



Yuma Union High School District Local School Wellness Initiative

This Document is a supplement to the Yuma Union High School District Board Policies and Procedures. At a minimum this wellness initiative meets the Federal standards for local school wellness policy implementation under the final rule of the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program Bronze-level award criteria and best practice standards accepted in the public health fields, and by Arizona Department of Education.

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Yuma Union High School District School Wellness Mission:

Mission Statement: The Yuma Union High School District Wellness initiative is committed to promoting the health, well-being, and academic success of all students and staff. Through balanced nutrition, physical activity, mental health support, and community partnerships, we aim to create a supportive environment where every student is college, career, and community prepared.

Table of Contents

- 1) School Wellness Committee
 - a) Committee Role and Membership
- 2) Wellness Initiatives: [Procedure @3-301.E](#) Food Services- Wellness Program
 - a) Nutrition Education
 - b) Nutrition Promotion/Marketing
 - c) School Meals
 - i) Provide all students with daily access to breakfast, lunch and supper at no cost
 - ii) [Policy @3-301](#) Food Services and [Procedure @3-301.A](#) Food Services-Nutrition
 - iii) USDA requirements: updates on nutritional guidelines
 - iv) Arizona Healthy Schools Act: HB2164 Ingredient Ban effective SY26-27
 - v) Buy American
 - d) Competitive Foods and Beverages
 - i) Arizona Department of Education (ADE)
 - (1) Arizona Healthy Schools Act
 - (2) Smart Snack Compliance
 - (3) Student accessible vending
 - e) Celebrations, Classroom Food Events, Classroom Lesson Plans, Student Attended Catered Events and Rewards/Incentives
 - f) Fundraising & Specially Exempted Food/Beverage Activities
 - i) Required Pre-Approval Process & Specially Exempted Food/Beverage Activity Survey
- 3) Menu Accommodations
 - a) Allergies, Intolerances & Modified Diets
 - b) Students in Detention/Detained during meal periods.
 - i) [Procedure @3-301.C](#) Food Services- Cafeteria Standards
 - c) School Sponsored Field Trips & Events
- 4) Wellness Initiative Implementation, Monitoring, Accountability and Community Engagement
 - a) Implementation Plan
 - b) Annual School Wellness Activity Assessment Review
 - c) Triennial Progress Assessments
- 5) Other Activities that Promote Student Wellness
 - a) Student Advisory Committees
 - b) Grant opportunities
- 6) Yuma Union High School District School Board Procedures Related to Local School Wellness Initiative
 - a) [Procedure @3-301.A](#) Food Services- Nutrition
 - b) [Procedure @3-301.C](#) Food Services- Cafeteria Standards
 - c) [Procedures @3-301.E](#) Food Services- Wellness Program

School Wellness Committee Role and Membership

Yuma Union High School District will convene a representative wellness committee that will meet bi-annually to establish goals for and oversee school wellness policies and programs, including development, implementation and periodic review and update of the district wellness initiative.

- Committee is required by ADE & USDA to meet at minimum once per school year, either in-person or virtual
- Public advance notification provided to encourage attendance and participation.
 - Notice on District website: <http://www.yumaunion.org>
 - Electronic messaging to students through Canvas Banner/Announcement
- Committee members include District Administration, Student Nutrition, Health/Physical Education, School Nurse, Parents and Students.
- Full transparency, all documents, agendas, meeting notes and membership are posted on district website
- Committee shall establish short term and long-term goals to benefit the ultimate mission of the wellness initiative

Wellness Policy Initiatives

- Initiatives will include:
 - Compliance with Yuma Union High School District School Board [Procedure @3-301.E](#) Food Services- Wellness Program
 - Promotion & participation in these Federally funded meal programs: School Breakfast Program, National School Lunch Program, At-Risk Afterschool Meal Program and Summer Food Service Program
 - Promote new items on the menu.
 - Using District approved electronic communication: Canvas announcements & printed flyers on campus
 - All Students have opportunities to participate in physical activity before, during and after school.
 - Promotion of other school-based activities including healthy eating and physical activity
 - Solicit student feedback and suggestions.

