold or provided free of charge to students. This includes, but is not limited to, food items purchased through school organizations and those donated from outside sources. To encourage students to eat healthy meals, schools are required to restrict student access to concessions, extra sales,

vending, and fundraisers one hour before or after meal periods. Therefore, schools may not schedule sales of such items one hour before or one hour after meals that would compete with the meal service. If sales should occur that are in competition with CNP meals, then all income generated from such sales will be required to be given to Child Nutrition for depositing in the school cafeteria account. The policy is not intended to restrict access to healthy snacks during recess, or at times other than the meal service.

i. *Nutrition Standards for Foods Sold Individually (exempts reimbursable meals) Smart Snacks in Schools guidelines as established by USDA* – Any food sold in school must:

1. Be a "whole grain-rich grain product"; or
2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Foods must also meet the following nutrient requirements:

Calorie Limits
Snacks items: 200 calories or less
Entrée items: 350 calories or less

Sodium Limits
Snack items: 200 mg or less
Entrée items: 400 mg or less

Fat Limits
Total Fat: 35% of calories or less
Saturated Fat: Less than 10% of calories
Trans fat: zero grams

Sugar Limits
35% or less of weight from total sugar

Accompaniments – Must be included in the nutrient profile as part of the food item sold to help control the amount of calories, fat, sugar, and sodium added to foods. Examples include: cream cheese, salad dressing, catsup, mustard, pickles, pickle relish, dips, sauces, and butter.

School Definitions
Elementary K – 6
High Grades 7 – 12

Beverage Portion Sizes – 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
- 100% fruit or vegetable juice diluted with water (with or without carbonation), no added sweeteners.

Portion size limitation by school categories

- Elementary schools may sell up to 8-ounce portion of milk or juice
- There is no portion size limit for plain water.
- In addition to "no calorie" and "lower calorie" beverages for High school students, the following options may be offered:
  - 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 less than 5 calories, or 10 calories or less per 20 fluid ounces.
  - No more than 12-ounce portions of beverages with 40 calories or less per 8 fluid ounces, or 60 calories or less per 12 fluid ounces.

k. *Fundraising Activity Guidelines*

1. School Day – "School day" means, for the purpose of competitive food standards implementation, the period from midnight, to 30 minutes after the end of the official school day.

2. Fundraising Activities – Fundraising activities that involve the selling of food should reinforce food choices that promote good health.

   Allowable fundraising on school campuses:
   - Foods that meet the USDA Smart Snacks in School standards, but are not sold in competition with school meals. Example: Fruit
   - Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school. Example: Cookie Dough Sales
   - Non-food item. Example: School Supplies
   - Food fundraisers which meet exempt fundraising definition.

3. Exempt Fundraiser Definition – An exempt food fundraiser is defined as the sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day. A school may sponsor up to but not exceed 30 exempt fundraisers per year, for no more than one (1) day each in length. Exempt fundraiser food is prohibited from being sold

as a la carte items, in vending machines, in school stores, or before school on school campus.

Food sold as part of exempt fundraisers may not be sold one (1) hour before or one after meal periods. Example: If lunch ends at 12:30 p.m. then the fundraiser could not start until 1:30 p.m.

Exempt Food Fundraiser Procedure:

School Principal

- Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form
- Complete, approve, and sign form
- Provide a copy to CNP Director
- Provide documentation of approval upon request by Alabama State Department of Education (ALSDE) for audit review

Superintendent

- Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities
- Complete and sign attestation document
- Provide to CNP Directors to support the annual online application renewal

Child Nutrition Director

- Place a copy of the Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraiser Form (signed by the school principal) in the wellness plan file
- Provide documentation of approval upon request by ALSDE

Semi-annual due dates are: July 1 and January 1 of each school year. *The completed Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form is required to be signed and on file as described above before exempt food fundraisers commence.*

The Smart Snack Calculator may be found at: https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/?gclid=CjwKEAjw8e2sBRCYte6U3suRjFESJAB 4gn_g1jIxg-Y83JUEV8x9oTQRHOMSl141I0DHGHwmeaa6BxoCDCrw_wcB

l. At Risk Dinner Program with CACFP – Dinner program can be provided only if there is an enrichment program offered. Dinner program must offer at least two or more kinds of vegetables and/or fruits or a

combination of both for a total of ¾ cup, one serving of bread, 8oz of milk, and 2 oz. of meat.

4. Nutrition and Physical Activity Promotion, Food Marketing Nutrition Education and Promotion and Wellness Promotion through School-Based Programs

a. The Board aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

5. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

6. Links with school meal programs, other school foods, nutrition-related community services and school-based activities;

7. Teaches media literacy with an emphasis on food marketing; and

8. Includes training for teachers and other staff.

9. The district will allow other health-related entities to use school facilities for activities such as health clinics and screenings so long as the activities meet the district's requirements and criteria for the use of facilities.

10. Snacks served in after-school care or enrichment programs will make a positive contribution to children’s diets and health; emphasizing fruits, vegetables, whole grains, low-fat dairy products, and the importance of water as a beverage.

11. Farm to School programs enhance the nutritional and educational experience of school children by providing nutritious, locally grown food as part of the school food program.

b. Integrating Physical Activity into the Classroom Setting – At a minimum, students will receive the Physical Education State Course of Study recommendation for per day activity and students will be encouraged to fully embrace regular physical activity as a personal behavior. Waivers for exemption to physical education requirements must be approved by the State Department of Education which require full justification to the State Superintendent of Education in any year in which a waiver is requested. Waivers for High School students must follow the guidelines as outlined in Instructional Code Changes (290-3-1.02(8)(f).

c. Communications with Parents – The district/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school shall send home nutrition information and post nutrition tips on school websites. Schools shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school shall provide parents a list of ideas for snacks, healthy celebrations/parties, rewards, and fundraising activities.

5. Food Safety – In accordance with the USDA Child Nutrition Reauthorization Act of 2010, each cafeteria manager and principal shall initiate and implement a Food Safety Plan based on Hazard Analysis Critical Control Point principles. The Board shall provide each school with Standard Operating Procedures that shall be used to establish a Food Safety Plan and monitoring procedures at each school cafeteria and all school campus areas.

6. Monitoring and Policy Review

a. Monitoring – The superintendent shall ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or school representative shall ensure compliance with those policies in his/her school and shall report on the school's compliance to the district wellness committee and school district superintendent. Compliance will be assessed at annual monitoring visits.

b. School Food Service Staff – All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition

professionals. Professional development opportunities will be made available to child nutrition staff members throughout the year.

c. Policy Review – The district wellness committee meet annually to review the wellness policy and complete a triennial assessment every 3 years.