Nutrition

A. Nutrition

1. School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve 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 healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP).

a. All foods and beverages made available in the District will meet or exceed current nutrition requirements established by federal regulations and USDA meal standards.

b. All food and beverages available during the school day will be accessible to all students, will be offered a variety of healthy choices that are of excellent quality, appealing to students, served at the proper temperature, and will be served in a clean and pleasant setting.

c. The District encourages school sites to allow students at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a reasonable and appropriate time of day.

d. The District recommends scheduling lunch periods to follow recess periods for elementary students.

e. Nutrition personnel will work to post menus on the District website or individual school websites, and will, to the extent possible, include nutrient content and ingredients.

f. Menus will be created and reviewed by a Registered Dietitian or other certified nutrition professional.

g. School meals are administered by a team of child nutrition professionals.

h. The District will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

i. The District will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

j. School sites should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children’s diets.
k. The District will encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible or by regulation, operate a School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom or cafeteria.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

l. The District encourages schools to implement Farm to School activities that may include:

- Offering local and/or regional products that are incorporated into the school meal program;
- Messages about agriculture and nutrition that are reinforced throughout the learning environment;
- Schools hosting a school garden;
- Schools hosting field trips to local farms, and;
- School utilizing promotions or special events, such as tastings, that highlight the local/regional products.

2. **Staff Qualifications and Professional Development**

   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. These school nutrition personnel will refer to USDA’s Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

3. **Water**

   The consumption of water as an essential nutrient plays a role in overall health. Children need ongoing water supply to keep their bodies functioning normally and to avoid dehydration. To promote hydration, the District will:

   a. Ensure that free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary).

   b. Make free water available to students where school meals are served during mealtimes.

   c. Ensure water fountains are clean and properly maintained.

   d. Allow students to bring and carry (approved) water bottles filled with only water with them throughout the day.

4. **Competitive Foods and Beverages**

   The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and
served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

a. Field Trips

When planning a field trip that will occur during meal programs, the classroom teacher will collaborate with Nutritional Services personnel to provide students the option of receiving a meal from school. The meal will meet or exceed current nutrition requirements established by federal regulations and USDA meal standards.

b. Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.

- **Parties and celebrations.** The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Refer to Addendum B for a list of healthy party ideas.

- **Classroom snacks brought by parents.** The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards. Refer to Addendum C for a list of foods and beverages.

- **Rewards and incentives.** The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. Refer to Addendum D for a list of non-food celebration and alternative ways to reward children.

  i. However, the District will allow the use of foods or beverages as rewards for academic performance or good behavior for students with individual education plan or behavior intervention plan. Non-food rewards and incentives will be used as the first choice to encourage positive behavior.

c. Healthy Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*.
• Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

• The District will make available to schools, parents and teachers a list of healthy fundraising ideas. Refer to Addendum E for a list of healthy fundraising ideas.

• See Administrative Procedure 760A FUNDRAISING ACTIVITIES for distinction and criteria required to meet federal Smart Snack Standards.

• The District will make external organizations using school property aware of the policy regarding fundraising and will encourage them to adopt the same policy.

• Students and staff will be prohibited from personal fundraising efforts that include the sale of foods or beverages on campus.

• Vending machine operations will reflect current Smart Snack Standards and prohibit sale and advertising of products that do not meet standards, See Administrative Procedure 720A: VENDING MACHINE OPERATION ON SCHOOL PREMISES.

d. School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)

The District, to the extent possible, recommends that any food or beverage offered as part of school-sponsored events meet the USDA Smart Snacks in Schools nutrition standards.

5. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion may occur through:

a. Implementing evidence-based healthy food promotion techniques through the school meal programs, for example: Smarter Lunchroom techniques; and

b. Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

6. Nutrition Education
The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

a. Is part of a comprehensive program that is designed to provide students with the knowledge and skills necessary to promote and protect their health;

b. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;

c. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;

d. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;

e. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

f. Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;

g. Teach media literacy with an emphasis on food and beverage marketing; and

h. Include nutrition education training for teachers and other staff, and

i. In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards. In addition, schools may:

   • Use local resources to add addition opportunities for nutrition education, and

   • Implement SNAP-ED (Supplemental Nutrition Assistance Program Education) programming to provide evidence-based nutrition education to schools and classrooms with 50% or greater free and reduced lunch participation and/or who participate in the Fresh Fruit & Veggie Program.

7. Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student’s health by permitting
advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined as an oral, written, or graphic statements made 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. This term includes, but is not limited to the following:

a. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.

b. Displays, such as on vending machine exteriors.

c. Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)

d. Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.

e. Advertisements in school publications or school mailings.

f. Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.