Nutrition Standards

- School Meals: The school meal programs provided to students at Yuma Union High School District are aimed at improving the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support health choices while accommodating cultural food preferences and special dietary needs. Yuma Union High School District School [Policy @3-301](#) Food Services and [Procedure @3-301.A](#) Food Services-Nutrition and [Procedure @3-301B](#). Food Services-Free & Reduced Lunch.
 - All schools in the district will participate in the School Breakfast Program, National School Lunch Program, At-Risk After School Meal Program and Summer Food Service Program
 - All meals will, at a minimum, meet the new Federal meal pattern requirements,
 - All students will have equitable access to breakfast, lunch, supper and summer meals at no cost
 - At no cost, potable water and drinking cups will be available to all students during meal periods.
 - Additional standards include:
 - All schools in the district shall have access to order and receive student field trip meals for all meal programs: breakfast, lunch, and supper.
 - Seasonal fresh fruits & vegetables are served each school day.
 - Students are served lunch at a reasonable and appropriate time of day.
 - All schools in the district will provide “share bins” during each meal period. Share bins are defined as a designated area for students to put shelf stable unwanted pre-packaged items from their school lunch meal. Any student will have access to the share bins during meal periods to take additional meal components.

- Student Nutrition will ensure that all students receive electronic copies of the monthly menu, menu nutritionals, as well maintain a district website with additional menu information.
- Printed monthly menus will be displayed in all school cafeterias.
- The Student Nutrition Department will ensure that all students upon request have access to menu ingredient information.
- At no additional expense to the student, documented special meal accommodation will be available

- **Competitive Foods and Beverages**

- Nutrition standards for competitive foods and beverages must, at a minimum, meet the United States Department of Agriculture (USDA)'s Smart Snack in Schools guidelines, as well be compliant to the Arizona Healthy Schools Act HB2164. These guidelines apply to all foods sold or shared on the school property and during the school day. Yuma Union High School District School Board [Policy 3-301](#) Food Services
 - School property is defined by school grounds, athletic fields and all buildings within the school fence.
 - School day is defined by 12:00am-30 minutes past the end of the last school day bell.
 - Outside district programs housed on school property are subject to the same regulations, during the school day.
 - All food items sold as ala carte by Student Nutrition must comply with Smart Snack Standards and compliance with [Arizona Healthy Schools Act HB2164](#).
 - School operated vending machines where students have access must be on a timer to be turned off during school day, regardless of the machine's location.
 - Food and beverages sold in school operated stores and vending machines must comply with Smart Snack Standards and [Arizona Healthy Schools Act HB2164](#).
 - What food and beverage items meet the Smart Snacks standards?
 - The United States Department of Agriculture (USDA) has partnered with the Alliance for a Healthier Generation to provide an online calculator to help determine if a product complies with Smart Snacks Standards, which can be found at Alliance Product Calculator.
 - <https://foodplanner.healthiergeneration.org/calculator/>
 - Advertising food and beverages items that do not meet or exceed Smart Snack Standards are prohibited.
 - Arizona Health Schools Act HB2164 includes classroom celebrations, classroom food events, incentives/rewards, classroom lesson plans, fundraisers and students attended catered events. These events must be pre-approved by Student Nutrition. Inclusive of all food & beverage sold or given away.
 - Student Nutrition will review the request for compliance with USDA Smart Snacks standards and the Arizona Healthy Schools Act and will submit any required Arizona Department of Education (ADE) exemption documentation.
 - Use the Specially Exempted Food/Beverage Activity Survey for the required pre-approval request:
 - [Specially Exempted Food/Beverage Activity Survey](#)
 - Arizona Law (ARS 15-242) states that all food and beverage served to students grades 9-12 must meet or exceed United States Department of Agriculture (USDA)'s Smart Snacks Standards and comply with [Arizona Healthy Schools Act HB2164](#).
 - Food & Beverage related purchase orders must be submitted per YUHSD purchase order procedures
 - To ensure compliance, only food prepared or obtained by the Student Nutrition Department should be served to students.

- **Fundraising & Specially Exempted Food/Beverage Activities**

- Arizona Department of Education (ADE) allows infrequent, specially exempted food/beverage fundraising activities when applicable requirements are met. All food/beverage fundraising activities conducted during the defined school day require advance review and approval.
 - The activity sponsor must submit the Specially Exempted Food/Beverage Activity Survey at least three weeks before the planned activity. Student Nutrition will review the request for compliance and submit any required ADE exemption documentation.
 - [Specially Exempted Food/Beverage Activity Survey](#)
 - No food or beverage student event may proceed during the school day until the required pre-approval process is complete.
- What is considered a fundraiser?
 - The United States Department of Agriculture (USDA) and Arizona Department of Education (ADE) consider a fundraiser to be an event that includes any activity during which currency/tokens/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. For example, giving away food but suggesting a donation would be considered a fundraiser, since funds may be raised as a result. Another example may include a vending machine available at athletic events when the profits are used to support a school-sponsored activity or club, such as the school band or football team. LEAs shall use this guidance when reviewing school-sponsored fundraisers for their schools.
 - Regulations & restrictions on fundraising only apply to events held on campus during the school day. School day is defined as midnight until 30 minutes after the last school bell.

- ***Food and Beverage Marketing in Schools***

- Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing often include oral, written, graphics or use of social media for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snack Guidelines.
- All foods and beverages advertised on the school campus during the school day must meet or exceed the United States Department of Agriculture (USDA) Smart Snack Standards. Applicable to the following:
 - Vending machines
 - School equipment such as marquees, message boards, scoreboards, buses, and the like.
 - Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.
 - Posters, book covers, school supplies and alike.
 - Advertisements in school publications or mailings include all forms of social media outlets.
 - Free product samples, taste tests or coupons of a product or free samples displaying advertising of a product. Products that are in compliance as part of the meal component is an exception.

Meal Accommodations

- Menu modifications for students with special dietary includes food allergies and food intolerances.
 - Meal accommodation does not include meal preferences.
 - Meal accommodation does not include religious meal preferences.
 - Students requiring ***reasonable meal accommodation*** must submit the following request for special dietary accommodation to the Student Nutrition Department. A certified healthcare professional must complete the special request form.

- Request for special dietary accommodation is available on the Student Nutrition webpage.
 - https://resources.finalsite.net/images/v1702486546/yumaunionorg/y6otdrsv66f54j50iybw/Medical_Statement_for_Students_with_Special_Dietary_Accommodations-ElenaHildreth.pdf
- The Student Nutrition Department will communicate directly with parent/guardian and student regarding specific menu accommodations.
- Depending on meal accommodation status, annual updates might be required.
- Students who are placed in detention or restricted from meal period mainstream.
 - If a student is withheld from participating in attending meal service with the rest of the student population, they will not be denied access to meals. It is our commitment that these students will be provided with full access to all menu options. To ensure full access, students will be provided with a meal pre-order form to order their meal of choice.
 - Students attending on and/or off campus school sponsored field trips and events will have access to prepared sack meals for each meal period missed during their off-campus event.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

- Implementation of the Wellness Policy
 - The Wellness Initiative and subsequent goals will be communicated to all schools. All of the schools will be required to implement these initiatives and begin working toward 100% compliance.
- Triennial Progress Assessments
 - At least once every three years, the Local Educational Agency (LEA) must conduct a comprehensive assessment of their wellness initiative.
 - The results of the assessment must be made available to the public. Results will be displayed on District webpage: <http://www.yumaunion.org>
 - Yuma Union High School District is committed to ensuring that all schools complete annual wellness assessments. Annual assessment results will be made available to the public on the district webpage.
 - The district will utilize the Local Wellness Initiative activity and assessment tool to determine each school's compliance and areas of opportunity.

Revisions, Updating and Assessments Updating Wellness Initiative

- Yuma Union High School District will conduct bi-annual wellness committee meetings.
 - Meetings will be announced using the district's webpage, ParentSquare and through Canvas announcements.
 - Meetings will be open to community participation.
 - The meeting agenda and minutes will be posted on the district's webpage: <http://www.yumaunion.org>
 - Annual Wellness Initiative updates/revisions will be made available on the district's webpage.
 - Annual and triennial assessments will be available on the district's webpage.

Other Activities that Promote Student Wellness

- Student Advisory Committee
 - Working with student organizations (Senate, STUCO and alike) on meal programs provided.
 - Open communication between students and the Student Nutrition Department on ways to enhance communication, update programs and share ideas.
- Coordinated efforts with the classroom & after school activities
 - Partnerships with grants

- Classroom participation
- Electronic communication to students
 - Email monthly menus and nutritional information to all students, at a minimum of five days prior to the first service day of the new month.
 - Use Canvas to communicate and market menus directed to students.
- Utilize Yuma Union High School District webpage: <http://www.yumaunion.org>
 - Maintain student nutrition webpage content with current information.
 - Ensure that the student nutrition webpage provides comprehensive nutritional and allergen information.
- Printed marketing in student serving areas.
 - Ensure that monthly menus are posted in clear view.
- Staff Qualifications and Professional Development
 - All school nutrition directors, managers and staff will meet or exceed annual continuing education/training requirements in the United States Department of Agriculture (USDA) professional standards for school nutrition professionals. In addition, at minimum all student nutrition staff will complete annual allergy awareness training.
- Yuma Union High School District School Board Procedures Related to Local School Wellness Initiative
 - [Procedure @3-301.A](#) Food Services- Nutrition
 - [Procedure @3-301.C](#) Food Services- Cafeteria Standards
 - [Procedures @3-301.E](#) Food Services- Wellness Program